

01	☐ A	☐ B	☐ C	☐ D	☐ E
02	☐ A	☐ B	☐ C	☐ D	☐ E
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30	☐ A	☐ B	☐ C	☐ D	☒ E
31	☐ A	☐ B	☐ C	☐ D	☒ E
32	☐ A	☒ B	☐ C	☐ D	☐ E
33	☐ A	☒ B	☐ C	☐ D	☐ E
34	☒ A	☐ B	☐ C	☐ D	☐ E
35	☐ A	☒ B	☐ C	☐ D	☐ E
36	☐ A	☐ B	☒ C	☐ D	☐ E
37	☐ A	☐ B	☒ C	☐ D	☐ E
38	☐ A	☐ B	☐ C	☐ D	☒ E
39	☐ A	☐ B	☐ C	☐ D	☒ E

PRACTICE QUESTIONS

ADD CD

PSC

Counseling Psychology

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for ADDCD PSC , each with its answer key and an explanation.

Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, PSC
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1 SINGLE CHOICE

Which of the following best describes the primary distinction between a licensed professional counselor (LPC/LPCC) and a counseling psychologist?

- ☒ **A** Counseling psychologists typically hold a doctoral degree (PhD or PsyD) and are trained to administer psychological testing, while professional counselors usually hold a master's degree and focus primarily on psychotherapy and prevention.
- ☐ **B** Only counseling psychologists are legally permitted to provide crisis intervention services.
- ☐ **C** Professional counselors must complete a one-year pre-doctoral internship, whereas counseling psychologists are not required to do so.
- ☐ **D** Counseling psychologists cannot diagnose mental disorders, while professional counselors can.

ANSWER A

WHY Counseling psychology is a doctoral-level profession (PhD/PsyD) that includes training in assessment and testing, whereas professional counseling is typically a master's-level profession focused on psychotherapy, prevention, and advocacy. The other options are inaccurate.

QUESTION 2 SINGLE CHOICE

A counselor working with a client who experiences negative automatic thoughts following triggering events would most likely use which cognitive-behavioral technique as a core intervention?

- ☐ **A** Free association
- ☒ **B** Cognitive restructuring (thought challenging and replacement)
- ☐ **C** Dream interpretation
- ☐ **D** Unconditional positive regard

ANSWER B

WHY Cognitive-behavioral therapy (CBT) emphasizes identifying and restructuring distorted or negative automatic thoughts through techniques such as thought records, Socratic questioning, and cognitive reframing. Free association and dream interpretation are psychoanalytic techniques, while unconditional positive regard is associated with person-centered therapy.

QUESTION 3

MULTIPLE CHOICE

A counseling intern is working with a 15-year-old client who discloses that a parent is physically abusing them. Under standard ethical and legal guidelines applicable to counselors, which of the following actions are required? (Choose two.)

- ☐ **A** Maintain absolute confidentiality and not disclose the information to anyone, including parents or authorities.
- ☒ **B** Report the suspected abuse to the appropriate child protective services agency as required by mandatory reporting laws.
- ☒ **C** Document the disclosure and the actions taken in accordance with agency and ethical record-keeping practices.
- ☐ **D** Immediately consult with the client's parent before taking any action to confirm the client's account.

ANSWER B • C

WHY Counselors and counseling interns are mandatory reporters of suspected child abuse and must report to designated authorities (B). Accurate, timely documentation of disclosures and actions is also an ethical requirement (C). Confidentiality is not absolute when minor clients are at risk, and confidentiality belongs to the parent, not the minor. Option D is incorrect because contacting a suspected abuser would endanger the client and is not a prerequisite to reporting.

QUESTION 4

TRUE FALSE

Persistent depressive disorder (dysthymia) requires depressed mood for at least two years in adults (with at least one other symptom) per DSM-5-TR criteria.

- ☒ **A** True
- ☐ **B** False

ANSWER A

WHY True. DSM-5-TR criteria for persistent depressive disorder require depressed mood for most of the day, for more days than not, for at least two years in adults (one year in children/adolescents), along with at least one additional symptom (e.g., appetite/weight change, sleep disturbance, fatigue, low self-esteem, poor concentration, or hopelessness).

