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**Counselor**

# NBCC-NCC

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**Question:** 325

Existential therapy is not problem or crisis-focused, but involves the establishment of a deep relationship between the \_\_\_\_\_ and the \_\_\_\_\_?

- A. Husband, wife
- B. Client, clinician
- C. Child, parent
- D. Audience, actor

**Answer:** B

Because existential therapy is not problem focused and involves the establishment of a deep relationship between client and clinician, it is almost never time limited or rushed. Typically, no clear stages or transitions can be identified in the treatment. Within this treatment, people use the information they have shared about themselves to find meaning in their lives.

**Question:** 326

Self-actualization is an important concept for which type of therapy?

- A. Existential
- B. Psychodynamic
- C. Behavioral
- D. Cognitive

**Answer:** A

For existential therapists, self-actualization is an important concept, as it is for person-centered therapists. Abraham Maslow describes the nature of self-

actualization as that of fulfilling potential, reaching for the highest within, and growing from within.

**Question:** 327

How many levels of cognitions can be categorized in cognitive therapy?

- A. Two
- B. Three
- C. Five
- D. Four

**Answer:** D

Cognitions can be categorized according to four levels; automatic thoughts, intermediate beliefs, core beliefs, and schemas. In cognitive therapy, treatment typically begins with automatic thoughts and then proceeds to identification, evaluation, and modification of intermediate and core beliefs and finally, of schemas.

**Question:** 328

328. What are the three basic elements to look for when assessing a psychology test?

- A. Ease in understanding the questions, length of test, time given
- B. Reliability, validity, standardization
- C. Common element, standardization, biserial correlation
- D. None of the above

**Answer:** B

Reliability is a measure of test consistency, validity is a measure of test usefulness, and standardization provides a mean (average) and a standard deviation (spread) relative to a certain group.

**Question:** 329

What does an 'item characteristic' curve plot?

- A. The responses to each of the options to an item
- B. The item's difficulty against its discrimination
- C. The probability of answering an item correctly against estimates of ability
- D. An individual's responses against the entire group's responses

**Answer: C**

An item characteristic curve plots the probability of answering an item correctly against estimates of ability.

**Question: 330**

In teacher-made tests, an item analysis is important because:

- A. It reveals correctable features in the test teaching
- B. It informs the teacher as to whether the test should be counted or not
- C. It produces useful technical research data
- D. It supplies students with valuable additional scores

**Answer: A**

Revealing correctable features in the test teaching is an important feature of item analysis for the instructor and his/her future testing.

**Question: 331**

What does a self-report personality test mean?

- A. It shows a multiple range of personality traits
- B. It shows one specific personality trait
- C. Clients do the test on their own time
- D. None of the above

**Answer: B**

Self-report personality tests such as the androgyny scale or the locus of control scale test one specific personality trait. These tests are generally used for research.

**Question:** 332

If you went to a Phrenologist to have your personality tested, how would the expert perform the test?

- A. A paper and pencil test
- B. A projective test (pictures)
- C. An unstructured oral Q & A test
- D. By the bumps on your head

**Answer:** D

Phrenology is the study of the bumps on your head. It was widely used in the 1800's but is still used today - primarily by pseudo-psychologists. In the 1800's, a much respected person would carefully measure your skull and examine the bumps on your head. Then you would be given a psychological profile of your unique qualities and characteristics. Phrenologists used a phrenology chart to determine which personality traits were associated with bumps on different areas of the skull.

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