

HELPING RELATIONSHIPS NCE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 therapy is associated with changing behavior through quid pro quo, the redundancy principle, and debates on symmetrical versus complementary relationships?**
 - A. Eclectic Therapy
 - B. Strategic Family Therapy
 - C. Milan Family Therapy
 - D. Structural Family Therapy
- 2. What is the name of the wellness model based on Adler's theory that has 17 wellness dimensions?**
 - A. Indivisible Self
 - B. Integrated Self
 - C. Holistic Self
 - D. Self-Actualization Model
- 3. In transactional analysis, what is the term for a transaction in which both participants respond from the same ego state?**
 - A. Crossed
 - B. Complementary
 - C. Punctuation
 - D. Ulterior
- 4. Which theory or model emphasizes the analysis of multigenerational patterns in families?**
 - A. Structural
 - B. Strategic
 - C. Bowenian
 - D. Psychoanalytic
- 5. Meichenbaum - Stress Inoculation Therapy (SIT) is a form of which therapy?**
 - A. Psychoanalytic
 - B. Humanistic
 - C. Cognitive-Behavioral
 - D. Existential

- 6. Which Adlerian technique emphasizes explaining the payoffs of a problem behavior to reduce its appeal?**
- A. Pushbutton
 - B. Acting as if
 - C. Spitting in the client's soup
 - D. Asking the question
- 7. Which term describes a therapy approach that uses a variety of techniques from different theories?**
- A. Eclectic Therapy
 - B. Syncretism
 - C. Milan
 - D. Systems Theory
- 8. Which defense mechanism redirects an impulse to a safer target, such as kicking a dog when angry at the boss?**
- A. Introjection
 - B. Displacement
 - C. Repression
 - D. Catharsis/Abreaction
- 9. After Erickson, who carried on work with strategic family therapy and coined the term?**
- A. Haley
 - B. Satir
 - C. Minuchin
 - D. Bowen
- 10. Which set of techniques includes here and now, psychodrama, and the empty chair?**
- A. Existential Therapy
 - B. Narrative Therapy
 - C. Behavior Therapy
 - D. Gestalt Therapy

Answers

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

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Explanations

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1. Which therapy is associated with changing behavior through quid pro quo, the redundancy principle, and debates on symmetrical versus complementary relationships?

- A. Eclectic Therapy
- B. Strategic Family Therapy**
- C. Milan Family Therapy
- D. Structural Family Therapy

Strategic Family Therapy centers on changing how family members interact by using direct, goal-oriented interventions. A typical move is to create quid pro quo exchanges: one member's desired behavior is rewarded or reinforced, while noncompliant behavior is met with a different, strategic response. This helps shift patterns because it links choices to clear, concrete outcomes rather than leaving behavior to drift. The redundancy principle adds another lever: families often keep up the same circular, repetitive communication patterns. The therapist purposely disrupts that redundancy with carefully planned directives or tasks that break the familiar loop, nudging the family toward new ways of responding. Debates about symmetrical versus complementary relationships matter because power and role dynamics shape how patterns are formed and how they change. Strategic therapy looks at whether interactions are balanced or complementary and uses its techniques to alter those dynamics so the family can function more adaptively. This combination of exchange-based interventions, deliberate disruption of repetitive patterns, and attention to power dynamics is what makes Strategic Family Therapy the best fit for the described approach.

2. What is the name of the wellness model based on Adler's theory that has 17 wellness dimensions?

- A. Indivisible Self**
- B. Integrated Self
- C. Holistic Self
- D. Self-Actualization Model

Wellness rooted in Adlerian ideas treats a person as an integrated whole, where purpose, social connection, and personal meaning shape many areas of life. The Indivisible Self Wellness Model embodies this by presenting wellness as one self made up of 17 interrelated dimensions. This reflects Adler's belief that flourishing comes from harmony across different life domains rather than excelling in just one area. That specific Adlerian framework with 17 dimensions is what makes Indivisible Self the best answer. The other options use more general terms or emphasize different theoretical angles (like a broad "integrated" or "holistic" self or a focus on self-actualization) and don't correspond to the Adlerian 17-dimension model.

