

Commission on Rehabilitation Counselor Certification (CRCC) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which of the following lists microskills used in therapy?**
 - A. Questioning, summarizing, diagnosing**
 - B. Listening, reflecting, advising**
 - C. Paraphrasing, reflecting, summarizing**
 - D. Intervening, directing, criticizing**
- 2. A supply-side approach focuses on assistance for workers with disabilities regarding which aspect?**
 - A. Workplace culture**
 - B. Personal finance management**
 - C. Medical, psychological, and job-skills**
 - D. Peer support groups**
- 3. What type of benefits does Social Security Disability Insurance (SSDI) provide to eligible people with disabilities?**
 - A. One-time cash grants**
 - B. Monthly income benefits**
 - C. Healthcare coverage**
 - D. Job resources and training**
- 4. What model does the World Health Organization (WHO) use for the International Classification of Functioning, Disability, and Health (ICF)?**
 - A. The Biopsychosocial Model of Disability**
 - B. The Medical Model of Disability**
 - C. The Social Model of Disability**
 - D. The Economic Model of Disability**
- 5. The most widely used test to assess personality traits is the:**
 - A. NEO-PI**
 - B. 16PF**
 - C. MMPI-2**
 - D. CPI**

- 6. Which of the following tests is commonly used to measure intelligence?**
- A. Wechsler Adult Intelligence Scale**
 - B. Stanford-Binet**
 - C. Rorschach Inkblot Test**
 - D. Beck Depression Inventory**
- 7. The amount of time records must be kept is determined by _____.**
- A. Federal guidelines only**
 - B. Individual agencies and some state licensure laws**
 - C. Client requests for record retention**
 - D. Institutional policies**
- 8. According to Social Cognitive Career Theory (SCCT), self-efficacy beliefs and _____ are seen as jointly promoting career-related interests.**
- A. Personal interests**
 - B. Outcome expectations**
 - C. Social support**
 - D. Cognitive skills**
- 9. What does the Ticket to Work (TTW) program allow recipients to do?**
- A. Choose their beneficiaries**
 - B. Select their own employment**
 - C. Choose their own vendors**
 - D. Apply for job training**
- 10. According to Beveridge et al.'s INCOME Framework, the Maintaining status involves:**
- A. achieving new goals**
 - B. transitioning to another job**
 - C. the process of performing in and sustaining an occupation**
 - D. adapting to retirement**

Answers

SAMPLE

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

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Explanations

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1. Which of the following lists microskills used in therapy?

- A. Questioning, summarizing, diagnosing**
- B. Listening, reflecting, advising**
- C. Paraphrasing, reflecting, summarizing**
- D. Intervening, directing, criticizing**

The correct choice highlights fundamental microskills that are essential in therapy settings. Paraphrasing, reflecting, and summarizing are key techniques that therapists use to facilitate effective communication and understanding between themselves and their clients. Paraphrasing involves restating what the client has said in the counselor's own words. This shows the client that their message has been heard and understood, while also giving them a chance to clarify or elaborate on their thoughts. Reflecting goes a step further by allowing the therapist to convey the emotional undertone of what the client has expressed. By mirroring the client's feelings, the therapist helps to deepen the client's self-awareness and fosters a greater emotional connection. Summarizing is a skill that provides an overview of the discussion, helping both the therapist and client to organize thoughts and focus on key points. It serves to reinforce understanding and can help guide the session towards secondary goals or themes. Together, these three microskills create a supportive environment for clients, encouraging therapeutic engagement and emotional exploration. In contrast, the other options contain skills that may not be as appropriate or productive in a therapeutic context, such as diagnosing or criticizing, which can hinder the therapeutic alliance.

2. A supply-side approach focuses on assistance for workers with disabilities regarding which aspect?

- A. Workplace culture**
- B. Personal finance management**
- C. Medical, psychological, and job-skills**
- D. Peer support groups**

A supply-side approach addresses assistance for workers with disabilities by concentrating on medical, psychological, and job-skills support. This strategy seeks to enhance the employability of individuals with disabilities by equipping them with necessary skills and addressing any medical or psychological barriers that may hinder their ability to work. By providing training and resources that enhance job skills, and ensuring that any medical and psychological needs are met, this approach aims to create a solid foundation for successful employment. This could involve offering vocational rehabilitation services, therapeutic interventions, and training programs tailored to the unique needs of workers with disabilities, which are crucial for fostering independence and achieving workplace integration. In contrast, while workplace culture, personal finance management, and peer support groups are valuable components of overall well-being and success for individuals with disabilities, they are not the primary focus of a supply-side approach, which aims specifically at enhancing direct employment-related capabilities and overcoming barriers to work.

