

National Board for Certified Counselors Certification Practice Test Questions and Answers

1. What is the primary ethical principle governing counselor-client relationships?

- A) Profit maximization
- B) Beneficence and do no harm
- C) Personal friendship development
- D) Information sharing with family

2. Which therapeutic approach focuses on changing negative thought patterns?

- A) Psychodynamic therapy
- B) Cognitive-behavioral therapy (CBT)
- C) Humanistic therapy
- D) Family systems therapy

3. When must a counselor break confidentiality?

- A) Never under any circumstances
- B) When there is imminent danger to self or others, or suspected abuse
- C) Whenever family members request information
- D) When the counselor is curious about details

4. What is the most important factor in establishing a therapeutic relationship?

- A) Counselor's credentials
- B) Trust, empathy, and unconditional positive regard
- C) Office location and decor
- D) Session frequency

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

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