

ACA CODE OF ETHICS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What must counselors do when changing from an evaluative role to a therapeutic role?**
 - A. Terminate the counseling relationship
 - B. Reassess the client's goals
 - C. Obtain a new informed consent from the client
 - D. Maintain the same consent form
- 2. When considering extending counseling boundaries, what should counselors prioritize according to ethical standards?**
 - A. Client comfort
 - B. Risks and benefits of the relationship
 - C. Peer reviews
 - D. Personal gratification
- 3. What is an important aspect of the counselor-client relationship when roles change?**
 - A. The counselor's personal preferences
 - B. The client's right to access multiple services
 - C. The importance of obtaining new consent
 - D. Maintaining previous agreements
- 4. Which aspect is NOT part of the nature of services that should be discussed for informed consent?**
 - A. Goals of the counseling process
 - B. Cost structure and payment plans
 - C. Specific techniques and procedures used
 - D. Personal opinions of the counselor
- 5. How can counselors protect clients from trauma during sessions?**
 - A. By conducting more sessions
 - B. By taking reasonable precautions
 - C. By avoiding any discussions of emotional issues
 - D. By focusing on physical activities

- 6. In what context should confidentiality and advocacy occur?**
- A. Only in public settings
 - B. After gaining the client's consent
 - C. Without the client's awareness
 - D. Only during initial meetings
- 7. In what manner should counselors strive to communicate with the public?**
- A. Openly, honestly, and accurately
 - B. Withholding information when necessary
 - C. Only sharing success stories selectively
 - D. In a vague and ambiguous way
- 8. Which principle is concerned with treating individuals equitably and fostering fairness?**
- A. Veracity
 - B. Justice
 - C. Fidelity
 - D. Beneficence
- 9. How should counselors communicate confidentiality parameters to clients?**
- A. Only verbally, as it is easier
 - B. In a culturally competent manner
 - C. They don't need to communicate this
 - D. Through written contracts only
- 10. What process should counselors regularly engage in to improve their effectiveness?**
- A. Ignore feedback from peers
 - B. Monitor their professional effectiveness
 - C. Limit their self-assessment to personal biases
 - D. Seek clients' opinions infrequently

Answers

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1. C
2. B
3. C
4. D
5. B
6. B
7. A
8. B
9. B
10. B

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Explanations

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1. What must counselors do when changing from an evaluative role to a therapeutic role?

- A. Terminate the counseling relationship
- B. Reassess the client's goals
- C. Obtain a new informed consent from the client**
- D. Maintain the same consent form

When counselors shift from an evaluative role to a therapeutic role, obtaining a new informed consent from the client is essential. This is because the nature of the relationship and the purpose of the interactions change significantly. In an evaluative role, the focus is often on assessment, measurement, or judgment regarding the client's behaviors or performance, whereas in a therapeutic role, the emphasis is on providing support, guidance, and intervention for personal growth and healing. The informed consent process ensures that the client understands the new dynamics of their interaction with the counselor, including the goals, methods, potential risks, and benefits of therapy. It empowers the client to actively participate in their treatment and make informed decisions about their care. Transparency during this transition helps build trust and acknowledges the ethical responsibility of the counselor to foster an environment that respects the autonomy and dignity of the client. Options such as terminating the relationship or maintaining the same consent form do not appropriately address the ethical need for clarity in the counselor-client relationship when roles and functions change. Reassessing the client's goals could be a relevant step, but the primary obligation is to ensure informed consent reflects the new nature of the engagement.

2. When considering extending counseling boundaries, what should counselors prioritize according to ethical standards?

- A. Client comfort
- B. Risks and benefits of the relationship**
- C. Peer reviews
- D. Personal gratification

When counselors consider extending counseling boundaries, prioritizing the risks and benefits of the relationship aligns with ethical standards because it emphasizes the importance of client welfare and informed decision-making. Counselors have a primary obligation to ensure that any actions taken, including boundary extensions, do not harm the client and enhance their therapeutic experience. Assessing the risks involves recognizing potential negative consequences that could arise from boundary changes, such as issues of dual relationships or conflicts of interest. On the other hand, evaluating the benefits is about understanding how the relationship can be advantageous for the client, potentially increasing their comfort and promoting trust in the therapeutic process. This approach reflects the ethical standards encapsulated in the ACA Code of Ethics, which prioritizes client welfare and the need for informed consent. By focusing on the risks and benefits, counselors can make guiding decisions that are grounded in ethical practice, considering the long-term health of the therapeutic relationship rather than personal considerations or external opinions, such as peer reviews or personal gratification.

