

CASAC COUNSELLING DOMAIN PRACTICE EXAM (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. Which clinical skill is the ability to perceive another person's experience and communicate that perception back to the person?**
 - A. Active Listening
 - B. Paraphrasing
 - C. Empathy
 - D. Probing
- 2. According to Tuckman & Jensen, this phase is the power and control stage, where members vie for the pecking order and the leader must manage conflict to keep the group safe.**
 - A. Forming
 - B. Norming
 - C. Performing
 - D. Storming
- 3. Which term describes the sense of groupness, closeness, acceptance, and belonging within a therapy group?**
 - A. Social Integration
 - B. Cohesiveness
 - C. Group Belonging
 - D. Empathy
- 4. The analyst's own emotional reaction to the patient that is triggered by past relationships.**
 - A. Countertransference
 - B. Transference
 - C. Projection
 - D. Identification
- 5. Which aspect is emphasized by the approach: focusing on the present moment rather than the past?**
 - A. Past Experiences
 - B. Here and Now
 - C. Future Goals
 - D. Dream Interpretation

- 6. In a psychosocial assessment, which option best describes its scope?**
- A. It covers life domains including housing, employment, supports, relationships, legal issues, medical and mental health history, and functioning
 - B. It focuses solely on financial resources
 - C. It documents only medical history
 - D. It is not used for treatment planning
- 7. Negative feelings that are stirred up in the analyst as he/she interacts with the patient - as the patient may remind the analyst of someone from his/her past.**
- A. Countertransference
 - B. Transference
 - C. Regression
 - D. Introjection
- 8. An acute physical and/or emotional event during treatment that threatens progress and increases relapse risk is called what?**
- A. Crisis Intervention
 - B. Crisis
 - C. Setback
 - D. Emergency
- 9. Which stage of change follows Action and involves maintaining new behaviors?**
- A. Precontemplation
 - B. Maintenance
 - C. Contemplation
 - D. Preparation
- 10. Accurate empathy refers to which therapist behavior?**
- A. Understanding and Reflecting the Client's Feelings and Perspective
 - B. Acknowledging the Therapist's Own Feelings
 - C. Providing Direct Advice
 - D. Setting Strict Boundaries

Answers

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

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Explanations

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1. Which clinical skill is the ability to perceive another person's experience and communicate that perception back to the person?

- A. Active Listening
- B. Paraphrasing**
- C. Empathy
- D. Probing

Paraphrasing is the skill of hearing what the client is expressing and restating it in your own words to reflect the meaning back to them. This confirms that you've understood their experience accurately and shows you're attuned to what they're going through. It's a concrete way to communicate perception and invites the client to confirm or correct your understanding, which helps build trust and ensure you're on the same page. Active listening is the broader process of giving full attention and responding in ways that encourage the client to continue, which includes paraphrasing as one technique. Empathy focuses on recognizing and resonating with the client's feelings, often expressed through statements about how their experience is affecting them. Probing involves asking questions to gather more information.

2. According to Tuckman & Jensen, this phase is the power and control stage, where members vie for the pecking order and the leader must manage conflict to keep the group safe.

- A. Forming
- B. Norming
- C. Performing
- D. Storming**

Storming is the phase where groups experience friction as members push against boundaries and test who has influence. In this stage, power struggles and questions about leadership and roles surface, with individuals jockeying for position and trying to shape how the group operates. The leader's task is to manage these conflicts in a way that keeps everyone safe and the group on track. That means setting clear norms, facilitating open and respectful communication, addressing disruptive behavior, and helping the team clarify roles and decision-making processes. When these conflicts are navigated effectively, the group can move toward greater cohesion and collaboration in the next stage.

3. Which term describes the sense of groupness, closeness, acceptance, and belonging within a therapy group?

- A. Social Integration
- B. Cohesiveness**
- C. Group Belonging
- D. Empathy

Cohesiveness describes the sense of groupness, closeness, acceptance, and belonging within a therapy group. It captures how strongly members feel connected to one another and to the group as a whole. When cohesiveness is high, people are more likely to participate openly, support each other, and trust the process, which creates a safe climate for sharing, feedback, and growth. This shared bond helps the group function effectively and can boost engagement and therapeutic outcomes because members feel seen, valued, and part of a common purpose. Empathy is the ability to understand another's feelings, which supports interactions but isn't the same as the overall group bond. Social integration refers to fitting into a wider social context beyond the group, not the intra-group unity. Group belonging is related but the established term for the strong, unified sense within the therapy group is cohesiveness.

4. The analyst's own emotional reaction to the patient that is triggered by past relationships.

A. Countertransference

B. Transference

C. Projection

D. Identification

Countertransference is the analyst's own emotional reaction to the patient that is triggered by past relationships. Therapists may notice feelings such as anxiety, attraction, anger, or protectiveness arising in session, rooted in their own history rather than the patient's current behavior. This is different from transference, where the patient unconsciously projects feelings about important figures onto the therapist, whereas in countertransference the source is the therapist's internal world. Projection involves attributing one's own unacceptable thoughts or impulses to others, and identification means taking on someone else's characteristics or roles. Recognizing countertransference is important for maintaining boundaries and using supervision to reflect on one's reactions and ensure the patient's needs remain the focus.

