

COUC 667 COUNSELING 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 verse did Tan use to support the use of Scripture in counseling?**
 - A. Hebrews 4:12
 - B. 2 Timothy 3:16
 - C. Psalm 23:1
 - D. Matthew 28:19
- 2. According to the text, nondirective listening behaviors facilitate**
 - A. Silence
 - B. Therapist interpretations
 - C. Client talk
 - D. Judgments
- 3. In treatment planning, urgency and magnitude should guide prioritization of target areas.**
 - A. Sometimes
 - B. True
 - C. False
 - D. Not sure
- 4. Schwitzer and Rubin state you cannot diagnose an adult with autism because this DSM-5 class is for children and adolescents.**
 - A. True
 - B. False
 - C. Not specified
 - D. It depends
- 5. Which of the following would be included among Schwitzer and Rubin's main components of a fully developed diagnosis?**
 - A. Environmental problems
 - B. Family history
 - C. Insurance coverage
 - D. Cultural background

- 6. Tan's stance on integrating faith and counseling practice implies what?**
- A. Faith should guide practice
 - B. Faith should be kept separate from psychology
 - C. Only faith, no psychology
 - D. Only psychology, no faith
- 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. Which statement about predicting suicide is most true?**
- A. Death by suicide is essentially impossible to predict
 - B. Suicide risk can be predicted with high accuracy
 - C. There are universal warning signs that guarantee an attempt
 - D. Prediction is not possible at all
- 9. Which statement best summarizes Tan's stance on integrating Christian faith with secular theory?**
- A. It should be avoided entirely
 - B. It should be evaluated against Scriptural truths before applying
 - C. It should be applied as-is
 - D. It should be ignored
- 10. According to Tan, the Bible is exhaustive and comprehensive when applying to Christian counseling.**
- A. False
 - B. True
 - C. Not specified
 - D. Partially true

Answers

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

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Explanations

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1. Which verse did Tan use to support the use of Scripture in counseling?

- A. Hebrews 4:12
- B. 2 Timothy 3:16**
- C. Psalm 23:1
- D. Matthew 28:19

The main idea here is that Scripture is the authoritative, sufficient tool for guiding counseling work. 2 Timothy 3:16 states that all Scripture is God-breathed and useful for teaching, reproof, correction, and training in righteousness. This provides a clear basis for using Scripture in counseling: it presents Scripture as the divinely inspired resource that can instruct clients, expose error, correct beliefs, and shape growth in how they live. Hebrews 4:12 also highlights the power of God's word, describing it as living and active, which supports the idea that Scripture can effect real change, but it doesn't articulate the exact basis Tan used for citing Scripture in counseling. Psalm 23:1 is comforting and vivid imagery of God's care, not a direct claim about Scripture's role in counseling. Matthew 28:19 emphasizes teaching and disciple-making in a mission context, which relates to spiritual guidance but doesn't specify Scripture's functional use in counseling. So the verse that most directly justifies using Scripture in counseling is the one that links Scripture to teaching, reproof, correction, and training in righteousness.

2. According to the text, nondirective listening behaviors facilitate

- A. Silence
- B. Therapist interpretations
- C. Client talk**
- D. Judgments

Nondirective listening behaviors create a space where clients feel safe to express themselves and lead the conversation. By using techniques like reflective listening, paraphrasing, open-ended questions, and minimal encouragers, the therapist shows genuine interest and understanding without steering or judging. This reduces defensiveness and invites the client to elaborate, explore feelings, and articulate thoughts more fully. When the therapist avoids interpretations or judgments, the client can trust it's a place to speak openly and without pressure, which naturally increases the amount and depth of client talk. While silence can occur, it's the supportive, non-evaluative listening that primarily encourages the client to continue talking and exploring their experiences.

3. In treatment planning, urgency and magnitude should guide prioritization of target areas.

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

Prioritizing treatment targets by urgency and magnitude is about triaging what needs attention first to keep clients safe and functioning. Urgency flags risks that require immediate action—like active self-harm, danger to others, or severe crisis—because addressing these right away reduces imminent harm. Magnitude refers to how severe or disabling a symptom or problem is and how much it disrupts daily life. By focusing on the most urgent problems that have the greatest impact, you stabilize the client and create a solid foundation for addressing other issues. For example, if a client presents with active suicidal thoughts, that safety concern takes precedence. Once safety is secured and acute distress is managed, you can then attend to other significant but less urgent issues, such as a secondary anxiety pattern or relationship concerns. If you attended to a less urgent but very large problem while ignoring an urgent safety risk, harm could occur or functioning could quickly deteriorate. Thus, this approach—letting both urgency and magnitude guide prioritization—is the most appropriate way to plan treatment, making the statement true.

4. Schwitzer and Rubin state you cannot diagnose an adult with autism because this DSM-5 class is for children and adolescents.

