

FTCE Guidance and Counseling 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 term names the set of five layers of neurotic avoidance: the phony, the phobic, the impasse, the implosive, and the explosive?**
 - A. Phobic Layer**
 - B. The five layers of defense**
 - C. Introjection**
 - D. Modes of Defense**

- 2. Gestalt therapy emphasizes the here-and-now and contends that unfinished business from the past interferes with present functioning.**
 - A. Gestalt Therapy**
 - B. Reality Therapy**
 - C. Solution-Focused Therapy**
 - D. Person-Centered Therapy**

- 3. Which term describes authenticity resulting from self-analysis and accepting who one is?**
 - A. Genuineness**
 - B. Incongruence**
 - C. Self-Actualization**
 - D. Accurate Empathic Understanding**

- 4. Which theory holds that as an individual grows older self-concept changes along with the view of the reality of his/her vocational choice?**
 - A. Environmental Behavior Theory**
 - B. Developmental or Self-concept Theory**
 - C. Personality and Vocational Choice Theories**
 - D. Applied Research**

- 5. Which term describes a natural state that can provide inner strength and help individuals support others during their aloneness?**
 - A. Aloneness**
 - B. Personalization**
 - C. Overgeneralization**
 - D. Self-instructional therapy**

- 6. Which term describes the ability to be true to our own ideas of a meaningful existence and to accept responsibility for the conditions of our lives, a result of the choices we have made?**
- A. Authenticity**
 - B. Awareness**
 - C. Freedom**
 - D. Existential Vacuum**
- 7. Which best describes Scaling Questions?**
- A. A tool where clients rate the problem in varying degrees of severity in order to set goals and facilitate change.**
 - B. A diagnostic tool for depression.**
 - C. A way to count symptoms.**
 - D. A method to collect historical data.**
- 8. A relationship between two individuals that is advantageous or necessary to both is called what?**
- A. Oedipus complex**
 - B. Symbiosis**
 - C. Regression**
 - D. Sublimation**
- 9. Involvement is described as the role of the therapist with the client in reality therapy, a vital part of establishing a relationship with the client.**
- A. WDEP**
 - B. Involvement**
 - C. Autonomy**
 - D. Resistance**
- 10. Which stage occurs during adolescence and centers on forming an identity and sense of self-worth, with exploring values and lifestyle?**
- A. Identity vs. Role Confusion**
 - B. Intimacy vs. Isolation**
 - C. Autonomy vs. Shame and Doubt**
 - D. Initiative vs. Guilt**

Answers

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

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Explanations

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1. What term names the set of five layers of neurotic avoidance: the phony, the phobic, the impasse, the implosive, and the explosive?

- A. Phobic Layer**
- B. The five layers of defense**
- C. Introjection**
- D. Modes of Defense**

The set of five layers of neurotic avoidance is named modes of defense. This umbrella label groups how people unconsciously cope with anxiety across a continuum from more superficial, performative defenses (phony) to more extreme forms (explosive). Using the term modes of defense helps clinicians discuss how these patterns—phony, phobic, impasse, implosive, and explosive—reflect different ways a person avoids or manages painful emotions. The other options don't name this particular family: a single defense (introjection) isn't the whole set, a "phobic layer" or "five layers" phrasing isn't the standard umbrella, and the recognized overarching term is modes of defense.

2. Gestalt therapy emphasizes the here-and-now and contends that unfinished business from the past interferes with present functioning.

- A. Gestalt Therapy**
- B. Reality Therapy**
- C. Solution-Focused Therapy**
- D. Person-Centered Therapy**

Gestalt therapy centers on awareness of the present moment and the idea that unresolved feelings from the past can intrude on how a person functions now. In this approach, clients pay close attention to what they are experiencing in the here and now—their thoughts, emotions, bodily sensations, and actions as they occur—rather than getting lost in an analysis of past events. When past experiences aren't fully experienced or expressed, they linger as unfinished business, disrupting current contact with oneself and others. The therapeutic aim is to bring these experiences into present awareness and resolve them in the moment, helping the person act with greater authenticity and freedom. This description aligns with Gestalt therapy because its core emphasis is on present awareness and completing unresolved past experiences to improve current functioning. Other modalities focus on different foci—present choices and responsibility, future-oriented goals and solutions, or a nonjudgmental environment for self-discovery—without centering on finishing unfinished business in the present moment. Techniques like the empty-chair exercise illustrate how Gestalt therapy invites immediate experience and resolution in the here-and-now.

3. Which term describes authenticity resulting from self-analysis and accepting who one is?

- A. Genuineness**
- B. Incongruence**
- C. Self-Actualization**
- D. Accurate Empathic Understanding**

Genuineness is authenticity in how a person presents themselves. It comes from doing self-analysis and truly accepting who you are, which lets your outward behavior align with your inner feelings rather than masking them. When you know your real emotions and accept them, you interact honestly and openly, without a façade. This real alignment between inner experience and external expression is what genuineness captures. Incongruence describes the opposite—a mismatch between self-concept and experiences. Self-Actualization refers to realizing one's full potential, a broader growth process. Accurate Empathic Understanding is the counselor's skill of precisely sensing a client's feelings, not a descriptor of one's own authenticity.

4. Which theory holds that as an individual grows older self-concept changes along with the view of the reality of his/her vocational choice?