5. Which aspect is emphasized by the approach: focusing on the present moment rather than the past?

A. Past Experiences

B. Here and Now

C. Future Goals

D. Dream Interpretation

Focusing on the here and now emphasizes being fully present in the current moment rather than dwelling on the past. This approach guides attention to what a person is thinking, feeling, sensing, and experiencing in the present, helping them respond to what's happening now rather than getting caught up in previous events. It aligns with mindfulness-based and present-centered strategies that cultivate present-moment awareness and reduce rumination. Past experiences would center on what happened before, which shifts focus away from the current moment. Future goals look ahead to plans and expectations rather than immediate experience. Dream interpretation concentrates on the symbolic meaning of dreams, not the person's current lived experience.

6. In a psychosocial assessment, which option best describes its scope?

A. It covers life domains including housing, employment, supports, relationships, legal issues, medical and mental health history, and functioning

B. It focuses solely on financial resources

C. It documents only medical history

D. It is not used for treatment planning

A psychosocial assessment is a comprehensive look at how a person lives and functions across multiple life domains that influence well-being, including housing, employment, supports, relationships, legal issues, and both medical and mental health history, as well as overall functioning. This broad scope matters because many challenges arise from the interaction of social, economic, legal, and health factors, and understanding these links is essential for planning effective care. It isn't limited to financial resources, nor to medical history alone, and it is used to inform treatment planning and coordinate appropriate services.

7. Negative feelings that are stirred up in the analyst as he/she interacts with the patient - as the patient may remind the analyst of someone from his/her past.

- A. Countertransference
- B. Transference
- C. Regression
- D. Introjection**

Countertransference is at play here—the therapist's own unresolved feelings are stirred by the patient, especially when the patient resembles someone from the therapist's past. These negative reactions come from the clinician's internal history, not from something the patient is doing in the moment, and they can color how the therapist interprets the patient or responds in session. Recognizing and managing countertransference through self-reflection and supervision helps keep the therapy focused on the patient's needs. By contrast, transference involves the patient projecting feelings onto the therapist; regression refers to the patient reverting to earlier developmental patterns under stress; and introjection is about internalizing others' attributes or voices, rather than the therapist's own reactions to the patient.

8. An acute physical and/or emotional event during treatment that threatens progress and increases relapse risk is called what?

- A. Crisis Intervention
- B. Crisis**
- C. Setback
- D. Emergency

A crisis is an abrupt, destabilizing event that overwhelms a person's coping resources, halts progress in treatment, and heightens the risk of relapse. This moment requires timely support to restore balance and safety, because the acute stress can push someone back toward old patterns if not addressed promptly. Think of a crisis as the specific incident or episode—like a sudden loss, a traumatic trigger, a major health scare, or a severe family conflict—that disrupts functioning and treatment gains. This differs from a setback, which is more of a general stumble or temporary slip in progress without necessarily an immediate, overwhelming event. It also differs from crisis intervention, which is the responsive work done to manage the crisis itself, and from an emergency, which implies life-threatening danger requiring urgent outside action.

9. Which stage of change follows Action and involves maintaining new behaviors?

- A. Precontemplation
- B. Maintenance**
- C. Contemplation
- D. Preparation

In this model, after someone has started a new behavior, the next stage is Maintenance. The focus shifts from performing the new behavior to keeping it going over time and preventing relapse. This means continuing the new routine, integrating it into daily life, and using strategies like coping with high-risk situations, maintaining social support, and having a plan for any setbacks. Maintenance typically begins after Action has been underway for a while (often around six months) and continues as long as the change is sustained. If a lapse happens, the person can re-engage with the change process, but the emphasis stays on long-term stability rather than just starting or planning the change. Other stages occur before this—precontemplation and contemplation involve not yet changing, and preparation involves planning to change.

10. Accurate empathy refers to which therapist behavior?

A. Understanding and Reflecting the Client's Feelings and Perspective

B. Acknowledging the Therapist's Own Feelings

C. Providing Direct Advice

D. Setting Strict Boundaries

Accurate empathy is the therapist's ability to truly understand the client's inner experience—the feelings they're having and the perspective they bring—and to reflect that back in language that matches the client's own meaning. It goes beyond just sympathy; it involves accurately identifying the emotions and the worldview the client expresses and then paraphrasing or naming them so the client feels understood. This builds safety, reduces defensiveness, and invites deeper self-exploration. For example, if a client says they feel overwhelmed by their workload, an accurate-empathetic response might be, "You're feeling overwhelmed by everything on your plate and worried you won't keep up, which makes you feel stuck." This shows you heard both the emotion and its source. This behavior is distinct from focusing on the therapist's own feelings, offering direct advice, or imposing strict boundaries; those do not center the client's experience in the same way and are not what accurate empathy aims to do.

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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://casaccounsellingdom.examzify.com>

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

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