

Group Counseling

Counseling Exam Practice Questions

The following questions are intended to help you while you prepare for the NCE, CPCE, CECE, NCMHCE, or other counseling exams. Review the questions, choose the best answer, and then review the correct responses on the last page.

Question 1

What is the term for the material that is discussed in a group setting?

- A) Group content
- B) Group process
- C) Group norms
- D) Group membership

Question 2

When a problem is serious or longstanding, what type of group is this likely to be?

- A) Primary
- B) Secondary
- C) Tertiary
- D) None of the above

Question 3

Alcoholics Anonymous is an example of what?

- A) Pseudoscience
- B) 12-step group
- C) 10-step group
- D) Psychodrama

Additional questions on the following page.

Question 4

When therapy takes place as a dyad, how many people are involved?

- A) They have less leisure time.
- B) They have more leisure time.
- C) They have roughly the same amount of leisure time.
- D) They tend to avoid having leisure time.

Question 5

Comparing group therapy to individual therapy, in general, which statement is most accurate?

- A) Group therapy is much less effective
- B) Group therapy is much more effective
- C) They are roughly equal in their effects
- D) It cannot be determined which is superior

Question 6

The rules of a group and what is considered acceptable behavior in the group are called what?

- A) Group norms
- B) Group cohesiveness
- C) Group values
- D) All of the above

Question 7

What type of group tries to prevent a problem before it forms?

- A) Primary
- B) Secondary
- C) Tertiary
- D) None of the above

Additional questions on the following page.

Question 8

Because of World War II, which of the following occurred?

- A) It is a common myth.
- B) On average, this is accurate.
- C) It is an exaggeration.
- D) None of the above.

Question 9

Which theorist did group work as early as the 1920s because they felt people's problems have a "social nature" to them?

- A) Sigmund Freud
- B) Carl Rogers
- C) John Holland
- D) Alfred Adler

Question 10

If a problem is present but is not to the level of being severe, what type of group is likely to deal with this?

- A) Primary
- B) Secondary
- C) Tertiary
- D) None of the above

Answers on the following page.

Answer Key

The following are the answers to the questions on previous pages.

Question 1: A

Question 2: C

Question 3: B

Question 4: B

Question 5: C

Question 6: A

Question 7: A

Question 8: D

Question 9: D

Question 10: B

Want to learn more?

Check out the YouTube video that goes with this PDF. On that video, you'll learn more about what makes each of the correct answers the right one, as well as why the others aren't the best answers.



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