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**Exam** : **CPCE**

**Title** : Counselor Preparation  
Comprehensive Examination  
(CPCE)

**Vendor** : CCE Global

**Version** : DEMO

**NO.1** One significant outgrowth of the Education for All Handicapped Children Act (Public Law 94-142), in 1975, that was significant for children with disabilities was the educational practice known as

- A.** vocational rehabilitation planning.
- B.** differential school counseling.
- C.** mainstreaming.

**Answer:** C

Explanation:

The Education for All Handicapped Children Act (Public Law 94-142) of 1975 was a landmark law that mandated free and appropriate public education for children with disabilities. A significant educational practice resulting from this law was mainstreaming, which refers to placing children with disabilities in regular education classrooms for at least part of the school day, whenever possible. This practice is intended to promote inclusion and equal access to educational opportunities.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

**NO.2** What should a counselor apply when using a culturally alert counseling approach?

- A.** diverse perspectives and contextual dimensions
- B.** psychoeducation of social advocacy
- C.** structured methods to promote racial identity development

**Answer:** A

Explanation:

A culturally alert counseling approach requires counselors to be aware of and incorporate diverse cultural perspectives and contextual factors into their practice. This ensures that counseling is relevant and respectful to clients' unique cultural backgrounds. "Culturally alert counseling involves understanding and integrating the diverse cultural perspectives and contextual factors that influence each client's experience." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling:

**NO.3** Genetic endowments, environmental conditions, learning experiences, and task approach skills are central components in which of the following theories of career development?

- A.** phenomenological
- B.** sociological
- C.** social learning

**Answer:** C

Explanation:

Social learning theory of career development, as outlined by John Krumboltz, identifies genetic endowments, environmental conditions, learning experiences, and task approach skills as primary influences on career decision-making. The theory emphasizes how people learn about careers through direct and vicarious experiences, shaping their interests and choices.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Niles, S. G. & Harris-Bowlsbey, J. (2016).

Career Development Interventions.

**NO.4** A mother strictly enforces rules and expects compliance without room for discussion. What type of parenting style is this mother demonstrating?

- A. authoritative
- B. permissive
- C. authoritarian

**Answer:** C

Explanation:

An authoritarian parenting style is characterized by high demands and low responsiveness. Parents set strict rules, expect obedience, and provide little open dialogue. "Authoritarian parents are rigid, expect strict adherence to rules, and allow little room for negotiation." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

**NO.5** According to Keniston, the transitional period between adolescence and adulthood is a time of extended economic and personal temporariness known as

- A. cognition stabilization.
- B. latency.
- C. youth.

**Answer:** C

Explanation:

According to Kenneth Keniston, "youth" is a distinct period between adolescence and adulthood characterized by extended economic and personal temporariness. During this time, individuals are often not fully independent and may be exploring different roles before assuming adult responsibilities.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review.

**NO.6** Foundational theories in counseling that focus on individual psychopathology may not be applicable to members of minoritized groups because the theories

- A. often result in blaming the client for their circumstances.
- B. solve problems outside of an intrapersonal context.
- C. ascribe behavioral responsibility to cultural groups.

**Answer:** A

Explanation:

Many traditional counseling theories were developed within a Western cultural framework, focusing on individual pathology without consideration of systemic, cultural, or societal influences. When applied to members of minoritized groups, these theories can inadvertently lead to blaming clients for issues rooted in oppression or discrimination, rather than addressing the broader context. Culturally competent counseling emphasizes the need to consider environmental and cultural factors.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Sue, D. W. & Sue, D. (2016). Counseling the Culturally Diverse.

**NO.7** The major drawback to using the Solomon four-group design is that it

- A. costs a great deal in terms of time, energy, and resources.
- B. requires multiple researchers.
- C. tends to produce conflicting results.

**Answer: A**

Explanation:

The Solomon four-group design is valuable for controlling threats to validity but is resource intensive. It requires more participants, more time, and more resources than simpler designs, making it less practical for many researchers.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Royse, D., Thyer, B. A., & Padgett, D. K. (2016). Program Evaluation: An Introduction.

**NO.8** A client was challenged by a counselor for not acknowledging that the client's child's behavior problems were influenced by the client's own behavior. The client responded, "You don't have any children, so how can you know how hard it can be when they act up?" Which form of resistance listed below describes how the client reacted to the counselor's challenge?

**A.** devaluing the issue raised by the counselor

**B.** disengaging from the counselor

**C.** deflecting and avoiding the issue

**Answer: C**

Explanation:

In this scenario, the client is deflecting and avoiding the issue raised by the counselor. Rather than addressing the counselor's observation about the connection between their own behavior and their child's problems, the client shifts the focus to the counselor's lack of parental experience. This is a classic example of deflection and avoidance, both common forms of resistance in counseling.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy (10th Edition).

