

NCE PURPLE BOOK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 describes what the counselor believes must transpire from a psychotherapeutic standpoint?**
 - A. Norms
 - B. Recommendations
 - C. Prognosis
 - D. Aggression
- 2. The relationship between the therapist and client in reality therapy is most like which of the following?**
 - A. A distant professional authority
 - B. A friend who asks what is wrong
 - C. A parent-figure
 - D. An investigator
- 3. The process by which a conditioned response weakens when the CS is no longer paired with the US is called:**
 - A. Acquisition
 - B. Extinction
 - C. Generalization
 - D. Spontaneous Recovery
- 4. Freud's theory speaks of Eros and Thanatos. A client who threatens a self-destructive act is being ruled primarily by**
 - A. Thanatos
 - B. Eros
 - C. Reality
 - D. Superego
- 5. All of the following statements about reality therapy are true except:**
 - A. The client's childhood is explored.
 - B. The therapy focuses on present behavior and choices.
 - C. The goal is to help the client take responsibility for actions.
 - D. The process involves planning and evaluating present behavior.

- 6. In classical conditioning, the natural stimulus that reliably elicits a reflexive response without prior learning is called what?**
- A. Unconditioned Response
 - B. Conditioned Stimulus
 - C. Conditioned Response
 - D. Unconditioned Stimulus
- 7. The development of a schema for permanency and constancy of objects occurs during which Piagetian stage?**
- A. Preoperational stage
 - B. Sensorimotor stage
 - C. Formal operational stage
 - D. Concrete operational stage
- 8. Who proposed that the ego is dependent on the id?**
- A. Sigmund Freud
 - B. Carl Jung
 - C. Erik Erikson
 - D. Alfred Adler
- 9. If you think of the mind as a seesaw, then the fulcrum or balancing apparatus would be the**
- A. Id
 - B. Consciousness
 - C. Superego
 - D. Ego
- 10. The term contextualism implies that behavior must be assessed in the context of which factor?**
- A. Universal norms
 - B. Economic status
 - C. Biological determinants
 - D. The culture in which the behavior occurs

Answers

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

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Explanations

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1. What term describes what the counselor believes must transpire from a psychotherapeutic standpoint?

- A. Norms
- B. Recommendations**
- C. Prognosis
- D. Aggression

In psychotherapy, the plan for what should happen next is captured by the recommendations. These are the concrete actions, strategies, and steps the counselor believes the client should follow to move toward the treatment goals—like homework, skill practice, or referrals. Norms are general standards of behavior, not a treatment plan. Prognosis describes the expected course or outcome of the condition, not the required steps in therapy. Aggression is a behavior, not a plan for therapeutic action. So recommendations best describe what the counselor believes must transpire in psychotherapeutic work.

2. The relationship between the therapist and client in reality therapy is most like which of the following?

- A. A distant professional authority
- B. A friend who asks what is wrong**
- C. A parent-figure
- D. An investigator

In reality therapy, the relationship is built on collaboration, warmth, and respect. The therapist works like a supportive friend who asks questions to help the client uncover what they want and how their current actions are helping or hindering that aim. This stance keeps the focus on present choices and personal responsibility, guiding the client toward practical plans that meet their needs without coercion or judgment. A distant professional authority or a parent-figure would undermine the sense of partnership and autonomy that reality therapy relies on, while an investigator would feel detached and impersonal. The friend-like approach, by contrast, invites honest conversation and joint problem-solving, which is why it best fits how reality therapy frames the therapist–client relationship.

3. The process by which a conditioned response weakens when the CS is no longer paired with the US is called:

- A. Acquisition
- B. Extinction**
- C. Generalization
- D. Spontaneous Recovery

Extinction is the process where the conditioned response fades away when the conditioned stimulus is repeatedly shown without the unconditioned stimulus. The idea is that the CS loses its predictive value—the organism learns that this cue no longer signals the US, so the response weakens over time. This differs from acquisition, which is the initial learning of the CS–US connection; generalization, which is responding to stimuli similar to the CS; and spontaneous recovery, which is the reappearance of the extinguished response after a rest period. Remember, extinction doesn't erase the original learning completely; the association can reappear under certain conditions.

4. Freud's theory speaks of Eros and Thanatos. A client who threatens a self-destructive act is being ruled primarily by

A. Thanatos

B. Eros

C. Reality

D. Superego

Freud proposed two basic drives: Eros, the life instinct that fuels self-preservation and growth, and Thanatos, the death instinct that pushes toward self-destruction and a return to inanimate states. When a client threatens a self-destructive act, the dominant force at play is Thanatos—the impulse driving toward ending tension through self-harm. Eros would push toward preserving life and seeking safer, constructive actions, while the reality and ego mechanisms work to manage impulses, and the superego imposes moral constraints. But the immediate power behind a self-destructive threat is the death instinct, not the life instinct or regulators.

