

# Existential Therapy Practice Test (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. What does 'existential guilt' refer to?**
  - A. Guilt associated with social interactions**
  - B. Feelings of regret for not living authentically**
  - C. Guilt resulting from others' expectations**
  - D. A psychological condition diagnosed by therapists**
  
- 2. Which therapist is known for applying concepts from existential philosophy to psychotherapy?**
  - A. Sigmund Freud**
  - B. Rollo May**
  - C. Carl Rogers**
  - D. Irvin D. Yalom**
  
- 3. Philosophically, what would an existentialist agree on regarding choices?**
  - A. Making choices is a straightforward process**
  - B. Making choices can create anxiety**
  - C. Choices should always align with societal expectations**
  - D. Choices are mostly irrelevant**
  
- 4. What is a common goal of existential therapy?**
  - A. To achieve specific therapeutic milestones**
  - B. To uncover unconscious motives behind behavior**
  - C. To help individuals find meaning in their existence**
  - D. To eliminate all forms of anxiety**
  
- 5. Which of the following best describes existential therapy's view on human nature?**
  - A. Humans are inherently flawed and in need of correction**
  - B. Humans are capable of self-discovery and change**
  - C. Humans should conform to societal expectations**
  - D. Humans are primarily driven by biological instincts**

- 6. How does existential therapy address feelings of isolation?**
- A. By promoting physical activities**
  - B. By emphasizing external validation**
  - C. By encouraging disconnection from others**
  - D. By acknowledging isolation as a human experience**
- 7. How have the outcomes of existential therapy typically been evaluated?**
- A. Through rigorous empirical testing**
  - B. Using qualitative case studies**
  - C. Through self-reported client satisfaction**
  - D. They have not been rigorously tested**
- 8. Which existential theme focuses on the individual's search for meaning?**
- A. Freedom**
  - B. Isolation**
  - C. Death**
  - D. Search for meaning**
- 9. How does existential therapy view societal roles?**
- A. As essential for maintaining order and stability**
  - B. As constructs that should always be followed**
  - C. As inhibiting authentic living, prompting personal meaning discovery**
  - D. As irrelevant to personal growth and development**
- 10. Why is existential therapy particularly valuable when working with culturally diverse populations?**
- A. It emphasizes conformity**
  - B. It focuses on individuality**
  - C. It is standardized for all clients**
  - D. It promotes collectivist values**

## Answers

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

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## **Explanations**

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## 1. What does 'existential guilt' refer to?

- A. Guilt associated with social interactions
- B. Feelings of regret for not living authentically**
- C. Guilt resulting from others' expectations
- D. A psychological condition diagnosed by therapists

Existential guilt refers specifically to feelings of regret that arise from not living authentically or not fulfilling one's true potential. In the context of existential therapy, it highlights the importance of individual responsibility and the choices one makes in life. When individuals fail to align their actions with their true self or values, they can experience a sense of guilt for not living in accordance with their authentic existence. This concept emphasizes the significance of personal agency and the burden of existential choices, reflecting the belief that each person has the obligation to create meaning in their own life. The other choices do not accurately capture the essence of existential guilt. Guilt associated with social interactions is a more general form of guilt that may not relate specifically to authenticity. Guilt arising from others' expectations pertains to external pressures rather than internal authenticity. A psychological condition diagnosed by therapists does not encompass the subjective experience inherent in existential guilt, which is more about personal reflection and choices rather than a clinical label.

## 2. Which therapist is known for applying concepts from existential philosophy to psychotherapy?

- A. Sigmund Freud
- B. Rollo May**
- C. Carl Rogers
- D. Irvin D. Yalom

Rollo May is renowned for integrating existential philosophy into psychotherapy, which distinguishes him within the field. His work emphasizes the importance of individual existence, freedom, and the search for meaning, drawing heavily from existential thought. May believed that therapy should facilitate an individual's confrontation with existential issues such as death, isolation, and meaninglessness. By advocating for a deeper understanding of human experience, he sought to empower clients to face these fundamental concerns and foster personal growth. His writings and therapeutic approaches have significantly influenced the development of existential psychotherapy, making him a central figure in this realm. While Freud is foundational in psychoanalysis, his focus on the unconscious and developmental stages isn't rooted in existential philosophy. Carl Rogers is known for client-centered therapy, emphasizing empathy and unconditional positive regard, which, while humanistic, does not delve into existential themes to the same degree as May. Irvin D. Yalom also emphasizes existential concepts in his work, but May is often credited with laying the groundwork for these ideas in the context of therapy, thus making him a key figure in applying existential philosophy to psychotherapy.