**NO.9** Which of the following is not a significant potential limitation of group counseling?

**A.** Some members become dependent on the group process.

**B.** Feedback from members increases sensitivity to personal dynamics.

**C.** There is often undue pressure to conform to group norms.

**Answer: B**

Explanation:

Feedback from other members that increases sensitivity to personal dynamics is actually considered a benefit, not a limitation, of group counseling. Common limitations include dependence on the group process and undue pressure to conform, but enhanced self-awareness through feedback is a therapeutic gain.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Corey, G. (2016). Theory and Practice of Group Counseling (9th Edition).

**NO.10** Which assessment would be most helpful for a college student client who is having difficulty choosing a career?

**A.** career beliefs inventory

**B.** career decision scale

**C.** career planning survey

**Answer: B**

Explanation:

The Career Decision Scale is specifically designed to assess an individual's degree of certainty or indecision about their career choices. It helps counselors identify whether a client is struggling to make a career decision and where they might need support in the decision-making process. This makes it especially useful for college students having difficulty choosing a career path.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Niles, S. G. & Harris-Bowlsbey, J. (2016).

Career Development Interventions.

**NO.11** Which term describes the process used to evaluate the outcomes of counseling programs and whether they have achieved their goals?

- A. summative evaluation
- B. needs assessment
- C. diagnostic evaluation

**Answer:** A

Explanation:

Summative evaluation refers to the assessment of a program's outcomes and effectiveness after it has been implemented. It determines whether program goals have been achieved and informs decisions about program continuation or modification. "Summative evaluation is conducted at the end of a program to determine its overall effectiveness in meeting its intended outcomes."

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Royse, D., Thyer, B. A., & Padgett, D. K.

(2016). Program Evaluation: An Introduction.

**NO.12** What career choices would a client potentially choose if Holland's assessment identified them as having an "artistic" personality type?

- A. accountant, doctor, financial advisor
- B. photography, writer, graphic designer
- C. engineer, software developer, mechanic

**Answer:** B

Explanation:

According to Holland's Theory of Vocational Choice, individuals with an "artistic" personality type are creative, expressive, and prefer unstructured environments where they can use their imagination. They are drawn to artistic pursuits such as art, music, writing, and design. Suitable career options typically include roles like photographer, writer, or graphic designer, rather than careers that are conventional, investigative, or realistic.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Niles, S. G. & Harris-Bowlsbey, J. (2016).

Career Development Interventions.

**NO.13** "He who has a why to live can bear almost any how." This statement, made by Nietzsche, most closely follows the counseling theory developed by

- A. Frankl.
- B. Perls.
- C. Mahler.

**Answer: A**

Explanation:

This famous quotation by Nietzsche is closely associated with Viktor Frankl, the founder of logotherapy, which is based on the belief that finding meaning (a "why") is essential for psychological well-being and coping with adversity. Frankl frequently cited this quotation in his writings. "Frankl's logotherapy emphasizes the human search for meaning as the primary motivational force, a concept encapsulated by Nietzsche's statement." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Frankl, V. (1984). Man's Search for Meaning.

**NO.14** A client who had successfully mastered Erikson's psychosocial stage of generativity versus stagnation would be predicted to

- A.** mentor youth to develop useful lives.
- B.** develop a stable personal identity.
- C.** explore a meaningful vocation.

**Answer: A**

Explanation:

Erikson's stage of generativity vs. stagnation, which typically occurs in middle adulthood, is characterized by a desire to contribute to the next generation through activities such as mentoring, parenting, or productive work. Successful mastery results in behaviors like mentoring youth and making contributions that benefit others, reflecting a sense of generativity.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Santrock, J. W. (2018). Life-Span Development.

**NO.15** An adolescent is certain that everyone in the restaurant is acutely aware of the blemish on their forehead.

What developmental concept does this example illustrate?

- A.** inferiority
- B.** egocentricity
- C.** selective attention

**Answer: B**

Explanation:

This scenario illustrates egocentricity, specifically the concept of the "imaginary audience," which is common in adolescence. Adolescents often believe that others are highly attentive to their appearance and behavior.

According to Piaget, egocentrism in this stage leads teens to overestimate the degree to which they are the focus of others' attention. "Egocentricity in adolescence results in the belief that others are as concerned with one's appearance and behavior as oneself." Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; Gladding, S. T. (2018). Counseling: A Comprehensive Profession (8th Edition).

**NO.16** Counselors are ethically permitted to conduct deception studies when

- A.** there are no feasible alternatives and debriefing is provided.
- B.** obtaining informed consent would bias the research results.
- C.** the research subject matter is controversial or sensitive.

**Answer: A**

**Explanation:**

Ethically, counselors and researchers may only use deception in studies when there are no feasible alternatives, the study has significant scientific, educational, or applied value, and participants are debriefed as soon as possible after participation. Deception should never be used simply because the subject is controversial or to avoid informed consent without justification.

Reference: Helwig, A. A. (2020). CPCE Study Guide and Review; American Counseling Association (ACA) Code of Ethics (2014); American Psychological Association (APA) Ethical Principles.