

CCE Global CPCE

Counselor Preparation Comprehensive Examination (CPCE)

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Question: 1

A recently laid-off client arrives for career counseling and appears overwhelmed about housing and food expenses. What should the counselor do first?

- A. Administer several personality inventories immediately
- B. Insist that the client select a new occupation during the first session
- C. Assess immediate needs, emotional functioning, available resources, and readiness for career planning
- D. Focus only on improving the client's résumé

Answer: C

Explanation:

Job loss may affect financial stability, identity, relationships, mental health, and physical safety. Before beginning intensive career exploration, the counselor should assess urgent needs, emotional distress, suicide risk when indicated, support systems, and access to community resources. Career planning can then be paced according to the client's readiness and circumstances. Résumé development and assessment may eventually help, but focusing on them immediately could overlook crises that interfere with the client's ability to participate effectively.

Question: 2

A counselor praises a child each time the child completes a homework assignment. This intervention is an example of:

- A. Classical extinction
- B. Positive reinforcement
- C. Negative punishment
- D. Stimulus generalization

Answer: B

Explanation:

Positive reinforcement occurs when a desirable consequence is presented after a behavior, increasing the likelihood that the behavior will occur again. Praise is added following homework completion to strengthen that behavior. Negative punishment would involve removing something desirable to reduce behavior. Extinction involves discontinuing reinforcement for a previously reinforced response, while stimulus generalization refers to responding similarly to related stimuli. Effective reinforcement is timely, meaningful to the individual, and connected clearly to the target behavior.

Question: 3

A structured group teaches stress-management information and allows members to practice relaxation techniques. This is best classified as:

- A. A task group focused on organizational policy
- B. An unstructured encounter group
- C. A psychoeducational group
- D. A long-term analytic therapy group

Answer: C

Explanation:

Psychoeducational groups combine structured teaching with opportunities to develop or practice skills. A stress-management group might cover the stress response, cognitive coping, breathing exercises, and relapse-prevention planning. Although interpersonal support may develop, education and skill acquisition remain central. A task group focuses on accomplishing an external objective, while analytic therapy groups generally emphasize deeper and longer-term exploration of unconscious and interpersonal processes.

Question: 4

A counselor receives a subpoena requesting the complete record of a current client. What should the counselor do first?

- A. Immediately send the complete record to the requesting attorney
- B. Destroy sensitive portions of the record before responding
- C. Review the subpoena, consult appropriately, and discuss the request with the client
- D. Ignore the subpoena because counseling records are always privileged

Answer: C

Explanation:

A subpoena should not automatically be treated as a court order requiring immediate disclosure. The counselor should review its legal validity, consult with a supervisor, attorney, or professional liability resource when necessary, and discuss the request with the client. The counselor should attempt to protect confidentiality and disclose only information that is legally required. Ignoring the subpoena could create legal problems, while automatically releasing the entire record could violate the client's privacy and applicable ethical standards.

Question: 5

One member repeatedly speaks for long periods and leaves little time for anyone else. What should the group leader do?

- A. Remove the member without discussing the behavior
- B. Respectfully interrupt, explore the pattern, and invite participation from other members
- C. Allow the behavior because leaders should never structure interaction
- D. Ask the group to ignore the member

Answer: B

Explanation:

The leader is responsible for maintaining a safe and productive environment. A respectful interruption can protect group time while avoiding humiliation. The leader may acknowledge the member's wish to contribute, explore what drives the extended speaking, connect the behavior to interpersonal goals, and invite others into the conversation. If the pattern continues, it can be addressed privately and within the group when therapeutically appropriate. Immediate expulsion is usually unnecessary unless serious safety or boundary concerns exist.

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