### 3. Philosophically, what would an existentialist agree on regarding choices?

- A. Making choices is a straightforward process
- B. Making choices can create anxiety**
- C. Choices should always align with societal expectations
- D. Choices are mostly irrelevant

An existentialist would agree that making choices can create anxiety because existentialism emphasizes the significance of individual freedom and responsibility. According to existentialist thought, each person must navigate their own path in life and make decisions that reflect their true self and values. This process can be overwhelming, as individuals face the weight of their freedom and the consequences that arise from their choices. The anxiety stems from the realization that individuals are the authors of their lives, and with that comes the burden of ensuring that their choices are authentic and meaningful. This perspective aligns with existentialist themes found in the works of philosophers such as Jean-Paul Sartre, who articulated that freedom is both a gift and a source of dread, as individuals must confront the implications of their choices without the assurance of external validation or guidance. In contrast, the other options do not accurately capture the existentialist view: the notion that making choices is straightforward neglects the complexity inherent in human decision-making; the idea that choices should always align with societal expectations contradicts the existentialist emphasis on personal authenticity over conformity; and the belief that choices are mostly irrelevant dismisses the critical role choices play in shaping one's identity and existence.

### 4. What is a common goal of existential therapy?

- A. To achieve specific therapeutic milestones
- B. To uncover unconscious motives behind behavior
- C. To help individuals find meaning in their existence**
- D. To eliminate all forms of anxiety

A common goal of existential therapy is to help individuals find meaning in their existence. This therapeutic approach emphasizes personal freedom and responsibility, encouraging clients to explore their values, beliefs, and the purpose of their lives. Existential therapy recognizes that individuals often grapple with feelings of emptiness, isolation, and disconnection, leading to a search for significance. Through this process, clients are guided to confront the fundamental aspects of human existence, such as mortality, freedom, isolation, and meaninglessness. By doing so, they can develop a deeper understanding of their life choices and how those choices align with their true selves. The goal is not just to address surface-level issues but to engage with the deeper questions of existence, allowing for personal growth and the establishment of a more authentic life. The other options do not align with the primary focus of existential therapy. While achieving specific milestones can be a broader therapeutic goal, it is not the central aim of this approach. Similarly, while uncovering unconscious motives is a key aspect of different therapeutic modalities such as psychodynamic therapy, existential therapy focuses more on conscious experience and meaningful existence rather than unconscious processes. Lastly, eliminating anxiety is typically not a goal in existential therapy; rather, it acknowledges that anxiety can be an inherent part of the

**5. Which of the following best describes existential therapy's view on human nature?**

- A. Humans are inherently flawed and in need of correction**
- B. Humans are capable of self-discovery and change**
- C. Humans should conform to societal expectations**
- D. Humans are primarily driven by biological instincts**

Existential therapy emphasizes the capacity for self-discovery and change as a fundamental aspect of human nature. This therapeutic approach is rooted in the belief that individuals possess the inner resources to understand themselves deeply and to navigate their existence with authenticity. It recognizes that, while individuals may face struggles and existential dilemmas, they also have the ability to make choices that lead to personal growth and transformation. This perspective aligns closely with the existential view that life is not predetermined or fixed; rather, it is dynamic and filled with potential for self-actualization. Clients are encouraged to confront their feelings, take responsibility for their actions, and explore their desires and values, which supports their journey toward self-discovery. The therapeutic process ultimately seeks to empower individuals to live more genuine and meaningful lives, highlighting the strength and resilience inherent in human nature.

**6. How does existential therapy address feelings of isolation?**

- A. By promoting physical activities**
- B. By emphasizing external validation**
- C. By encouraging disconnection from others**
- D. By acknowledging isolation as a human experience**

Existential therapy addresses feelings of isolation by acknowledging isolation as a fundamental human experience. This therapeutic approach recognizes that feelings of loneliness and disconnection are inherent to the human condition, particularly in modern society, where individuals may feel alienated from others and even from themselves. By validating these feelings rather than dismissing or pathologizing them, existential therapy allows clients to explore the meaning behind their sense of isolation. This exploration can lead to greater self-awareness and understanding, helping individuals confront and make sense of their feelings. It encourages clients to reflect on their existence, their relationships, and their place in the world, thereby fostering deeper connections with themselves and potentially with others. Rather than looking for external validation or promoting disconnection, existential therapy focuses on the intrinsic experience of isolation, which can ultimately lead to personal growth and a renewed sense of belonging.

