

National Counselor (NCE) Practice Exam (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 stage of Erikson's psychosocial development is exemplified by an elderly person reflecting on their life?**
 - A. Ego integrity**
 - B. Generativity**
 - C. Intimacy vs. isolation**
 - D. Identity vs. role confusion**
- 2. Which resource would likely provide the best information about trends in testing and assessment?**
 - A. Infographics on social media**
 - B. Test critiques and manuals, and journal articles**
 - C. Survey results from test takers**
 - D. Online forums discussing personal experiences**
- 3. What is the primary purpose of sensate focus exercises in sexual therapy?**
 - A. To increase intimacy**
 - B. To eliminate performance anxiety related to sexual functioning**
 - C. To enhance communication about sexual preferences**
 - D. To develop new sexual techniques**
- 4. What does a focus on the daughter at the expense of the father's involvement illustrate?**
 - A. Borderline personality disorder**
 - B. Enmeshment**
 - C. Delegation**
 - D. Triangulation**
- 5. Which aspect is essential for effective counseling in diverse cultures?**
 - A. Only using verbal communication**
 - B. Ignoring nonverbal cues**
 - C. Understanding cultural backgrounds**
 - D. Focusing solely on individual therapy**

- 6. Which of the following practices is NOT considered a behavioral therapy?**
- A. Behavioral modification**
 - B. Unconditional positive regard**
 - C. Exposure therapy**
 - D. Cognitive behavioral therapy**
- 7. Multiple-choice items like those found on the NCE tap skills primarily of:**
- A. Recall**
 - B. Recognition**
 - C. Application**
 - D. Analysis**
- 8. What should a counselor do when starting a group for clients with eating disorders in terms of ethics?**
- A. Advertise the group in public forums**
 - B. Screen all possible candidates to ensure suitability for the group**
 - C. Allow anyone to join who expresses interest**
 - D. Consult with colleagues about potential group members**
- 9. In the context of client confidentiality, what should a counselor ensure before working with a new group of clients?**
- A. That all group members sign a confidentiality agreement**
 - B. That clients are aware of the group leader's credentials**
 - C. That the facility is secure and private**
 - D. That they have screened candidates for suitability**
- 10. Which one of the following does NOT belong with the other three?**
- A. Glasser**
 - B. Aldo**
 - C. Addler**
 - D. Jung**

Answers

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

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Explanations

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1. What stage of Erikson's psychosocial development is exemplified by an elderly person reflecting on their life?

- A. Ego integrity**
- B. Generativity**
- C. Intimacy vs. isolation**
- D. Identity vs. role confusion**

The stage of Erikson's psychosocial development exemplified by an elderly person reflecting on their life is ego integrity. In this final stage of development, individuals look back on their life and evaluate their experiences, achievements, and overall life satisfaction. Success in this stage leads to feelings of wisdom and a sense of fulfillment, while failure may result in feelings of regret and despair. During this stage, individuals often contemplate whether they lived a meaningful life and whether they have made a lasting impact on others. This process of reflection is crucial for achieving overall psychological health. If they feel that they have lived authentically and made positive contributions, they cultivate a sense of integrity. In contrast, those who struggle with unresolved conflicts or regrets may wrestle with feelings of dissatisfaction and fear concerning their mortality. The other stages mentioned focus on different developmental tasks and conflicts, such as forming intimate relationships and achieving a sense of identity. However, ego integrity specifically addresses the reflection and evaluation that occurs later in life as individuals confront the culmination of their experiences.

2. Which resource would likely provide the best information about trends in testing and assessment?

- A. Infographics on social media**
- B. Test critiques and manuals, and journal articles**
- C. Survey results from test takers**
- D. Online forums discussing personal experiences**

The selection of test critiques and manuals, along with journal articles, represents the most reliable and comprehensive resource for understanding trends in testing and assessment. Such materials are usually produced by experts in the field and are subjected to rigorous peer review processes, ensuring a high level of accuracy and credibility. Test critiques and manuals provide detailed information about specific assessments, including their development, administration, scoring, and validity and reliability measures. They often include data on how the tests have been used over time, reflecting any changes or innovations in the field of assessment. Journal articles typically present current research findings, trends, and theoretical developments related to testing practices and standards, offering insights into evolving methodologies and the implications for practice. In contrast, infographics on social media may present data in an appealing format but often lack depth and context, which limits their usefulness for academic or professional purposes. Survey results from test takers can provide anecdotal insights but do not capture comprehensive data about the testing and assessment landscape. Online forums discussing personal experiences can be valuable for understanding individual perspectives but lack the systematic and research-based approach needed to identify broader trends accurately. Thus, the combination of critiques, manuals, and scholarly articles remains the most authoritative source for examining trends in testing and assessment.

