

History of the Counseling Profession Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Which of the following is associated with the trait and factor approach to counseling?**
 - A. E. G. Williamson**
 - B. John Brewer**
 - C. Anna Reed**
 - D. Clifford Beers**

- 2. In what year were the CACREP standards first published?**
 - A. 2009**
 - B. 2010**
 - C. 2012**
 - D. 2014**

- 3. Begun in the 1970s, the teaching of ____ skills, based on the skills deemed critical by Carl Rogers and other humanistic counselors, became popular.**
 - A. Microcounseling**
 - B. Group Counseling**
 - C. Counseling Pedagogy**
 - D. Psychoeducation**

- 4. Which counseling approach emphasizes trusting the client's ability to develop strategies for change and is usually credited to Carl Rogers?**
 - A. Nondirective approach**
 - B. Directive approach**
 - C. Cognitive-behavioral therapy**
 - D. Psychoanalysis**

- 5. Which ACA division is described as one of its founding divisions and disaffiliated in 1992?**
 - A. American College Personnel Association (ACPA)**
 - B. Counselors for Social Justice (CSJ)**
 - C. Military and Government Counseling Association (MCGA)**
 - D. Association for Adult Development and Aging (AADA)**

- 6. The Woodworth Personal Data Sheet is described as one of the first what?**
- A. Structure personality tests**
 - B. Projective tests**
 - C. Intelligence tests**
 - D. Neuropsychological tests**
- 7. Who is associated with the development of rational emotive therapy?**
- A. Albert Ellis**
 - B. Carl Rogers**
 - C. Abraham Maslow**
 - D. Sigmund Freud**
- 8. What term describes moving a professional license between states?**
- A. Reciprocity**
 - B. Certification**
 - C. Licensure by Endorsement**
 - D. Credentialing**
- 9. Which educator developed one of the first guidance curricula in Grand Rapids, Michigan, schools in 1907?**
- A. Jesse Davis**
 - B. Eli Weaver**
 - C. Frank Parsons**
 - D. Anna Reed**
- 10. College counseling centers were generally staffed by which professionals?**
- A. Social workers**
 - B. Counselors and psychologists**
 - C. Physicians**
 - D. Teachers**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is associated with the trait and factor approach to counseling?

A. E. G. Williamson

B. John Brewer

C. Anna Reed

D. Clifford Beers

The trait and factor approach focuses on matching a person's measured traits—such as abilities, interests, and values—with the requirements of different occupations, using systematic assessment to guide career decisions. E. G. Williamson is the figure most closely linked to this method, building on Parsons' foundational ideas to create a formal, test-based framework for vocational guidance in counseling. He emphasized evaluating the client's traits and aligning them with job factors to recommend suitable occupations, making Williamson the best association for this approach. The other individuals are known for different contributions—mental health reform and broader clinical or historical work—not specifically for trait-factor vocational guidance.

2. In what year were the CACREP standards first published?

A. 2009

B. 2010

C. 2012

D. 2014

CACREP standards establish the criteria that counseling programs must meet to be accredited, outlining what is taught, how faculty are qualified, and how practicum, internship, and outcomes are assessed. The year 2009 is the first time CACREP published a formal, consolidated set of standards that programs could reference in their accreditation submissions. This publication created the baseline framework that programs base their curricula and evaluation on, and it serves as the anchor point for how accreditation has been conducted since then. Later years introduced revisions and updates (2010, 2012, 2014), but those are changes to the original framework rather than the initial publication itself.

3. Begun in the 1970s, the teaching of ____ skills, based on the skills deemed critical by Carl Rogers and other humanistic counselors, became popular.

- A. Microcounseling**
- B. Group Counseling**
- C. Counseling Pedagogy**
- D. Psychoeducation**

The main idea here is training counselors in microcounseling skills—small, teachable interviewing responses that embody the client-centered stance. Microcounseling became popular in the 1970s because it translated Carl Rogers' core client-centered principles into concrete behaviors that novices can practice, such as attending (eye contact, posture, listening tone), reflecting feelings, paraphrasing, and asking clarifying questions. By breaking counseling into these discrete skills and using guided practice and feedback, students build a reliable foundation in empathetic, nonjudgmental listening before tackling more complex cases. This focus distinguishes it from broader concepts like group counseling, general counseling pedagogy, or psychoeducation, which refer to different modalities or educational aims rather than a Rogerian, skill-based training approach.

4. Which counseling approach emphasizes trusting the client's ability to develop strategies for change and is usually credited to Carl Rogers?

- A. Nondirective approach**
- B. Directive approach**
- C. Cognitive-behavioral therapy**
- D. Psychoanalysis**

This item centers on a client-centered, nondirective approach to therapy—the work long associated with Carl Rogers. This stance rests on the belief that clients have the inner resources to recognize their problems and identify meaningful paths to change. The therapist acts as a facilitator rather than a director, offering genuine empathy, unconditional positive regard, and congruence. By refraining from steering content or prescribing solutions, the client is encouraged to explore their own experiences and discover strategies from within, which is why this approach is described as nondirective. In contrast, a directive approach involves the therapist actively guiding the session and directing the client toward specific goals or techniques. Cognitive-behavioral therapy is more structured and skill-based, focusing on identifying and changing distorted thoughts and behaviors. Psychoanalysis centers on uncovering unconscious conflicts through interpretation and long-term exploration.