**7. How have the outcomes of existential therapy typically been evaluated?**

- A. Through rigorous empirical testing**
- B. Using qualitative case studies**
- C. Through self-reported client satisfaction**
- D. They have not been rigorously tested**

Existential therapy, while rich in philosophical ideas about the human experience, faces unique challenges in terms of empirical evaluation. Historically, it has not lent itself easily to conventional scientific methodologies typically used in psychology. This is due to its focus on subjective experience, personal meaning, and the exploration of existential themes, which are challenging to quantify or measure with standardized testing approaches. The nature of existential therapy emphasizes individual narratives and the therapeutic relationship, often making it difficult to apply rigorous scientific testing that requires clear, measurable outcomes. This lack of empirical testing can be attributed to both the complexity of existential concepts and the emphasis on a deeply personal therapeutic process that aims to foster growth instead of simply treating symptoms. This means that evaluations often fall short of providing statistically significant results that can be associated with traditional evidence-based approaches, thus leading to a conclusion that the outcomes of existential therapy have not been rigorously tested in the same manner as other therapeutic modalities. Consequently, while there may be anecdotal and qualitative evidence of its effectiveness, the field has yet to establish a robust body of empirical research that definitively supports the outcomes of existential therapy in a measurable way.

**8. Which existential theme focuses on the individual's search for meaning?**

- A. Freedom**
- B. Isolation**
- C. Death**
- D. Search for meaning**

The theme that centers on the individual's search for meaning is indeed focused on the inherent quest people engage in as they navigate their existence. This theme emphasizes the idea that individuals often grapple with existential questions to find purpose and significance in their lives. Existential therapy recognizes that a lack of meaning can lead to feelings of despair and anxiety, prompting a need for individuals to confront their beliefs and values. In this context, the search for meaning is crucial to understanding the human experience, as it addresses the core human desire to comprehend one's place in the world. This search drives personal growth and self-discovery, allowing individuals to find significance in their life situations, relationships, and experiences. It aligns closely with the fundamental principles of existential therapy, which encourages clients to explore their beliefs and accept responsibility for creating their own meaning.

## 9. How does existential therapy view societal roles?

- A. As essential for maintaining order and stability
- B. As constructs that should always be followed
- C. As inhibiting authentic living, prompting personal meaning discovery**
- D. As irrelevant to personal growth and development

Existential therapy primarily understands societal roles as constructs that can inhibit authentic living. This perspective emphasizes the importance of personal freedom and authenticity in an individual's life. While societal roles can provide structure and a sense of belonging, they can also impose restrictions, sidetracking individuals from pursuing their true selves and desires. The stated role of these societal constructs is to challenge individuals to recognize and navigate the expectations placed upon them, ultimately guiding them to discover their own values and meanings in life. By confronting and potentially rejecting societal pressures, individuals are encouraged to embrace authenticity and foster a deeper understanding of themselves, which is central to the process of personal growth. In contrast, the other options highlight perceptions of societal roles that do not align with this existential view. Some may see these roles as inherently necessary or even obligatory, which does not resonate with the existential emphasis on individualism and self-actualization. Others might view societal roles as completely irrelevant to personal development, failing to recognize how these roles can both shape and challenge one's journey toward authentic existence.

## 10. Why is existential therapy particularly valuable when working with culturally diverse populations?

- A. It emphasizes conformity
- B. It focuses on individuality**
- C. It is standardized for all clients
- D. It promotes collectivist values

Existential therapy is particularly valuable when working with culturally diverse populations because it emphasizes individuality. This approach recognizes the unique experiences, values, beliefs, and existential concerns of each person, making it well-suited for clients from varied cultural backgrounds. By focusing on the individual, existential therapy allows for a deeper understanding of a client's subjective experience and personal meaning-making, which can differ significantly across cultures. This individualized focus is essential, as it respects and validates the diverse narratives that clients bring to therapy, rather than imposing a one-size-fits-all framework. This adaptability facilitates a therapeutic environment where clients feel seen and understood as individuals, leading to more effective and meaningful therapeutic outcomes. Conformity and standardized approaches can overlook the complexities of individual experiences and may not resonate with clients from diverse cultures. Similarly, while collectivist values are important in certain cultural contexts, existential therapy's strength lies in its ability to address the balance between personal freedom and collective identity, thereby fostering a therapeutic relationship that honors both individual differences and shared human experiences.

## 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](mailto:hello@examzify.com).**

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

**<https://existentialtherapy.examzify.com>**

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

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