

# Maryland State Law for Counselors 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**

- 1. What is an ethical concern related to technology use in counseling?**
  - A. Decreased availability of clients**
  - B. Overly personalized communication channels**
  - C. Risk of breaching client confidentiality**
  - D. Increased session length without client consent**
- 2. Which of the following best describes a family member under Maryland law?**
  - A. A legal guardian of a child**
  - B. A relative by blood, adoption, or marriage of a child**
  - C. An unrelated adult living in the household**
  - D. A foster parent**
- 3. What type of approach should a counselor take to ensure a therapeutic alliance?**
  - A. Authoritative and directive**
  - B. Collaborative and respectful**
  - C. Indifferent and detached**
  - D. Judgmental and critical**
- 4. What must a professional provide to obtain a waiver for certification?**
  - A. Refer a client**
  - B. Evidence of work experience**
  - C. License in another state with equivalent requirements**
  - D. Recommendation from a peer**
- 5. What should counselors do to keep client information confidential?**
  - A. Share information with colleagues freely**
  - B. Discuss details in public spaces**
  - C. Only share with others involved in the client's care**
  - D. Upload clients' details to social media**

- 6. Is it acceptable for counselors to discuss client cases with family or friends?**
- A. Yes, if they do not use any names**
  - B. No, confidentiality must be maintained**
  - C. Only if the cases are anonymized**
  - D. Yes, for educational purposes**
- 7. Which document must a counselor provide to a client at the start of therapy sessions in Maryland?**
- A. Referral letters**
  - B. Informed consent forms**
  - C. Rate sheets for services**
  - D. Personal credentials**
- 8. What must counselors in Maryland do if they refer a client to another professional?**
- A. Charge a referral fee**
  - B. Provide adequate information to ensure continuity of care**
  - C. Notify the client to find their own resources**
  - D. Disclose the referral's personal background**
- 9. In Maryland, what should counselors do when they suspect a client may be a victim of abuse?**
- A. Discuss it with the client at length**
  - B. Report the suspected abuse to proper authorities**
  - C. Ignore it unless the client brings it up**
  - D. Handle it only through therapy sessions**
- 10. In Maryland, what type of supervision is required for associate counselors?**
- A. No supervision required**
  - B. Indirect supervision by a licensed professional**
  - C. Direct supervision by a licensed professional counselor**
  - D. Peer supervision is sufficient**

## **Answers**

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

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## **Explanations**

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**1. What is an ethical concern related to technology use in counseling?**

- A. Decreased availability of clients**
- B. Overly personalized communication channels**
- C. Risk of breaching client confidentiality**
- D. Increased session length without client consent**

The risk of breaching client confidentiality is a significant ethical concern when it comes to the use of technology in counseling. When counselors employ electronic communication methods, such as emails, text messages, or video conferencing, there is an inherent risk that sensitive client information may be inadvertently disclosed to unauthorized parties. This can happen through issues like insecure internet connections, inadequate encryption, or even simple human error, such as sending a message to the wrong person. Maintaining confidentiality is a foundational principle in the counseling profession, as clients need to feel secure that their personal information will be protected. The use of technology necessitates careful consideration regarding how data is stored and transmitted, as well as the platforms used for communication. Counselors are required to be aware of the potential vulnerabilities associated with digital tools and must take steps to mitigate these risks. While there may be other concerns, such as overly personalized communication channels or extended session lengths, these do not carry the same direct implications for confidentiality and privacy, which are paramount in building trust and rapport with clients. Thus, the central ethical issue tied to technology in counseling revolves around safeguarding client information to uphold the integrity of the therapeutic relationship.

**2. Which of the following best describes a family member under Maryland law?**

- A. A legal guardian of a child**
- B. A relative by blood, adoption, or marriage of a child**
- C. An unrelated adult living in the household**
- D. A foster parent**

The definition of a family member under Maryland law encompasses a broad understanding of familial relationships, which includes those connected by blood, adoption, or marriage. This means that anyone who is related to a child by any of these means qualifies as a family member, reflecting the inclusive nature of what it means to be part of a family structure in legal terms. This definition is significant in various legal contexts, especially concerning custody, guardianship, and child welfare cases, where understanding family dynamics is crucial. Recognizing relatives by blood, adoption, or marriage as family members helps facilitate family reunification efforts, support systems, and various rights and responsibilities that pertain to family law. In contrast, while a legal guardian of a child, an unrelated adult living in the household, or a foster parent may share caregiving roles or live in proximity to the child, they do not fulfill the broader definition of family member under Maryland law as specified. Legal guardianship and foster care are particular legal relationships that do not necessarily establish familial ties.