3. In transactional analysis, what is the term for a transaction in which both participants respond from the same ego state?

- A. Crossed
- B. Complementary**
- C. Punctuation
- D. Ulterior

In transactional analysis, communication flows between ego states—Parent, Adult, and Child. A transaction is the exchange of messages from one ego state to another, and the way the other person responds from their own ego state completes it. When both participants respond from the same ego state, the interaction is complementary. That means the message sent from one ego state is received and answered by the same state in the other person (for example, Adult to Adult, or Parent to Parent, or Child to Child). This alignment makes the dialogue straightforward, predictable, and cooperative, with fewer surprises or defenses. If the response comes from a different ego state than the one that sent the message, the transaction is crossed, leading to potential miscommunication or conflict. Other terms you might see refer to different phenomena: punctuation deals with how people sequence and interpret the start and end of transactions, and ulterior transactions involve two levels of meaning (a social level and a hidden psychological motive).

4. Which theory or model emphasizes the analysis of multigenerational patterns in families?

- A. Structural
- B. Strategic
- C. Bowenian**
- D. Psychoanalytic

The idea being tested is how a theory analyzes patterns that pass from one generation to the next within families. Bowenian family systems theory focuses on these multigenerational dynamics—how loyalties, emotional reactivity, and interaction patterns are transmitted across generations and shape present relationships. It uses tools like the genogram to map relationships across at least three generations and to identify recurring themes such as differentiation of self, Triangles, fusion, and emotional cutoff. This emphasis on how history and family lineage influence current functioning is what makes Bowenian the best fit for describing multigenerational patterns. Other approaches emphasize different aspects of family life but not the generational transmission as their core focus. Structural theory looks at the organization of the family and boundaries in the here-and-now, not the historical cross-generational patterns. Strategic theory centers on patterns of interaction and problem-solving tactics used to manage situations, again with less emphasis on historical genograms. Psychoanalytic theory concentrates on unconscious processes and early individual development rather than a primary lens on family generations and their influence across time.

5. Meichenbaum - Stress Inoculation Therapy (SIT) is a form of which therapy?

- A. Psychoanalytic
- B. Humanistic
- C. Cognitive-Behavioral**
- D. Existential

Stress Inoculation Therapy is a cognitive-behavioral approach designed to help people manage stress by changing how they think about stressors and by teaching practical coping skills. It uses three phases: conceptualization (understanding the stress and personal responses), skills acquisition and rehearsal (relaxation techniques, cognitive restructuring, problem-solving, and coping statements), and application with gradual real-life practice. This blend of changing thoughts and teaching observable coping behaviors is the hallmark of cognitive-behavioral therapy. It's not psychoanalytic, which focuses on unconscious conflicts; not humanistic, which centers on personal growth and self-actualization; and not existential, which deals with meaning and choice.

6. Which Adlerian technique emphasizes explaining the payoffs of a problem behavior to reduce its appeal?

- A. Pushbutton
- B. Acting as if
- C. Spitting in the client's soup**
- D. Asking the question

The idea being tested is a specific Adlerian strategy that makes the client see what they gain from their problem behavior and how that payoff keeps the behavior going. Spitting in the client's soup involves the therapist clearly outlining the benefits the client gets from sticking with the problematic pattern (even if those benefits are short-term or disguised) and then pointing out the costs or negative consequences that come with it. The aim is to spoil or deflate the payoff so the behavior loses its appeal and the client is more motivated to choose a healthier alternative. For example, a client avoids taking responsibility at work by procrastinating. The therapist would help them see that procrastination provides temporary relief from pressure and control over immediate tasks, but it also leads to worse outcomes like missed opportunities, increased stress later, and damaged self-esteem. By making these payoffs explicit, the client can recognize that the behavior is not truly serving them, which reduces its attractiveness. The other Adlerian techniques serve different purposes. Pushbutton tries to elicit emotional responses to reveal patterns; acting as if encourages practicing new behaviors as if the desired change is already true; asking questions is a general method to explore meaning and goals. But the one that centers on exposing and diminishing the payoff of the problem behavior is spitting in the client's soup.