3. What is an important aspect of the counselor-client relationship when roles change?

- A. The counselor's personal preferences
- B. The client's right to access multiple services
- C. The importance of obtaining new consent**
- D. Maintaining previous agreements

The importance of obtaining new consent in the counselor-client relationship when roles change is crucial because it ensures that both the counselor and the client are on the same page regarding the nature of their interactions and the services being provided. When roles shift—such as when a counselor takes on a different function, perhaps moving from a therapeutic role to one that is more evaluative or consultative—new consent is necessary to respect the client's autonomy and right to informed consent. This process involves clearly communicating the changes and allowing the client to make an informed decision about whether they wish to continue in the new context. It safeguards the ethical obligations of the counselor to maintain professional standards and ensures the client understands the implications of the change in roles, thereby promoting trust and transparency in the relationship. While other aspects such as the client's right to access multiple services and maintaining previous agreements are important, they do not directly address the need for clear and informed consent when changes in the professional relationship occur. Personal preferences of the counselor also should not dictate the process; rather, the focus should remain on the client's understanding and agreement to the new circumstances.

4. Which aspect is NOT part of the nature of services that should be discussed for informed consent?

- A. Goals of the counseling process
- B. Cost structure and payment plans
- C. Specific techniques and procedures used
- D. Personal opinions of the counselor**

Informed consent is a critical component of the counseling process that ensures clients are fully aware of what to expect from their therapeutic experience. When discussing informed consent, it is essential to cover several aspects of the counseling services to help clients understand their rights and the nature of the therapy. The goals of the counseling process, the cost structure and payment plans, and the specific techniques and procedures used are all integral elements that clients need to understand. These components outline what the client can expect to achieve, any financial obligations they may have, and the methods that may be employed during therapy, which collectively aid in setting clear expectations and fostering a collaborative therapeutic relationship. Personal opinions of the counselor, however, are not considered a necessary element of informed consent. While counselors may share their perspectives during the therapeutic process, personal opinions do not directly impact the nature of the counseling services, goals, or methods used. Thus, including personal opinions in informed consent could potentially introduce bias or personal views that might not be relevant to the client's journey, making it inappropriate in the context of informed consent discussions. This underscores the importance of maintaining a professional focus during these conversations.

5. How can counselors protect clients from trauma during sessions?

- A. By conducting more sessions
- B. By taking reasonable precautions**
- C. By avoiding any discussions of emotional issues
- D. By focusing on physical activities

Taking reasonable precautions is essential for counselors to protect clients from trauma during sessions. This involves creating a safe and supportive environment where clients feel secure to express their thoughts and feelings. Counselors can implement various strategies, such as conducting assessments of the client's mental and emotional state, using trauma-informed practices, and being aware of triggers that may arise during discussions. By employing these precautions, counselors can help mitigate the risk of re-traumatization, allow clients to process their experiences at their own pace, and ensure that interventions are sensitive to the clients' trauma histories. Building a trusting therapeutic relationship is also a vital part of these precautions, as it encourages clients to engage more fully in the healing process without fear of harm. In contrast, the other approaches may not effectively protect clients from trauma. Conducting more sessions could lead to overwhelming clients, avoiding discussions about emotional issues would hinder their ability to process trauma, and focusing solely on physical activities may neglect the emotional aspects that require attention. Therefore, reasonable precautions encompass a holistic approach to therapy that prioritizes client safety and sensitivity.

6. In what context should confidentiality and advocacy occur?

- A. Only in public settings
- B. After gaining the client's consent**
- C. Without the client's awareness
- D. Only during initial meetings

Confidentiality and advocacy should occur after gaining the client's consent because the principle of informed consent is central to the counseling profession. It ensures that clients understand and agree to the boundaries and limitations of confidentiality before any personal information is shared or advocated for. This respect for the client's autonomy and privacy encourages trust in the therapeutic relationship and empowers clients by allowing them to make informed decisions about their information. Advocacy efforts that involve aspects of a client's situation must ensure that the client's voice and consent are prioritized, helping to foster an ethical environment where clients feel safe and supported. Obtaining consent not only secures the trust but also complies with the ethical codes that govern counselors, emphasizing the importance of client rights and protective measures within the counseling process. In contrast, the other options fail to uphold these ethical standards surrounding confidentiality and client autonomy.

