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Question: 1

Gilbert Wrenn's book *The Counselor in a Changing World* (1962) stressed the role of the counseling profession as being focused on:

- A. neurotic needs.
- B. collective (group) needs.
- C. developmental needs.
- D. individual needs.

Answer: C

Explanation:

Wrenn stressed developmental needs as the focus of the counseling profession. Developmental needs are normal and hence not necessarily neurotic. He did not emphasize needs of the group over those of the individual or vice versa.

Question: 2

What is proxemics?

- A. The idea that proximity impacts psychosis
- B. The study of proximity
- C. The ability of one individual to act as proxy for another
- D. The study of conducive therapeutic environments

Answer: B

Explanation:

Proxemics is the study of proximity. It refers to personal and interpersonal space and territoriality. Proxemics studies how an individual's proximity to others and things impacts that individual. The term was introduced by the anthropologist Edward Hall in 1966. He found there were measurable distances between people based upon specific circumstances and interactions. Proxemics defines certain types of space: fixed-feature, semi-fixed feature, and informal space. It also defines intimate, personal, social, and public distances, as well as specifying a variety of behavioral categories.

Question: 3

What did passage of the Smith-Hughes Act accomplish?

- A. It provided money to fund the training of school counselors

- B. It granted federal funds for vocational education and guidance
- C. It required the licensure of marriage, family, and child counselors
- D. It greatly expanded the counseling services to veterans in the VA

Answer: B

Explanation:

The Smith-Hughes Act (1917) granted federal funds for vocational education and guidance. The National Defense Education Act (1958) provided money for the training of school counselors. California passed a law in 1962 requiring that marriage, family and child counselors must be licensed. Counseling services to veterans in the Veterans Administration expanded following World War II.

Question: 4

Which of the following statements by a client in cognitive behavioral therapy for major depressive disorder suggests that the client, who is experiencing negative thoughts, is applying principles learned in therapy?"

- A. "I know I need to change because I feel so worthless all the time."
- B. "I can't fix this situation. so I'm going to think about taking a vacation."
- C. "I should have known better than to think I could fix this situation."
- D. "I want to feel better about this situation."

Answer: B

Explanation:

The statement by a client in CBT for major depressive disorder suggesting that the client is applying principles learned in therapy is, "I can't fix this situation, so I'm going to think about taking a vacation." One of the goals of CBT is to help clients to think differently about situations and to use thought-stopping exercises when they begin to obsess over problems, such as a situation they can't fix. Clients use imagery. such as imagining taking a vacation, to help to have more positive thoughts.

Question: 5

One of the differences between individual therapy and family therapy is that family therapists believe that:

- A. family members act entirely independently of one another.
- B. problems typically involve only one person.
- C. causality should be understood as a circular process rather than A linear one.
- D. an individual should withdraw from the family dynamic before trying to address issues.

Answer: C

Explanation:

Unlike individual therapy, family therapy believes that one family member's behavior influences all other members' behavior in a circular manner. What one person in the family does affects everyone else.

Family members do not act independently of one another. Problems concern everyone, not just one person. The linear model of causality reflects individual therapy. An individual's behavior causes something to occur independent of other factors.

Question: 6

Giving a negative consequence every time an unwanted behavior occurs could be considered all of the following EXCEPT:

- A. behavioral therapy.
- B. operant conditioning.
- C. punishment.
- D. positive reinforcement.

Answer: D

Explanation:

The basic idea behind operant conditioning is that the consequences of behaviors have an effect on the individual's choice to engage in those behaviors. There are four types of operant conditioning, two of which weaken behaviors, and two of which can strengthen it. Punishment is one type of operant conditioning that weakens the behavior. Put simply, it involves giving a negative consequence every time the behavior occurs. For example, a client who wishes to stop swearing may snap a rubber band on his wrist whenever he swears. The sharp, uncomfortable sensation of the snap, as well as the embarrassment of snapping the wrist in public, pairs a negative consequence with the behavior of swearing. The negative consequence may cause the unwanted behavior to eventually cease.