**3. What type of approach should a counselor take to ensure a therapeutic alliance?**

- A. Authoritative and directive**
- B. Collaborative and respectful**
- C. Indifferent and detached**
- D. Judgmental and critical**

A collaborative and respectful approach is essential for establishing a strong therapeutic alliance between a counselor and a client. This approach fosters an environment of trust, openness, and mutual respect, which is foundational for effective therapy. When counselors collaborate with clients, they invite them to actively participate in their own treatment planning and decision-making processes. This involvement can empower clients, helping them feel valued and understood, which in turn enhances their motivation and engagement in therapy. Respect is also critical; it signals to clients that their thoughts, feelings, and experiences are valid and worthy of consideration. This helps to create a safe space where clients can express themselves without fear of judgment or dismissal. By prioritizing collaboration and respect, counselors can build a strong therapeutic alliance, which is often linked to more positive outcomes in the counseling process. In contrast, an authoritative and directive approach may create feelings of resistance and disempowerment in clients. Being indifferent and detached can lead to a lack of connection, while a judgmental and critical stance can damage trust and discourage clients from being open about their struggles. Therefore, a collaborative and respectful approach is not just beneficial but is a cornerstone of effective counseling practices.

**4. What must a professional provide to obtain a waiver for certification?**

- A. Refer a client**
- B. Evidence of work experience**
- C. License in another state with equivalent requirements**
- D. Recommendation from a peer**

To obtain a waiver for certification in Maryland, one must provide a license in another state that has equivalent requirements. This is crucial because the certification process is designed to uphold certain standards within the profession, ensuring that practitioners meet necessary qualifications and competencies. When a counselor holds a license from another state, it implies compliance with that state's regulatory framework, which may be comparable to Maryland's standards. This equivalency helps maintain the integrity of the certification process and assures that professionals entering the state can provide quality services based on a recognized level of competence. By providing evidence of an out-of-state license that aligns with Maryland's certification criteria, the individual demonstrates that they have already met rigorous training and educational requirements elsewhere, thus justifying a waiver rather than starting the certification process from the ground up. This streamlined approach helps to efficiently integrate qualified professionals into the Maryland counseling community.

**5. What should counselors do to keep client information confidential?**

- A. Share information with colleagues freely**
- B. Discuss details in public spaces**
- C. Only share with others involved in the client's care**
- D. Upload clients' details to social media**

The correct answer emphasizes the importance of maintaining client confidentiality through careful sharing of information. Counselors are ethically and legally obligated to protect the privacy of their clients. This means that any sharing of information should be limited to those directly involved in the client's care, such as other healthcare providers or professionals working as part of a treatment team. Such sharing is often necessary for coordinating care and ensuring that clients receive comprehensive support while still respecting their right to confidentiality. This approach aligns with ethical guidelines, such as those established by the American Counseling Association (ACA), which underscore the need for counselors to safeguard client information. The sharing of information must always be done in a manner that respects the client's confidentiality and only with the informed consent of the client whenever possible. In contrast, other options present behaviors that violate confidentiality. Sharing information freely with colleagues, discussing client details in public, or uploading client information to social media undermine trust and could result in significant legal ramifications and ethical violations. Prioritizing responsible and ethical communication ensures that clients feel safe and secure in seeking counseling services.

**6. Is it acceptable for counselors to discuss client cases with family or friends?**

- A. Yes, if they do not use any names**
- B. No, confidentiality must be maintained**
- C. Only if the cases are anonymized**
- D. Yes, for educational purposes**

Maintaining client confidentiality is a fundamental ethical standard in the practice of counseling. Counselors are entrusted with sensitive information and are required to safeguard their clients' privacy. This obligation extends to discussions with anyone outside of the therapeutic relationship, including family or friends. Sharing any identifiable information, even without using names, can lead to breaches of confidentiality and can harm the client-counselor trust. The ethical guidelines and legal regulations have been designed to protect clients and ensure their safety, highlighting the necessity of keeping private matters strictly confidential. Counselors may discuss client cases in a supervisory or educational context, but this must always be done in a manner that protects client identity and confidentiality, typically involving anonymization and within appropriate professional boundaries.