7. In what manner should counselors strive to communicate with the public?

- A. Openly, honestly, and accurately**
- B. Withholding information when necessary
- C. Only sharing success stories selectively
- D. In a vague and ambiguous way

Counselors are expected to communicate with the public in a manner that is open, honest, and accurate. This aligns with the ethical standards set forth in the ACA Code of Ethics, which emphasize transparency and integrity in communication. By being open and honest, counselors not only build trust with clients and the community but also uphold the profession's credibility. Accurate information helps prevent misinformation and ensures that the public has a clear understanding of the services provided and the qualifications of the counselors. This approach fosters a positive relationship between counselors and the community, encouraging informed decision-making among potential clients and promoting the value of counseling services. Adhering to these communication principles is essential for maintaining ethical standards and professionalism within the field.

8. Which principle is concerned with treating individuals equitably and fostering fairness?

- A. Veracity
- B. Justice**
- C. Fidelity
- D. Beneficence

The principle of justice is fundamentally concerned with treating individuals equitably and fostering fairness in the context of counseling and ethical practice. This principle emphasizes the importance of ensuring that all individuals have equal access to services, resources, and opportunities, while also advocating for the fair treatment of diverse populations. Upholding justice means actively working to eliminate discrimination and addressing social inequalities, which is critical for fostering an inclusive and supportive environment within the counseling profession. In the context of the ACA Code of Ethics, justice also involves recognizing and respecting the rights of clients and working to provide them with fair treatment throughout their counseling experience. This commitment to fairness is essential for building trust and rapport with clients, as it underscores the counselor's dedication to upholding ethical standards and promoting social justice. The other principles, while essential in their own right, focus on different aspects of the counselor-client relationship. For instance, veracity pertains to truthfulness and honesty, fidelity involves maintaining trust and loyalty, and beneficence is centered on acting in the best interests of the client. While these principles are crucial, they do not directly address the concept of equity and fairness that is central to the principle of justice.

9. How should counselors communicate confidentiality parameters to clients?

- A. Only verbally, as it is easier
- B. In a culturally competent manner**
- C. They don't need to communicate this
- D. Through written contracts only

Counselors should communicate confidentiality parameters in a culturally competent manner to ensure that clients fully understand their rights and the limits of confidentiality. This approach respects the diverse backgrounds of clients and acknowledges that different cultural perspectives can influence how confidentiality is perceived and understood. It is essential for counselors to engage clients in a way that is relatable and sensitive to their unique cultural contexts, thereby fostering trust and a safe therapeutic environment. This communication should encompass various methods, including both verbal and written formats, to accommodate different learning styles and preferences. By prioritizing cultural competence, counselors can effectively tailor their communication to meet the needs of each individual client, ensuring clarity and comprehension. This approach not only adheres to ethical standards but also promotes an inclusive practice that values diversity.

10. What process should counselors regularly engage in to improve their effectiveness?

- A. Ignore feedback from peers
- B. Monitor their professional effectiveness**
- C. Limit their self-assessment to personal biases
- D. Seek clients' opinions infrequently

Counselors should regularly engage in the process of monitoring their professional effectiveness to enhance their skills and the quality of the services they provide. This ongoing assessment allows counselors to reflect critically on their practices, identify areas for improvement, and make informed adjustments to their techniques and approaches. By actively seeking to understand their effectiveness, counselors can adapt to the evolving needs of their clients, adhere to best practices, and maintain a commitment to personal and professional growth. This practice also aligns with the ethical standards set forth in the ACA Code of Ethics, which emphasizes the importance of ongoing professional development and accountability. Monitoring effectiveness can include seeking feedback from clients, engaging in supervision or peer consultation, and utilizing self-assessment tools. Through this process, counselors can ensure they are providing the best possible care and support to their clients.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://acacodeofethics.examzify.com>

We wish you the very best on your exam journey. You've got this!

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