7. Which term describes a therapy approach that uses a variety of techniques from different theories?

- A. Eclectic Therapy**
- B. Syncretism
- C. Milan
- D. Systems Theory

The main idea here is choosing and applying techniques from more than one theoretical approach to fit the client's needs. Eclectic therapy is exactly that: a flexible practice where a therapist pulls methods from various theories and uses them as appropriate, rather than sticking to a single school. This approach rests on the belief that no single theory can address all aspects of a client's situation, so combining tools from different orientations can be more effective. For example, a therapist might use cognitive-behavioral techniques to challenge unhelpful thoughts, alongside supportive, empathic listening from a humanistic stance, and perhaps some psychodynamic exploration to uncover underlying patterns—tailored to the person in front of them. Syncretism would imply blending beliefs into a new, unified system rather than simply applying techniques from multiple theories. The Milan approach refers to a specific family therapy model with its own procedures, not the general practice of mixing techniques. Systems Theory provides a lens for understanding how parts of a system interact, but it isn't the label for a method that mixes techniques across theories. So the term that best fits is eclectic therapy.

8. Which defense mechanism redirects an impulse to a safer target, such as kicking a dog when angry at the boss?

- A. Introjection
- B. Displacement**
- C. Repression
- D. Catharsis/Abreaction

Displacement is the defense mechanism where an impulse is redirected from its original target to a safer or more acceptable one. In this example, the anger aimed at the boss is channeled toward kicking a dog, providing a less threatening outlet for the emotion. This helps reduce anxiety by expressing the emotion without addressing the real trigger. Introjection involves adopting someone else's beliefs or attributes as your own, not redirecting an emotion to a new target. Repression is pushing unwanted thoughts out of conscious awareness, not moving the impulse to a different object. Catharsis or abreaction refers to releasing emotional tension, which is about venting the emotion itself rather than shifting the impulse to a different, safer target.

9. After Erickson, who carried on work with strategic family therapy and coined the term?

- A. Haley**
- B. Satir
- C. Minuchin
- D. Bowen

Strategic family therapy focuses on changing the way family members interact through deliberate, goal-directed interventions that alter patterns of communication. After Milton Erickson's influence, Jay Haley carried forward that line of work and is the one who coined the term strategic family therapy. He developed directive, problem-focused techniques that steer families toward different interaction sequences, rather than focusing on individual symptoms. This approach is distinct from others: Satir emphasized growth and open, congruent communication; Minuchin stressed restructuring family boundaries and subsystems (structural therapy); Bowen focused on multigenerational patterns and differentiation.

10. Which set of techniques includes here and now, psychodrama, and the empty chair?

- A. Existential Therapy
- B. Narrative Therapy
- C. Behavior Therapy
- D. Gestalt Therapy**

Gestalt therapy emphasizes staying with what is happening in the present moment—the here and now. This present-focused awareness is cultivated through experiential exercises that bring current thoughts, feelings, and bodily sensations into awareness. The empty-chair technique is a classic gestalt method that lets a person dialogue with a part of themselves or with someone else as if they were really there, promoting integration of conflicting experiences. Psychodrama, with its role-play and dramatic enactment, also aligns with this approach by allowing the person to act out interactions and feelings as they occur in the moment. Taken together, these techniques are emblematic of Gestalt therapy, which uses active, experiential methods to heighten awareness and contact. Existential therapy centers on questions of meaning, choice, and responsibility rather than the specific experiential tools described here. Narrative therapy focuses on rewriting and re-authoring stories rather than chair-based dialogue or dramatic role-play. Behavior therapy concentrates on observable actions and changes through conditioning, not the present-focused experiential exercises associated with the other approaches.

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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://helpingrelationshipsnce.examzify.com>

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

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