3. What is the primary purpose of sensate focus exercises in sexual therapy?

- A. To increase intimacy**
- B. To eliminate performance anxiety related to sexual functioning**
- C. To enhance communication about sexual preferences**
- D. To develop new sexual techniques**

The primary purpose of sensate focus exercises in sexual therapy is to eliminate performance anxiety related to sexual functioning. These exercises are designed to create a safe and supportive environment where partners can explore touch and intimacy without the pressure of sexual performance. The focus is on sensory experiences and pleasure rather than on achieving specific sexual outcomes, allowing individuals to relax and reduce anxiety that often accompanies sexual situations. This method emphasizes improving emotional and physical connections, which can lead to a more satisfying sexual experience over time. While increasing intimacy may occur as a natural outcome of these exercises, and communication about sexual preferences can improve as partners engage in the activities, the main goal is addressing and alleviating performance-related fears and concerns. Additionally, developing new sexual techniques is not the focus of sensate focus, as the exercises prioritize emotional connection and the physical sensations that come with being present with one another, rather than introducing new sexual practices.

4. What does a focus on the daughter at the expense of the father's involvement illustrate?

- A. Borderline personality disorder**
- B. Enmeshment**
- C. Delegation**
- D. Triangulation**

Focusing on the daughter while sidelining the father's involvement exemplifies enmeshment. This concept reflects a family dynamic where boundaries between family members become blurred, often resulting in one member being overly involved or dependent on another. In this scenario, if the daughter's needs or experiences are prioritized to the exclusion of the father's, it indicates a lack of healthy boundaries and a possible over-identification with the daughter. Enmeshment can lead to an unhealthy emotional reliance on each other, where individual identities may become lost within the family structure. This can significantly affect the functioning of all family members, especially impacting the father's role and contribution. Rather than engaging as a cohesive unit, the dynamic becomes skewed, often leading to frustration, resentment, or emotional distress in the involved parties. In contrast, other concepts such as borderline personality disorder, delegation, and triangulation describe different psychological dynamics and issues that do not specifically focus on the relative involvement of parental figures with their children in the same way that enmeshment does.

5. Which aspect is essential for effective counseling in diverse cultures?

- A. Only using verbal communication**
- B. Ignoring nonverbal cues**
- C. Understanding cultural backgrounds**
- D. Focusing solely on individual therapy**

Understanding cultural backgrounds is essential for effective counseling in diverse cultures because it allows counselors to appreciate and respect the unique experiences, values, and beliefs of their clients. This understanding fosters a therapeutic alliance, as clients are more likely to feel heard and validated when their cultural context is recognized and integrated into the counseling process. Cultural backgrounds influence how individuals communicate, express emotions, and view mental health, so a counselor's awareness of these aspects can help tailor interventions and approaches to be more culturally relevant and appropriate. Building cultural competence not only enhances the effectiveness of counseling but also helps prevent misunderstandings that may arise from cultural differences. This approach recognizes that counseling is not a one-size-fits-all process and highlights the importance of adapting practices to the varied backgrounds of clients.

6. Which of the following practices is NOT considered a behavioral therapy?

- A. Behavioral modification**
- B. Unconditional positive regard**
- C. Exposure therapy**
- D. Cognitive behavioral therapy**

Unconditional positive regard is identified as the correct answer because it is a concept primarily associated with humanistic therapy, particularly Carl Rogers' person-centered approach. This practice emphasizes acceptance and support of a client regardless of what they say or do, fostering a therapeutic environment that promotes self-discovery and self-acceptance. In contrast, the other practices listed are all rooted in behavioral therapy. Behavioral modification employs specific techniques to change maladaptive behaviors through reinforcement and punishment. Exposure therapy involves gradually exposing a client to feared stimuli to help them overcome anxiety and fear responses, which is a core principle of behavioral approaches. Cognitive behavioral therapy integrates behavioral techniques with cognitive strategies, aiming to change both thoughts and behaviors that contribute to psychological issues. Thus, the essence of the question distinguishes unconditional positive regard, which operates within a different theoretical framework, from practices that directly utilize behavioral interventions to modify behavior.

