

COUC 667 Counseling Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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 statement is true about treatment goals?**
 - A. A single goal is sufficient for all problems
 - B. One or more goals is needed for each problem being treated
 - C. Goals are optional
 - D. Goals should be removed after progress
- 2. Scripture must be interpreted with attention to the context of both the verse and the client.**
 - A. Sometimes
 - B. Not relevant
 - C. Not sure
 - D. True
- 3. Which statement best describes Tan's view on the relationship between Scripture and spirituality?**
 - A. Scripture-centered spirituality is central
 - B. Spirituality without Scripture is adequate
 - C. Scripture is irrelevant to spirituality
 - D. Spirituality should replace Scripture
- 4. The last step of case conceptualization in the inverted pyramid model (IPM) involves which of the following?**
 - A. Developing treatment goals
 - B. Gathering client history
 - C. Determining diagnosis
 - D. Understanding deep core clinical features driving the signs and symptoms
- 5. Which option is NOT a feature of Evangelical Christian Spirituality according to Tan?**
 - A. Non-biblical worldview
 - B. Bible-centered
 - C. Emphasis on spiritual disciplines
 - D. Maturation toward Christlikeness

- 6. According to a biblical view of humans (biblical anthropology), the ultimate purpose to life, according to Tan, is**
- A. To know God and enjoy him forever
 - B. To achieve personal success
 - C. To live a long life
 - D. To accumulate wealth
- 7. During the introduction stage, clients should be informed of everything EXCEPT which of the following?**
- A. The limits of confidentiality
 - B. The length of the session
 - C. All of these are parts of the introduction stage
 - D. Your credentials
- 8. Initially, swing questions are avoided with which client group?**
- A. Adults
 - B. Older Adults
 - C. Clients with language barriers
 - D. Children and Adolescents
- 9. In which stage would a therapist do the most work to facilitate client change?**
- A. Body
 - B. Preparation
 - C. Closure
 - D. Assessment
- 10. The intake report is intended for a diverse audience; which of the following is NOT typically included?**
- A. The treatment team
 - B. The client
 - C. The client's employer
 - D. The client's family and friends

Answers

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

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Explanations

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1. Which statement is true about treatment goals?

- A. A single goal is sufficient for all problems
- B. One or more goals is needed for each problem being treated**
- C. Goals are optional
- D. Goals should be removed after progress

Clear, problem-specific goals drive effective treatment. In counseling, clients often present multiple concerns, so setting one or more concrete goals for each problem gives direction to the work, creates criteria for judging progress, and helps keep the client engaged. When goals are defined for each issue, interventions can be tailored to targeted outcomes, and progress becomes observable rather than vague. If you tried to address everything with a single broad goal, important problems may be overlooked and progress may feel less tangible. Goals are not optional; they shape what happens in sessions and provide a clear way to evaluate change. They should be revisited and adjusted as progress occurs or as new concerns emerge, ensuring the plan stays aligned with the client's needs and circumstances. It wouldn't be appropriate to remove goals after some progress, as that would reduce accountability and make it harder to maintain gains or prevent relapse.

2. Scripture must be interpreted with attention to the context of both the verse and the client.

- A. Sometimes
- B. Not relevant
- C. Not sure
- D. True**

Interpreting scripture in counseling hinges on reading the verse with its surrounding words and historical setting while also honoring the client's lived experience, beliefs, and current situation. The meaning of a passage often shifts when you consider its literary context—what comes before and after, the genre, and the culture in which it was written—so taking verses in isolation can lead to misinterpretation or overgeneralization. At the same time, the client's context matters: their faith tradition, spirituality, cultural background, personal experiences, and presenting concerns shape how a passage is received and what it might offer in the here and now. By evaluating both contexts together, the counselor can help the client engage with scripture in a way that is accurate, respectful, and therapeutically meaningful, avoiding coercive or harmful interpretations.

3. Which statement best describes Tan's view on the relationship between Scripture and spirituality?

- A. Scripture-centered spirituality is central**
- B. Spirituality without Scripture is adequate
- C. Scripture is irrelevant to spirituality
- D. Spirituality should replace Scripture

Scripture grounds genuine spirituality in Tan's view. Spiritual life isn't just personal feeling or private insight; it is formed and guided by what God reveals in Scripture—the truths about who God is, what God has done in Christ, and how God calls us to live. The Spirit works through the Word to shape character, discern truth, and direct practice, so true spirituality is anchored in biblical revelation and evaluated against it. Because of that, spirituality without Scripture would lack authoritative direction and can drift or become subjective. Saying Scripture is irrelevant contradicts the belief that God reveals himself and his will through his Word. And suggesting spirituality should replace Scripture goes against the idea that Scripture provides the normative standard for faith and life; instead, Tan would view Scripture as the foundation that informs and governs spiritual experience.

4. The last step of case conceptualization in the inverted pyramid model (IPM) involves which of the following?

- A. Developing treatment goals
- B. Gathering client history
- C. Determining diagnosis

D. Understanding deep core clinical features driving the signs and symptoms

In the inverted pyramid model, the final step focuses on understanding the deep factors that actually drive the signs and symptoms. This means looking past surface presentations to identify the core processes, patterns, and mechanisms that sustain the client's difficulties—such as underlying beliefs, emotion regulation styles, attachment patterns, cognitive schemas, and relevant neurobiological or environmental influences. Grasping these deep drivers helps explain why symptoms emerge, persist, or respond in certain contexts, and it directly shapes how you plan targeted, effective interventions. Gathering client history is foundational and typically occurs earlier to build context. Determining a diagnosis is important, but the IPM emphasizes understanding why symptoms exist rather than labeling them as the final step. Developing treatment goals usually follows after you've mapped out these deep drivers, so you can set goals that target the core processes rather than just surface symptoms.