QUESTION 5

SINGLE CHOICE

According to Carl Rogers, which three core conditions are necessary and sufficient for client personality change in the therapeutic relationship?

- ☐ A Therapy homework, behavioral activation, and exposure
- ☒ B Unconditional positive regard, empathy, and congruence (genuineness)
- ☐ C Interpretation, transference analysis, and resistance working-through
- ☐ D Psychoeducation, bibliotherapy, and supportive reassurance

ANSWER B

WHY Rogers proposed that the three necessary and sufficient conditions for therapeutic personality change are unconditional positive regard, accurate empathetic understanding, and congruence (genuineness) on the part of the therapist. The other options describe techniques from CBT, psychodynamic therapy, or general supportive approaches.

QUESTION 6

SINGLE CHOICE

Which of the following best describes a key difference between the Minnesota Multiphasic Personality Inventory-2-RF (MMPI-2-RF) and the MMPI-3?

- ☒ A The MMPI-2-RF contains 338 items organized into higher-order and restructured clinical scales, while the MMPI-3 contains 335 items and includes measures consistent with contemporary models of psychopathology.
- ☐ B The MMPI-2-RF is a projective test and the MMPI-3 is an objective test.
- ☐ C The MMPI-3 has no validity scales, whereas the MMPI-2-RF does.
- ☐ D The MMPI-2-RF is restricted to use with adolescents, while the MMPI-3 is restricted to use with adults.

ANSWER A

WHY Both the MMPI-2-RF (338 items) and MMPI-3 (335 items) are objective self-report instruments with validity scales. The MMPI-3 retains features of the MMPI-2-RF while incorporating additional scales reflecting contemporary personality and psychopathology models. The other options are inaccurate.

QUESTION 7

SINGLE CHOICE

A counselor recognizes that a client's presenting concerns are best understood within the context of cultural identity, sociopolitical environment, and relationships with dominant cultural institutions. This counselor is most likely operating from which multicultural framework?

- ☐ A Individual deficit model
- ☒ B Environmental/systemic model emphasizing cultural identity development and sociopolitical context
- ☐ C Biological reductionism model
- ☐ D Medical/pathology-only model

ANSWER B

WHY Multicultural and social justice frameworks (consistent with the ACA-endorsed Multicultural and Social Justice Counseling Competencies) emphasize that clients are shaped by cultural identity development and the broader sociopolitical context, including relationships with dominant institutions. The other options do not capture this systemic-cultural perspective.

QUESTION 8

SINGLE CHOICE

A client presents with suicidal ideation, a stated plan, and access to means. According to best-practice suicide risk management, what is the most appropriate immediate action by the counselor?

- ☐ A Wait until the next scheduled session to address the plan further because the client appears calm.
- ☒ B Initiate immediate safety planning, including collaborative means restriction and emergency/crisis intervention, with possible hospitalization as needed.
- ☐ C Avoid discussing means directly to prevent the client from feeling judged.
- ☐ D Refer the client to a self-help book and complete a release of information for family.

ANSWER B

WHY When a client has suicidal ideation with plan and means, the standard of care is immediate intervention: collaborative safety planning, lethal-means counseling, and consideration of emergency services or psychiatric hospitalization. Avoiding the topic, delaying response, and relying solely on bibliotherapy are unsafe and unethical.

QUESTION 9

MULTIPLE CHOICE

Which of the following are considered well-established, evidence-based treatments in counseling psychology for major depressive disorder in adults? (Choose two.)

- ☒ **A** Cognitive-behavioral therapy (CBT)
- ☐ **B** Behavioral activation (BA)
- ☐ **C** Facilitative reminiscence only as a standalone adult depression treatment
- ☒ **D** Interpersonal therapy (IPT)

ANSWER A • D

WHY Cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT) have strong empirical support as evidence-based treatments for adult major depressive disorder. Behavioral activation (BA) is also evidence-based but is typically considered a component of CBT; the strongest well-established pair here are CBT and IPT. Option C is incorrect as stated.