5. Which ACA division is described as one of its founding divisions and disaffiliated in 1992?

- A. American College Personnel Association (ACPA)**
- B. Counselors for Social Justice (CSJ)**
- C. Military and Government Counseling Association (MCGA)**
- D. Association for Adult Development and Aging (AADA)**

The idea here is about how divisions within a national professional association can start as part of a larger organization and then choose to become independent because of a distinct professional focus. The division in question began as one of the founding parts of the ACA and then disaffiliated in 1992 to operate on its own. That division is the American College Personnel Association, which historically represented college student affairs and development professionals. In 1992 it chose to separate from ACA, continuing as its own organization, to better address the specific needs and interests of campus-based personnel. This move illustrates how subfields—like college personnel work—may seek a separate professional home to focus on their unique concerns, such as advising, student services, and development within higher education. The other groups listed have different origins or trajectories and did not disaffiliate from ACA in 1992, so they don't fit this particular description.

6. The Woodworth Personal Data Sheet is described as one of the first what?

- A. Structure personality tests**
- B. Projective tests**
- C. Intelligence tests**
- D. Neuropsychological tests**

The main idea here is that the Woodworth Personal Data Sheet is an early example of a structured personality assessment—an itemized, self-report inventory used to screen military recruits for potential mental health concerns. It was designed with fixed questions and a scoring system, making responses comparable across individuals. This structured approach contrasts with projective tests, which rely on open-ended responses to ambiguous stimuli and examiner interpretation; the Woodworth sheet uses direct questions with predetermined scoring to identify signs of distress or vulnerability. It's not an intelligence test, which would measure cognitive abilities like memory, problem-solving, or academic skills, nor a neuropsychological test, which assesses brain function and neurological impairment. In its historical context, the Woodworth Personal Data Sheet represents one of the first moves toward standardized, objective personality screening in a large institutional setting, laying groundwork for later self-report inventories.

7. Who is associated with the development of rational emotive therapy?

- A. Albert Ellis**
- B. Carl Rogers**
- C. Abraham Maslow**
- D. Sigmund Freud**

Rational Emotive Therapy rests on the idea that emotional distress comes from our irrational beliefs about events, not the events themselves. Albert Ellis developed this approach in the 1950s, later expanding it into Rational Emotive Behavior Therapy. A core framework is the ABC model: Activating event, Beliefs about the event, and Consequences in how we feel, with the emphasis on changing those Beliefs to alter the emotional response. Ellis taught techniques like disputing irrational beliefs, cognitive restructuring, and behavioral experiments to show that altering thoughts leads to different feelings and actions. Carl Rogers is known for client-centered therapy, focusing on unconditional positive regard and self-actualization; Abraham Maslow for humanistic psychology and the hierarchy of needs; Sigmund Freud for psychoanalysis. Therefore, Albert Ellis is the one associated with the development of rational emotive therapy.

8. What term describes moving a professional license between states?

- A. Reciprocity**
- B. Certification**
- C. Licensure by Endorsement**
- D. Credentialing**

Reciprocity describes the movement of a professional license between states. It refers to mutual recognition between licensing jurisdictions, where a state will accept a license issued in another state as satisfying its own requirements, allowing the professional to practice there without starting from scratch. In practice, this means a counselor or other licensed professional can transfer their licensure more smoothly, often needing only verification of current, in-good-standing licensure and possibly a few state-specific checks or adjustments. Other terms exist for related ideas—certification is a separate credential typically awarded by a certifying body, and licensure by endorsement is a more formal path where a state explicitly grants licensure based on credentials from another state, which may involve some additional requirements. Credentialing is the broad process of obtaining and maintaining credentials, not specifically about moving licenses between states.

9. Which educator developed one of the first guidance curricula in Grand Rapids, Michigan, schools in 1907?

A. Jesse Davis

B. Eli Weaver

C. Frank Parsons

D. Anna Reed

This question focuses on who first put a formal, schoolwide guidance approach into practice in the early 20th century. In Grand Rapids, Michigan, around 1907, Jesse B. Davis led the development of one of the first formal guidance curricula within public schools. He treated guidance as an organized part of the school program, introducing structured lessons and activities aimed at helping students with decision making, career direction, study skills, and personal development, rather than leaving guidance to chance or individual conversations alone. This move to embed guidance into the curriculum helped establish the model for future school counseling services, showing that counseling could be systematically integrated into daily schooling. While Frank Parsons is recognized as a pioneer in vocational guidance more broadly, his groundbreaking work was centered in Boston and laid the foundation for vocational guidance rather than implementing a Grand Rapids curriculum in 1907. The other names are not tied to this specific milestone in Grand Rapids.

10. College counseling centers were generally staffed by which professionals?

A. Social workers

B. Counselors and psychologists

C. Physicians

D. Teachers

College counseling centers are designed to address students' personal, social, and academic adjustment needs with professionals trained in mental health services. Counselors bring expertise in counseling approaches, career guidance, and preventive mental health work, while psychologists provide deeper assessment, psychotherapy, and crisis intervention. This combination is well suited to support students navigating college life, development, and transitions. Physicians may handle medical issues or medication, and teachers focus on academic instruction rather than mental health services, so they aren't the typical core staff for these centers. Hence, the standard staffing is counselors and psychologists.

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://histofcounselingprofession.examzify.com>

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

SAMPLE