Question: 7

One of Meichenbaum's three stages of "stress inoculation" focuses on:

- A. the relationship between the client and meaningful work
- B. mastering the hierarchy of needs
- C. skills acquisition
- D. the relationship between the client and their family

Answer: C

Explanation:

Donald Meichenbaum's stress inoculation training (SIT) was developed to help individuals cope with the aftermath of stressful events, and also to serve to "inoculate" people against future stressful reactions. There are three stages to SIT. In the initial "conceptualization" stage, the focus is on the relationship between client and counselor. "Skill acquisition" and "rehearsal" are the focus of the second stage of SIT, which teaches coping skills to the client. The third stage of "application" and "follow through" deals with, as stated, the application of the techniques learned. SIT can be conducted with individuals, couples, or groups.

Question: 8

Which of the following is correct regarding either norm-referenced tests or criterion-referenced tests?

- A. Norm-referenced tests show what knowledge an individual has
- B. Criterion-referenced tests show an individual's rank in the group
- C. Criterion-referenced tests compare an individual's score to others
- D. Norm-referenced tests compare an individual's score to others

Answer: D

Explanation:

Norm-referenced tests compare the individual to others who took the same test. How one compares with others is more important in norm-referenced testing than how much one knows. Criterion-referenced tests compare one's score to an established criterion, such as the cut-off score on the CPCE; they do not rank a score within a group. They also do not compare one's score to others as norm-referenced tests do.

Question: 9

Who established the very first psychological laboratory in history?

- A. Wilhelm Wundt
- B. Sigmund Freud
- C. Jesse Davis
- D. Clifford Beers

Answer: A

Explanation:

Wundt established the first psychological laboratory in 1879. Sigmund Freud first used psychoanalysis to treat mental illness in 1890. Jesse Davis first began work as a counselor in a Detroit high school in 1898. Clifford Beers exposed conditions in mental health institutions in his book *A Mind That Found Itself*, published in 1908.

Question: 10

Which pair seems to go together?

- A. Roe and Holland
- B. Holland and Krum boltz
- C. Roe and Hoppock
- D. Roe and Krumboltz

Answer: C

Explanation:

Hoppock and Roe are classified as developmentalists when it comes to career choices. They believe that early development and early experiences have a large impact on career choice. Krumboltz is a behaviorist and does not ascribe to early development an influence on career choice. Holland believes that environment interacts with personality characteristics when one chooses a career. Krumboltz and Holland believe that the environment plays a role in career choice, but Krumboltz looks at learning, not personality.

Question: 11

Who developed transactional analysis (TA) and "life scripts"?

- A. Sigmund Freud
- B. Eric Berne
- C. Eric Erikson
- D. Alfred Adler

Answer: B

Explanation:

Eric Berne is a psychologist who formulated a "life script" theory that addresses personality development and interpersonal relationships. The theory states that people form a life script early in their childhood years that sets the stage for how their future will develop. Individuals make decisions in their early life to live their life in a particular way as a means to ensure survival (based upon a number of considerations such as parental, social, and cultural). Transactional analysis (TA) is a psychotherapy used to make changes to an individual's life script in order for a happier, healthier life to develop.

Question: 12

Which of the following are the four essential components of informed consent before a client can make a decision about care?

- A. Competence, disclosure, options, and voluntarism
- B. Competence, comprehension, non-coercion, and disclosure
- C. Voluntarism, competence, non-coercion, and disclosure
- D. Voluntarism, competence, disclosure, and comprehension

Answer: D

Explanation:

The four essential components of informed consent before a client can make a decision about care are:

Voluntarism: The client must be free to make the decision without coercion, manipulation, or threats although persuasion may be utilized.

Competence: The client must be mentally competent enough to make decisions.

Disclosure: The healthcare provider must provide full disclosure about treatment, including what comprises the treatment, any alternate options, and the purpose.

Comprehension: The client must be able to understand the implications of treatment.



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