7. Multiple-choice items like those found on the NCE tap skills primarily of:

- A. Recall**
- B. Recognition**
- C. Application**
- D. Analysis**

The correct answer is recognition, as multiple-choice items are designed to assess a test-taker's ability to identify or recognize the correct answer from a list of potential options. This format tests knowledge in a way that requires less depth than recall, where an individual has to generate an answer from memory without prompts. In the context of the National Counselor Exam, these recognition items may evaluate understanding of theories, practices, and ethical guidelines by presenting scenarios or questions with several answer choices. The participant's task is to recognize which of the given answers accurately reflects the correct information or best responds to the question posed. While recall and other cognitive skills like application and analysis are important in the field of counseling and may be evaluated through other methods, the structure of multiple-choice questions is specifically suited for assessing recognition, as it streamlines the evaluation process by leveraging the familiarity of provided options.

8. What should a counselor do when starting a group for clients with eating disorders in terms of ethics?

- A. Advertise the group in public forums**
- B. Screen all possible candidates to ensure suitability for the group**
- C. Allow anyone to join who expresses interest**
- D. Consult with colleagues about potential group members**

When starting a group for clients with eating disorders, it's crucial for a counselor to prioritize the ethical responsibility of creating a safe and supportive environment. Screening all possible candidates to ensure suitability for the group is essential because eating disorders can present in various ways, and group dynamics can significantly impact the recovery process. Screening helps identify individuals whose needs align with the structure and purpose of the group. It allows the counselor to assess the readiness of potential members, ensuring that they can engage positively in the therapeutic process and benefit from group interactions. By selecting appropriate candidates, the counselor can foster a supportive environment while minimizing potential harm or disruptions that could arise from inappropriate group dynamics. This ethical approach not only protects the individuals within the group but also upholds professional standards, enhancing the overall therapeutic experience and effectiveness of the group therapy process.

9. In the context of client confidentiality, what should a counselor ensure before working with a new group of clients?
- A. That all group members sign a confidentiality agreement
 - B. That clients are aware of the group leader's credentials
 - C. That the facility is secure and private
 - D. That they have screened candidates for suitability**

In the context of client confidentiality, ensuring that candidates have been screened for suitability is paramount for several reasons. Screening candidates helps create a safe and supportive environment where individuals can share personal information freely, knowing that other group members are likely to respect confidentiality. If clients do not share similar goals or the same level of readiness to address their issues, it can lead to discomfort or disruption during group sessions. By selecting appropriate group members, a counselor promotes a cohesive environment that enhances the effectiveness of therapy while also safeguarding the confidentiality and sensitivity of the discussions that take place within the group. While confidentiality agreements, the leader's credentials, and the facility's security are important considerations, they do not directly contribute to establishing a foundational group dynamic that supports confidentiality and trust among clients. Ensuring that individuals are suitable for the group helps maintain the integrity of the group process and protects the well-being of all members involved.

10. Which one of the following does NOT belong with the other three?

- A. Glasser**
- B. Aldo
- C. Addler
- D. Jung

The selection of Glasser as the option that does not belong with the others relates to the theoretical models they represent in the field of psychology and counseling. Glasser is known for developing Choice Theory and Reality Therapy, which focus on personal responsibility and the choices individuals make to fulfill their needs. In contrast, the other three figures—Aldo, Adler, and Jung—are associated with traditional psychological theories and frameworks that are more focused on understanding the psyche and interpersonal relationships. Adler is known for Individual Psychology, which emphasizes social interest and community feeling, while Jung is recognized for Analytical Psychology, which explores concepts such as archetypes and the collective unconscious. By understanding Glasser's distinct emphasis on choice and responsibility within counseling practice, it becomes clear why he does not align thematically with the approaches represented by the other three theorists, who delve deeper into personality development and unconscious processes.

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://nce.examzify.com>

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