**7. Which document must a counselor provide to a client at the start of therapy sessions in Maryland?**

- A. Referral letters**
- B. Informed consent forms**
- C. Rate sheets for services**
- D. Personal credentials**

In Maryland, counselors are required to provide informed consent forms to clients at the beginning of therapy sessions. The informed consent form serves multiple essential purposes: it establishes a clear understanding between the counselor and the client regarding the nature of the therapeutic relationship, the counseling process, and the specific services offered. This document ensures that clients are fully aware of their rights, the limits of confidentiality, potential risks, and the counselor's qualifications and approach to treatment. By implementing this practice, counselors fulfill their legal and ethical obligations, which emphasize the importance of transparency in the therapeutic process. This helps to foster trust and safety, allowing clients to engage more fully in their treatment. Understanding the informed consent process is also pivotal for clients as they can ask questions and clarify any uncertainties they may have before beginning therapy, which is crucial for informed decision-making regarding their mental health care. The other options, such as referral letters, rate sheets, and personal credentials, while potentially relevant in certain contexts, do not encapsulate the critical ethical requirement of obtaining informed consent before the initiation of therapeutic services.

**8. What must counselors in Maryland do if they refer a client to another professional?**

- A. Charge a referral fee**
- B. Provide adequate information to ensure continuity of care**
- C. Notify the client to find their own resources**
- D. Disclose the referral's personal background**

In Maryland, when counselors refer a client to another professional, they are obligated to provide adequate information to ensure continuity of care. This practice is critical in maintaining the therapeutic relationship and ensuring that the client receives consistent and effective support during the transition to another professional. By providing necessary information, counselors help to minimize disruption in the client's treatment and facilitate a smoother integration with the new provider. This practice also reflects ethical standards, which prioritize the welfare of the client and ensure that their needs are met even when they are being referred to someone else. It demonstrates a commitment to the client's overall wellbeing and enhances the likelihood of positive outcomes in their therapeutic journey. It's important to understand that other options do not align with ethical practices or legal requirements for referrals. Charging a referral fee could potentially create a conflict of interest and is generally not standard practice in mental health care. Simply notifying a client to find their own resources does not support continuity of care, which is crucial for effective treatment. Lastly, disclosing the referral's personal background may violate privacy and confidentiality norms, which are fundamental principles in counseling. Therefore, providing adequate information for continuity of care is the most responsible and ethically sound action a counselor can take during a referral process.

**9. In Maryland, what should counselors do when they suspect a client may be a victim of abuse?**

- A. Discuss it with the client at length**
- B. Report the suspected abuse to proper authorities**
- C. Ignore it unless the client brings it up**
- D. Handle it only through therapy sessions**

In Maryland, when counselors suspect that a client may be a victim of abuse, the appropriate course of action is to report the suspected abuse to the proper authorities. This aligns with the legal and ethical obligations counselors have regarding mandatory reporting laws. Maryland law requires certain professionals, including counselors, to report suspected abuse of children, vulnerable adults, and elderly individuals to the appropriate authorities, such as Child Protective Services or Adult Protective Services. Failing to report can lead to legal consequences and may further endanger the victim. Taking action in this way is crucial because it helps ensure the safety and well-being of the client while also fulfilling the counselor's legal duties. It is not sufficient to simply discuss the issue with the client at length, ignore it, or handle it solely through therapy sessions. Each of those approaches either delays necessary intervention or neglects the counselor's responsibility to act, potentially putting the client at greater risk.

**10. In Maryland, what type of supervision is required for associate counselors?**

- A. No supervision required**
- B. Indirect supervision by a licensed professional**
- C. Direct supervision by a licensed professional counselor**
- D. Peer supervision is sufficient**

In Maryland, associate counselors are required to have direct supervision by a licensed professional counselor. This form of supervision is crucial due to the nature of their practice, as it ensures that the associate counselors receive guidance, direction, and feedback in real-time as they engage with clients. Direct supervision allows for immediate oversight, enhancing the quality of care provided to clients and supporting the professional development of the associate counselors. Moreover, this requirement aligns with the standards set forth by the Maryland Board of Professional Counselors and Therapists, ensuring that all client interactions are conducted within a framework of safety and ethical practice. Licensed supervisors not only oversee clinical practices but also play a vital role in mentoring, promoting best practices, and fostering the associate's skills. In contrast, other options fall short of meeting the established safety and educational guidelines that govern the practice. No supervision could lead to unmonitored professional conduct, and while indirect supervision may offer some oversight, it lacks the immediacy and engaged interaction necessary for effective learning and client protection. Peer supervision, while beneficial for support among colleagues, does not fulfill the legal requirements for licensed oversight in clinical settings.

## 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://mdstatelawforcounselors.examzify.com>**

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