3. What type of benefits does Social Security Disability Insurance (SSDI) provide to eligible people with disabilities?

- A. One-time cash grants**
- B. Monthly income benefits**
- C. Healthcare coverage**
- D. Job resources and training**

Social Security Disability Insurance (SSDI) provides monthly income benefits to individuals who are unable to work due to a qualifying disability. This program is designed to offer financial support to those who meet specific criteria regarding their disability status and work history. The monthly benefits help cover living expenses, such as housing, food, and healthcare, thus providing a crucial safety net for individuals who may be struggling financially due to their inability to maintain employment. The nature of SSDI benefits emphasizes ongoing assistance, making monthly income support the most fitting option. This structure helps ensure that recipients receive a reliable source of income over time, which can significantly aid in financial stability during periods of disability. In contrast, one-time cash grants, healthcare coverage, or job resources and training do not align with the primary objective of SSDI, which is to replace income lost as a result of a disability.

4. What model does the World Health Organization (WHO) use for the International Classification of Functioning, Disability, and Health (ICF)?

- A. The Biopsychosocial Model of Disability**
- B. The Medical Model of Disability**
- C. The Social Model of Disability**
- D. The Economic Model of Disability**

The International Classification of Functioning, Disability, and Health (ICF) developed by the World Health Organization (WHO) is grounded in the Biopsychosocial Model of Disability. This model integrates biological, psychological, and social factors to provide a comprehensive perspective on health and functioning. It emphasizes that disability is not only a result of physical impairments but also encompasses mental health and social factors that impact an individual's ability to engage in various life activities. By utilizing the Biopsychosocial Model, the ICF recognizes that health and disability are influenced by an interplay of personal factors (such as genetics, health conditions, and psychological well-being) and environmental factors (like social support, accessibility, and cultural attitudes). This approach fosters a more holistic understanding of individuals' experiences and helps healthcare professionals identify effective interventions that can improve the quality of life for individuals with disabilities. Unlike the Medical Model, which primarily views disability through the lens of impairment and focuses on diagnosis and treatment, the Biopsychosocial Model encompasses a broader understanding that includes societal and personal influences. This is key in promoting inclusion and support for individuals with disabilities.

5. The most widely used test to assess personality traits is the:

- A. NEO-PI**
- B. 16PF**
- C. MMPI-2**
- D. CPI**

The Minnesota Multiphasic Personality Inventory-2 (MMPI-2) is indeed the most widely used test for assessing personality traits, particularly in clinical settings. This assessment tool is specifically designed to evaluate various psychological conditions and personality structure. Originally developed in the late 1930s and extensively revised, the MMPI-2 features a comprehensive set of true or false statements that help identify personality attributes and potential psychological issues. The MMPI-2 is distinguished by its empirical foundation; it was developed using a criterion-keyed approach, which ensured that items measure distinct psychological conditions effectively. This has led to its widespread acceptance in various fields, including psychology, psychiatry, and counseling, making it a cornerstone for personality assessment. Other options, while notable, serve different purposes or are utilized in more specialized contexts. For instance, the NEO-PI assesses the five major domains of personality based on the Five Factor Model but is not as broadly used as the MMPI-2. The 16 Personality Factor Questionnaire (16PF) is another well-respected tool, providing a comprehensive assessment of normal personality traits rather than clinical conditions. Lastly, the California Psychological Inventory (CPI) focuses on interpersonal behavior and social interactions. Each of these instruments has its

6. Which of the following tests is commonly used to measure intelligence?

- A. Wechsler Adult Intelligence Scale**
- B. Stanford-Binet**
- C. Rorschach Inkblot Test**
- D. Beck Depression Inventory**

The Wechsler Adult Intelligence Scale is a widely recognized assessment tool specifically designed to measure various aspects of intelligence in adults. This test evaluates cognitive abilities across multiple domains, providing a nuanced understanding of an individual's intellectual functioning. Factors such as verbal comprehension, perceptual reasoning, working memory, and processing speed are assessed through a series of subtests. The results are helpful for identifying learning disabilities, cognitive strengths and weaknesses, and eligibility for certain services. The Stanford-Binet intelligence test also serves the purpose of measuring intelligence and has a long history in the field of psychological assessment. It was originally developed by Alfred Binet and later revised to better fit contemporary understanding of intelligence. This test focuses on cognitive abilities in children and adults, making it an important tool in psychological evaluations. However, the Rorschach Inkblot Test and the Beck Depression Inventory focus on different aspects of psychological assessment. The Rorschach test is a projective psychological test used to assess personality characteristics and emotional functioning, primarily by analyzing individuals' interpretations of ambiguous inkblots. The Beck Depression Inventory, on the other hand, is specifically designed to measure the severity of depression in individuals. Understanding these distinctions reinforces the importance of selecting the appropriate test based on the specific areas of assessment being

