

Master of Counseling Practice Test Questions and Answers

1. What is the primary principle of person-centered therapy developed by Carl Rogers?

- A) Directive guidance from the therapist
- B) Unconditional positive regard and client self-direction
- C) Focus on past childhood experiences only
- D) Behavioral modification techniques

2. Which ethical principle requires counselors to do no harm to their clients?

- A) Autonomy
- B) Nonmaleficence
- C) Justice
- D) Fidelity

3. In cognitive-behavioral therapy (CBT), what is the primary focus of intervention?

- A) Dream analysis
- B) Identifying and changing negative thought patterns and behaviors
- C) Family dynamics only
- D) Medication management

4. When must a counselor break confidentiality according to most ethical codes?

- A) When requested by family members
- B) When there is imminent danger to self or others, or suspected abuse
- C) When the client misses appointments
- D) When insurance companies request information

Answers: 1-B 2-B 3-B 4-B

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