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National Counselor Examination

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QUESTION 1

Cultural norms:

- A. measure conduct
- B. describe how people belonging to a certain group are supposed to act
- C. show how to interact with someone from another culture
- D. were first described by Freud

Correct Answer: B

While understanding cultural norms may help you understand the behavior and actions of someone from another culture, thereby making it easier to interact with that person, they do not provide a roadmap showing how to interact.

QUESTION 2

One of your clients who is a minor comes into your office with visible bruising and you suspect abuse. You should:

- A. Call the child abuse hotline to report the incident.
- B. Tell his parents to stop abusing him.
- C. Try to prove it.
- D. Ask lots of questions to lead your client to confide the abuse to you.

Correct Answer: A

It is very important for counselors to follow through with reporting abuse, especially since they are mandated reporters. This is one of the instances when breaking confidentiality is warranted. It is not the counselor's job to get more information from the client in order to try to prove abuse occurred. If a counselor has the suspicion that abuse occurred, they need to report. In some instances, counselors do choose to let the parent know a report had to be made, but that is not required.

QUESTION 3

Which type of memory retrieval requires a person to reconstruct a memory?

- A. Recall
- B. Recollection
- C. Recognition
- D. Relearning

Correct Answer: B



Memories are stored in the brain's hippocampus and recollection occurs when a person needs to reconstruct a memory. Each time a person reminisces about an experience, that memory is strengthened. Recall designates that specific details be retrieved through memory. Recognition is the ability to recognize previously encountered people, events, or objects.

QUESTION 4

A counselor intensifies a client's emotional state to show the client the irrationality of her emotional reaction. What is this technique known as?

- A. Paradoxical intention
- B. Transactional-Analysis
- C. Systematic Desensitization
- D. Reconfiguration

Correct Answer: A

Victor Frankl developed the technique of Paradoxical intention and used it with clients who had severe anxiety. Transactional-Analysis is used by psychoanalysts to help clients determine their ego states in order to understand behavior. For behavior change, therapists help clients alter the state of their ego (parent, child, or adult-like). Systematic Desensitization is a behavioral therapy technique developed by Wolpe to help clients overcome phobias.

QUESTION 5

Which of the following is not a factor in the sleep patterns of adolescents?

- A. Biorhythm changes
- B. Defiance
- C. Increased need for sleep
- D. Increased academic and social demands

Correct Answer: B

Teens require more sleep than the average adult due to their rapid growth. A teen's decreased sleep patterns do not generally stem from defiant behavior. Teens have biorhythm changes, making them more likely to stay up late and sleep later. They are inundated with academic and social demands which may impair the amount or quality of their sleep.

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