5. All of the following statements about reality therapy are true except:

A. The client's childhood is explored.

B. The therapy focuses on present behavior and choices.

C. The goal is to help the client take responsibility for actions.

D. The process involves planning and evaluating present behavior.

Reality therapy concentrates on what a person is doing now and what they can do differently, not on digging into childhood issues. It's based on Choice Theory and emphasizes present behavior and choices, with a clear aim: help the client take responsibility for their actions and develop concrete plans to change. The process uses planning and evaluating present behavior, guiding the client toward feasible steps that can improve their ability to meet needs. Because of this focus on the present and on responsibility, the idea that the client's childhood is explored does not fit reality therapy. The other statements describe core aspects of reality therapy.

6. In classical conditioning, the natural stimulus that reliably elicits a reflexive response without prior learning is called what?

A. Unconditioned Response

B. Conditioned Stimulus

C. Conditioned Response

D. Unconditioned Stimulus

In classical conditioning, the natural stimulus that reliably triggers a reflexive response without any learning is the unconditioned stimulus. It's called unconditioned because it doesn't require pairing or training to produce the reflex. The reflex it produces is the unconditioned response. Think of Pavlov's dogs: food acts as the unconditioned stimulus and naturally makes the dog salivate—the unconditioned response. After learning, a neutral stimulus like a bell can become a conditioned stimulus, and the dog may salivate in response to the bell alone, which would be the conditioned response. The key distinction is that the unconditioned stimulus is the automatic trigger, not something learned.

7. The development of a schema for permanency and constancy of objects occurs during which Piagetian stage?

- A. Preoperational stage
- B. Sensorimotor stage**
- C. Formal operational stage
- D. Concrete operational stage

Object permanence, the understanding that objects continue to exist even when they are not being perceived, is built during the sensorimotor period. In this stage, infants learn about the world through their senses and their own actions, forming mental representations of objects as they interact with them. Early on, hidden objects seem to disappear, but as coordination of secondary circular reactions develops (roughly around eight to twelve months), they begin to search for partially hidden objects and eventually fully hidden ones. By the end of this period, they can hold in mind that an object still exists even when it's out of sight, laying the groundwork for more advanced thinking in later stages.

8. Who proposed that the ego is dependent on the id?

- A. Sigmund Freud**
- B. Carl Jung
- C. Erik Erikson
- D. Alfred Adler

Freud's framework assigns the ego a mediating role that arises from the id. The id holds basic drives and seeks immediate gratification, operating on the pleasure principle. The ego develops to manage those impulses within the constraints of reality, acting as the rational part that negotiates between the id's desires and what the external world allows. In this view, the ego is dependent on the id for its energy and for the impulses it must regulate, using reality testing and defense mechanisms to channel those impulses in acceptable ways. The other theorists shifted focus to different ideas—Jung to the collective unconscious, Erikson to psychosocial development across life, and Adler to feelings of inferiority and social interest—without proposing that the ego stems from the id.

9. If you think of the mind as a seesaw, then the fulcrum or balancing apparatus would be the

- A. Id
- B. Consciousness
- C. Superego
- D. Ego**

Freud's mind is described as three interacting parts, and the balancing point here is the ego. The ego sits between the id, which drives instinctual desires and wants immediate gratification, and the superego, which imposes moral standards and ideals. The ego uses the reality principle to weigh costs and consequences, delay gratification when needed, and find acceptable ways to satisfy desires. In this seesaw, the ego mediates and maintains balance, rather than simply being awareness or either extreme. The id pushes for indulgence, the superego pushes for moral restraint, and the ego navigates between them to keep behavior adaptable to real-world reality.

10. The term contextualism implies that behavior must be assessed in the context of which factor?

- A. Universal norms
- B. Economic status
- C. Biological determinants

D. The culture in which the behavior occurs

Contextualism holds that behavior must be understood within the cultural setting that shapes meaning and expectations. The culture in which the behavior occurs provides the standards, norms, and interpretations used to judge why it happens and what it signifies. This is why culture is the key factor: it explains why the same action can be viewed differently in different groups. Other factors like universal norms ignore cultural variation, economic status is just one part of context, and biological determinants neglect how social meaning is constructed.

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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://ncepurplebook.examzify.com>

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

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