

IC&RC Practice Test Questions and Answers

1. What is the purpose of progress notes?

- A) To record personal opinions of the counselor.
- B) To maintain billing records.
- C) To inform and support ongoing treatment planning
- D) To summarize unrelated events.

2. How should confidentiality be maintained?

- A) By sharing with family members.
- B) By using public records.
- C) By ensuring all disclosures are legally and ethically justified
- D) By uploading data online.

3. How should dual relationships be handled?

- A) Always encouraged.
- B) Allowed if secret.
- C) Avoided if they impair objectivity or harm the client
- D) Ignored by professionals.

4. What role does empathy play in counseling?

- A) It creates emotional dependence.
- B) It distracts from counseling goals.
- C) It builds trust and supports therapeutic connection
- D) It is not relevant to treatment.

Answers: 1-C 2-C 3-C 4-C

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