7. The amount of time records must be kept is determined by _____.

A. Federal guidelines only

B. Individual agencies and some state licensure laws

C. Client requests for record retention

D. Institutional policies

The amount of time records must be kept is primarily determined by individual agencies and certain state licensure laws. This reflects the reality that storage and retention policies can vary significantly based on the agency's operational needs and the legal requirements specific to each state. Agencies often have procedures in place that comply with broader legislative frameworks to ensure they meet necessary compliance and operational guidelines. Additionally, state licensure laws can impose specific mandates regarding how long various types of client records must be retained, all of which can be influenced by factors like the nature of the service provided and legal accountability requirements. While federal guidelines exist and might inform some aspects of record retention, they do not universally dictate the retention period across all situations. Client requests for record retention and institutional policies can play roles as well, but they typically operate within the framework established by the agencies and state laws rather than superseding them. Therefore, the correct answer reflects the layered structure of record retention requirements that depend primarily on agency-specific and state legal guidelines.

8. According to Social Cognitive Career Theory (SCCT), self-efficacy beliefs and _____ are seen as jointly promoting career-related interests.

A. Personal interests

B. Outcome expectations

C. Social support

D. Cognitive skills

Self-efficacy beliefs are crucial components of Social Cognitive Career Theory (SCCT) as they refer to an individual's belief in their capabilities to execute behaviors necessary to produce specific performance attainments. This belief influences how people approach their goals, tasks, and challenges in their career paths. Alongside self-efficacy, outcome expectations are equally significant as they involve the anticipated results or consequences of engaging in particular behaviors or career choices. Together, self-efficacy and outcome expectations shape an individual's career-related interests by influencing the decisions they make about pursuing certain fields or occupations. When a person believes they have the skills to succeed in a certain area (self-efficacy) and anticipates positive outcomes from pursuing that area (outcome expectations), their interest in that career is likely to be strengthened. This synergistic relationship highlights the interplay between confidence in one's abilities and the perceived benefits of pursuing a specific career, integral to understanding career development and decision-making. While personal interests, social support, and cognitive skills are relevant to career development, they do not directly reflect the specific joint promotion of career-related interests as identified in SCCT. Personal interests are more about intrinsic attractions to specific fields, social support pertains to the external encouragement and resources available, and cognitive skills relate

9. What does the Ticket to Work (TTW) program allow recipients to do?

- A. Choose their beneficiaries**
- B. Select their own employment**
- C. Choose their own vendors**
- D. Apply for job training**

The Ticket to Work (TTW) program is designed to assist individuals with disabilities in achieving greater independence through work. One of the fundamental aspects of this program is that it empowers recipients to choose their own vendors. This means participants can select service providers that they believe will best support them in their journey toward employment. Vendors can include various organizations that offer vocational rehabilitation services, job training, and counseling, enabling recipients to tailor their support to match their individual needs. While the other options might seem relevant to the experiences of individuals seeking employment, they don't accurately reflect the primary focus of the TTW program. The program is not solely about choosing beneficiaries or applying for job training as independent actions. Instead, it emphasizes the importance of personalized support through vendor selection. This is central to the TTW's mission of fostering self-sufficiency and empowerment among individuals with disabilities.

10. According to Beveridge et al.'s INCOME Framework, the Maintaining status involves:

- A. achieving new goals**
- B. transitioning to another job**
- C. the process of performing in and sustaining an occupation**
- D. adapting to retirement**

The choice of the maintaining status being defined as "the process of performing in and sustaining an occupation" aligns well with the objectives of the INCOME Framework by Beveridge et al. This framework provides a comprehensive understanding of the various phases individuals experience in relation to their income and occupational roles. Maintaining status focuses on the importance of not just being employed but also thriving in that role over time. It involves consistently demonstrating skills, engaging effectively in work tasks, and managing the demands of one's job to ensure long-term success. This aspect emphasizes the necessity of ongoing performance and job retention, which are critical for achieving stability in one's occupational life and income. In contrast, achieving new goals, transitioning to another job, and adapting to retirement reflect different phases or actions that do not capture the essence of maintaining an existing role in the workforce. These options represent more dynamic or transitional processes rather than the sustained efforts required to maintain performance and engagement in one's current occupation.