- A. Environmental Behavior Theory**
- B. Developmental or Self-concept Theory**
- C. Personality and Vocational Choice Theories**
- D. Applied Research**

This item focuses on how a person's self-concept changes as they mature and as they confront the real options available in the job world. In Super's Developmental (or Self-concept) Theory, career development is a lifelong process in which self-concept—who you think you are as a worker, including your abilities, interests, and values—evolves with age and experience. As individuals move through life, the possibilities they consider become more realistic, and their view of what they can and want to do aligns more closely with actual vocational opportunities. This progression captures the idea that self-concept and the reality of vocational choice influence each other over time, which is exactly what the question describes.

5. Which term describes a natural state that can provide inner strength and help individuals support others during their aloneness?

- A. Aloneness**
- B. Personalization**
- C. Overgeneralization**
- D. Self-instructional therapy**

Aloneness refers to a natural state of being comfortable with oneself, even when others are not present. This inner steadiness can provide inner strength that allows someone to stay grounded, listen, and offer support to others who are experiencing loneliness. By embodying this calm, a person can be with others in their aloneness, modeling resilience and compassionate presence. Personalization and overgeneralization describe cognitive distortions—ways of thinking that misinterpret events—rather than a healthy, innate state. Self-instructional therapy is a cognitive-behavioral technique for guiding one's own thoughts and behaviors, not a natural state.

6. Which term describes the ability to be true to our own ideas of a meaningful existence and to accept responsibility for the conditions of our lives, a result of the choices we have made?

- A. Authenticity**
- B. Awareness**
- C. Freedom**
- D. Existential Vacuum**

Authenticity is the idea described here: being true to our own ideas of a meaningful existence and taking responsibility for the conditions of our lives, outcomes that come from the choices we have made. When someone lives in line with their inner values, their actions reflect those values, creating a sense of integrity and purpose. Awareness is about noticing thoughts, feelings, and situations, but doesn't by itself ensure that one acts in accordance with personal meaning. Freedom is the capacity to choose, yet it doesn't automatically mean those choices align with one's core beliefs or that the person accepts the consequences. The existential vacuum describes a feeling of emptiness from a lack of meaning, not the practice of living authentically.

7. Which best describes Scaling Questions?

- A. A tool where clients rate the problem in varying degrees of severity in order to set goals and facilitate change.
- B. A diagnostic tool for depression.
- C. A way to count symptoms.
- D. A method to collect historical data.**

Scaling questions involve asking a client to rate the intensity or severity of a problem on a numeric scale (for example, 0 to 10). The main use is to establish a clear picture of where the client is right now and to create a tangible way to track change over time. By putting feelings or problems on a scale, both client and counselor can see gradual improvements, set concrete, achievable goals, and discuss what steps might move the number upward or downward. This approach emphasizes current status and progression, making progress visible and actionable. It's not primarily a diagnostic tool, nor is it simply counting symptoms, and it isn't intended to collect a long historical record.

8. A relationship between two individuals that is advantageous or necessary to both is called what?

- A. Oedipus complex
- B. Symbiosis**
- C. Regression
- D. Sublimation

Symbiosis describes a close, long-term interaction between two individuals in which both benefit or where one benefits without harming the other. In human terms, this is mutualism or interdependence—a relationship that is advantageous or necessary to both parties. The other terms refer to different concepts: the Oedipus complex is about a child's psychosexual feelings toward a parent, not mutual benefit in a relationship; regression and sublimation are defense mechanisms, describing how people cope with stress or impulses rather than describing mutual relationships. Because the question emphasizes a relationship that advantages both, symbiosis is the best fit.

9. Involvement is described as the role of the therapist with the client in reality therapy, a vital part of establishing a relationship with the client.

A. WDEP

B. Involvement

C. Autonomy

D. Resistance

In reality therapy, the therapist's involvement is the active, caring stance that builds a collaborative relationship with the client. This means the therapist is genuinely present, engages with the client, and guides the conversation in a way that shows they're in this together to solve problems. That relational bond is essential because it creates trust and safety, making the client more willing to examine their wants, their current actions, and how those actions fit or conflict with those wants. With this solid connection, the therapist can effectively use the WDEP process—exploring what the client wants, what they're currently doing, evaluating those actions, and planning concrete steps—within a supportive, goal-oriented framework. The focus here is on how the therapist relates to the client; the model (WDEP) and the client's autonomy or potential resistance are separate elements, not the description of the therapist's role itself.

10. Which stage occurs during adolescence and centers on forming an identity and sense of self-worth, with exploring values and lifestyle?

A. Identity vs. Role Confusion

B. Intimacy vs. Isolation

C. Autonomy vs. Shame and Doubt

D. Initiative vs. Guilt

Identity formation during adolescence is the stage where individuals work on developing a coherent sense of self and self-worth by exploring values, beliefs, and lifestyle options. Teens test different roles and paths—career dreams, personal beliefs, social identities—and what fits helps them feel solid about who they are. When this exploration leads to a stable sense of identity, self-worth is strengthened; when it doesn't, role confusion can arise. This explains why adolescence centers on forming an identity and exploring values and lifestyle. The other stages fit different life periods: one focuses on forming intimate relationships in young adulthood, another on autonomy and independence in early childhood, and another on initiating and planning activities in early childhood.

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://ftceguidanceandcounseling.examzify.com>

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

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