5. Which option is NOT a feature of Evangelical Christian Spirituality according to Tan?

- A. Non-biblical worldview**
- B. Bible-centered
- C. Emphasis on spiritual disciplines
- D. Maturation toward Christlikeness

The main idea being tested is what defines Evangelical Christian Spirituality in Tan's framing. Evangelical spirituality is anchored in Scripture as the ultimate authority, shaping one's worldview and daily life. It is Bible-centered, with believers deliberately engaging in spiritual disciplines—prayer, Bible study, worship, confession, fasting, and other practices that nurture a growing relationship with God. The aim is maturation toward Christlikeness, reflecting ongoing transformation by the Spirit. Given that foundation, a non-biblical worldview does not fit Evangelical Christian Spirituality, because it does not place Scripture at the center or use it to define beliefs, values, and practice. The other features—being Bible-centered, emphasizing spiritual disciplines, and pursuing Christlikeness—are exactly the elements that characterize this spirituality.

6. According to a biblical view of humans (biblical anthropology), the ultimate purpose to life, according to Tan, is

- A. To know God and enjoy him forever
- B. To achieve personal success
- C. To live a long life**
- D. To accumulate wealth

In biblical anthropology, the ultimate purpose of life is to know God and enjoy Him forever. Humans are created for a relationship with their Creator, and true fulfillment comes from communion with Him. Knowing God means relational, experiential engagement—trusting Him, loving Him, and living in alignment with His ways. Enjoying Him captures the delighted, grateful response that flows from that relationship; God is the source of all meaning, joy, and life. Long life, personal success, or wealth can be blessings within a life oriented toward God, but they are not the final aim. They may accompany a life of faith or reflect God's generosity, yet they do not define the ultimate purpose of human existence, which centers on a loving relationship with God.

7. During the introduction stage, clients should be informed of everything EXCEPT which of the following?

- A. The limits of confidentiality
- B. The length of the session
- C. All of these are parts of the introduction stage**
- D. Your credentials

During the introduction stage, you establish transparency about what clients can expect and obtain their consent. You inform them about the limits of confidentiality, how long each session will last, and your credentials. These disclosures help the client understand the boundaries, structure, and qualifications involved in the therapy relationship. The statement that "all of these are parts of the introduction stage" is the exception because it's a meta-note about what you cover, not a substantive disclosure you provide to the client. In practice, you would present the concrete items (limits of confidentiality, session length, credentials) and typically include other essentials like fees or cancellation policies, rather than telling the client that all possible items are included as a single disclosure.

8. Initially, swing questions are avoided with which client group?

- A. Adults
- B. Older Adults
- C. Clients with language barriers
- D. Children and Adolescents**

The main idea is that questioning style should fit the developmental level of the client, especially at the start of therapy. With children and adolescents, you avoid swing questions—rapidly shifting topics or presenting several options at once—because their still-developing cognitive and language skills make it easy to get overwhelmed, lose focus, or misinterpret what you're asking. Starting with clear, concrete, one-question-at-a-time prompts helps build safety, rapport, and understanding, and it keeps them engaged. As you work with adults or older adults, you can use more open-ended or multi-part questions as they're typically better able to handle abstraction and shift between topics. Clients with language barriers require straightforward, well-supported communication (and often an interpreter), but the reason to avoid swing questions initially is especially salient for younger clients, where a steady, uncomplicated approach fosters trust and clarity.

9. In which stage would a therapist do the most work to facilitate client change?

- A. Body**
- B. Preparation
- C. Closure
- D. Assessment

The main idea is that real change happens through active, experiential work that shapes how clients respond in their bodies and in their actions. In the body stage, the therapist focuses on implementing and practicing new behaviors, coping strategies, and bodily regulation in real time. This is where skills are rehearsed, resistance is confronted, and new patterns are embodied through exercises, role-plays, mindfulness, movement, and other experiential techniques. Because changing behavior and physiological responses requires practice and integration, this stage typically demands the most sustained effort from both therapist and client to translate insights into durable change. By contrast, assessment is about gathering information and understanding the client; preparation is about building motivation and planning; closure is about consolidating gains and ending the work. These stages set the stage for change but do not involve the same depth of active behavior initiation and embodiment as the body-focused stage.

10. The intake report is intended for a diverse audience; which of the following is NOT typically included?

- A. The treatment team
- B. The client
- C. The client's employer
- D. The client's family and friends**

Confidentiality and consent guide who receives intake information. An intake report is a confidential document meant to set up care and coordinate services, so it's typically shared with the client to review and with the treatment team to inform ongoing work. It may also be shared with the client's employer if the client signs a release and there's a legitimate work-related need. The client's family and friends are not routinely included because sharing sensitive details with them goes beyond what's needed for treatment and would breach privacy protections. Hence, family and friends are not typically included in the intake report.

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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://couc667.examzify.com>

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

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