- A. True
- B. False**
- C. Not specified
- D. It depends

Autism Spectrum Disorder in DSM-5 is a diagnosis that applies across the lifespan, not just to children. You can diagnose adults with ASD if they meet the criteria and there is evidence of onset in the early developmental period. In practice, clinicians use developmental history and current functioning to determine whether an adult's symptoms fit ASD, even though the diagnosis is about lifelong patterns. So the statement that you cannot diagnose an adult because the DSM-5 class is for children is false.

5. Which of the following would be included among Schwitzer and Rubin's main components of a fully developed diagnosis?

- A. Environmental problems**
- B. Family history
- C. Insurance coverage
- D. Cultural background

Schwitzer and Rubin emphasize a biopsychosocial approach to a fully developed diagnosis, where the person is understood within the broader context of their environment. Environmental problems are included because the surrounding circumstances—such as housing, safety, access to resources, social supports, and daily stressors—shape how symptoms develop, how severe they are, and how treatment should be planned. Recognizing these environmental factors helps clinicians address real-world barriers to functioning and recovery, not just label a disorder. While family history and cultural background are important context for understanding a client, the framework highlighted by Schwitzer and Rubin specifically treats environmental problems as a central, actionable part of the diagnostic formulation. Insurance coverage, on the other hand, pertains to access to care rather than what constitutes the diagnosis itself.

6. Tan's stance on integrating faith and counseling practice implies what?

- A. Faith should guide practice**
- B. Faith should be kept separate from psychology
- C. Only faith, no psychology
- D. Only psychology, no faith

Integrating faith into counseling means using spiritual beliefs as a guiding resource in how problems are understood, what goals are set, and which interventions are chosen. When faith guides practice, the counselor views clients through a lens that considers meaning, purpose, and moral or existential questions alongside psychological factors. This approach recognizes that religion and spirituality can be important sources of strength, coping, and identity for many clients, and it invites these resources into the therapeutic process in a way that respects the client's own beliefs and preferences. This stance does not require forcing beliefs on clients or treating psychology as irrelevant; rather, it honors the role of faith as part of the client's lived experience and uses it to support healing and growth when it aligns with the client's values. In contrast, keeping faith entirely separate would miss these resources; relying only on faith would ignore empirical models of change; relying only on psychology would overlook meaningful spiritual dimensions.

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. Which statement about predicting suicide is most true?

- A. Death by suicide is essentially impossible to predict
- B. Suicide risk can be predicted with high accuracy
- C. There are universal warning signs that guarantee an attempt
- D. Prediction is not possible at all**

Understanding that predicting suicide with certainty isn't possible is the key idea. In clinical practice, we talk about risk assessment in terms of probability, not certainty. There are many risk factors and warning signs that raise concern, but none guarantees an attempt or allows exact timing. Statements that claim high predictive accuracy or universal warning signs are misleading because they suggest certainty where there isn't any. The most defensible stance among the options is that prediction is not possible at all—in the sense that we cannot predict with certainty who will attempt, when, or how. In real-world care, clinicians focus on monitoring risk dynamically, developing safety plans, restricting access to means, and ensuring crisis resources are available, because risk can change and must be managed rather than predicted with certainty.

9. Which statement best summarizes Tan's stance on integrating Christian faith with secular theory?

- A. It should be avoided entirely
- B. It should be evaluated against Scriptural truths before applying**
- C. It should be applied as-is
- D. It should be ignored

When integrating Christian faith with secular theory, the best approach is to test secular ideas against Scriptural truths before using them with clients. This keeps Scripture as the governing standard, ensuring practices align with biblical ethics and worldview, while still allowing helpful insights from secular theories that fit with biblical teaching. In practice, you would examine what a secular theory says about human nature, motivation, and change, and only adopt or adapt the aspects that harmonize with Scripture, rejecting or reworking anything that conflicts. It's not about wholesale rejection or uncritical adoption—it's about discernment and informed integration.

10. According to Tan, the Bible is exhaustive and comprehensive when applying to Christian counseling.

- A. False**
- B. True
- C. Not specified
- D. Partially true

The point being tested is whether Scripture is meant to be the complete and all-encompassing manual for Christian counseling. Tan would affirm that the Bible is authoritative and sufficient for guiding faith, character, moral decisions, and spiritual transformation. But it is not intended to be an exhaustive, technical manual for every counseling scenario. While biblical principles—grace, forgiveness, reconciliation, and redemptive change—inform and shape counseling, they don't provide detailed methods, diagnoses, or treatment plans for all modern mental health issues. Effective Christian counseling, then, combines biblical truth with established psychological theories, clinical skills, ethical practice, and consideration of the individual's context. Because of this, describing the Bible as exhaustive and comprehensive for Christian counseling overstates its scope, making the statement false.

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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