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Question: 1

The test created by David Wechsler is what type of test?

- A. IQ
- B. Personality
- C. Developmental
- D. Functional

Answer: A

Explanation:

The Wechsler IQ test is a general test of cognitive ability. David Wechsler developed his first intelligence test, the Wechsler-Bellevue test, in 1939. That was replaced in 1955 by the Wechsler Adult Intelligence Scale (WAIS). In 1981 it was revised and called the WAIS-R. Additional updates took place in 1997, called the WAIS-III, and most recently in 2008, the current WAIS-IV. The test has eleven different subtests, and versions specific to country. The test result includes a "verbal IQ" score, a "performance IQ" score, and a "full scale IQ" score to give a well-rounded view of the individual's intellectual level and abilities.

Question: 2

Carl Jung believed that teleology must be considered in understanding personality. What does teleology refer to?

- A. Goals
- B. The past
- C. The present
- D. Early childhood development

Answer: B

Explanation:

Carl Jung believed that one's personality is not merely a product of the past, but also shaped by the present and future. He viewed personality as something that evolves over time. Jung theorized that an individual's behavior must be analyzed with its teleology (goals) in mind. He saw teleology as a process external to humans as well as a method for inquiry. For this reason, he diverted from Freud's focus on the past and its effects on the personality to theorize that all behavior will be understood by a combination of past, one's attempt to grow, and future orientation, rather than the past alone.

Question: 3

Terry's average score per basketball game is 27 points. This places him sixth among all the forwards in the Midwest basketball league. The level of measurement described in this example is:

- A. ordinal.
- B. ratio.
- C. interval.
- D. nominal.

Answer: A

Explanation:

There are four levels of measurement. The most basic level is the nominal scale. There are no numerical values assigned, but nominal data fit into categories such as gender, numbers on a basketball jersey, or country of origin. Ordinal scale data involve rankings or order of people or objects based on a particular attribute. The numbers assigned for an ordinal scale have meaning only within the particular group. Interval scale data are calculated with the assumption that each number represents a point that is an equal distance from the point adjacent to it. Temperature is an example of an interval scale datum. Ratio scale data have an absolute zero. Weight is an example of a ratio scale datum.

Question: 4

What is the difference between confidentiality and privileged communication?

- A. Confidentiality is a legal concept, and privileged communication is an ethical concept
- B. Confidentiality is an ethical concept, and privileged communication is a legal concept
- C. Confidentiality and privileged communication are both legal and are the same thing
- D. Confidentiality and privileged communication are ethical concepts and are the same

Answer: B

Explanation:

Confidentiality is an ethical concept, derived from the need for an expectation of privacy in order to have a successful working relationship (i.e., little positive work can be achieved if the client fears to reveal crucial information based upon fears the information may be divulged elsewhere). By contrast, privileged communication is a legal concept, as it is granted in specific circumstances by state law - for counselors, it is often found in state licensure laws. Answer A is the reverse of the correct answer. Answers C and D are incorrect because the two concepts are not the same, and they are not both legal (C) or both ethical (D) concepts.

Question: 5

Which of the following are examples of negative symptoms associated with schizophrenia?

- A. Hallucinations and delusions
- B. Inappropriate clothing, aggressive behavior, stereotyped behavior
- C. Abnormal thought processes and speech patterns

D. Blunt or flat affect, avolition, and reduced speech

Answer: D

Explanation:

Negative symptoms associated with schizophrenia include blunt or flat affect, lack of energy and passivity (anergia), lack of motivation and inability to initiate tasks (avolition), poverty of speech content and speech production, and sudden interruption in speech and thought patterns so that the client may stop speaking in the middle of an idea when the client loses track of what he or she was saying (thought stopping). Negative symptoms impair social functioning and the ability to hold a job because of the client's difficulty with decision-making and communication.

Question: 6

A counselor with several clients is also adjusting to a difficult divorce. The counselor is not sleeping or eating well, is highly distractible, and is generally less in-touch with her emotional state. The counselor should:

- A. continue to see clients as she regularly would.
- B. discontinue client contact until she has adjusted to her new life situation.
- C. seek psychological help for herself.
- D. be alert to her mental status and be able to determine if continuing with her clients poses any threat of being detrimental to the counseling process.

Answer: D

Explanation:

A professional and ethical counselor should be alert to any and all changes in their mental status. The counselor should be able to detect when changes in their physical, psychological, and/or emotional state may be negatively affecting the ability to competently provide counseling to clients. The counselor should also be ready and willing to take the necessary measures to remove themselves from counseling should there be the need. They should also be alert to changes in colleagues and willing to assist them with their own impairments, which may affect their counseling ability.

Question: 7

Why did R. K. Conyne create the "Group Work Grid"?

- A. To address psychotic issues among group members
- B. To expand practical understanding of group work
- C. In hopes of eliminating intergroup resistance issues
- D. To clarify working relationships between group members

Answer: B

Explanation:

R.K. Conyne felt that the understanding of the range of group experiences found in group therapy was lacking, and the Group Work Grid is a result of that concern. The Group Work Grid is composed of two dimensions. One level addresses the level of the group intervention work, and the other refers to the purpose of the group work. "Purpose" is further divided into correction and enhancement subcategories, while the level of the group work is further composed of individual, organizational, interpersonal, and community. The Group Work Grid provides a working model of group typology that has depth and practical application for the clinician.

Question: 8

As of the 21st century, the number of certified and licensed counselors in the U.S. is close to:

- A. 10,000.
- B. 50,000.
- C. 100,000.
- D. 1,000,000.

Answer: C

Explanation:

As of the 21st century, the number of certified and licensed counselors in the United States is approaching 100,000.

Question: 9

Which of these is correct about insurance laws related to counseling?

- A. In some states, insurance laws now require licensed counselors to be reimbursed for treating certain mental illnesses
- B. Insurance laws in all states now require that licensed counselors be reimbursed for treating certain mental illnesses
- C. There is no law in any state of the U.S. requiring insurance companies to reimburse licensed counselors
- D. Insurance laws in all states now require insurance companies to reimburse licensed counselors for all mental illnesses

Answer: A

Explanation:

Laws have changed in only some states to require insurance companies to reimburse licensed counselors, but often for only certain mental illnesses. Newer laws do NOT exist in all states of the U.S. In the states where they do exist, they do NOT cover all mental illnesses.

Question: 10

Robert Carkhuff categorized counselors' responses as all EXCEPT which one of the following?

- A. Additive
- B. Interchangeable
- C. Subtractive
- D. Multiplicative

Answer: D

Explanation:

There is no "multiplicative" characterization of counselor responses in Carkhuff's theory. Additive refers to a response that adds noticeably (Level 4) or significantly (Level 5) to the client's affect. Subtractive refers to a response that does not attend to or detract significantly (Level 1) from the client's affect, or one that subtracts noticeably (Level 2) from the client's affect. Interchangeable refers to a response that is interchangeable (Level 3) with the client's affect.

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