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National Counselor Examination

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QUESTION 1

An operational definition:

- A. is deductive logic
- B. can be measured on a Likert Scale
- C. outlines a procedure
- D. describes the purpose of an experiment

Correct Answer: C

An operational definition is a detailed, clear, and concise definition of a measure used when data is being collected. If more than one researcher is setting out to measure the same conditions, they should be able to independently do so. In the case of measuring anxiety in college seniors, a researcher chooses to give the participants a 15 item questionnaire. The researcher's operational definition of anxiety for this study is the participant's score on the questionnaire.

QUESTION 2

A counselor intensifies a client's emotional state to show the client the irrationality of her emotional reaction. What is this technique known as?

- A. Paradoxical intention
- B. Transactional-Analysis
- C. Systematic Desensitization
- D. Reconfiguration

Correct Answer: A

Victor Frankl developed the technique of Paradoxical intention and used it with clients who had severe anxiety. Transactional-Analysis is used by psychoanalysts to help clients determine their ego states in order to understand behavior. For behavior change, therapists help clients alter the state of their ego (parent, child, or adult-like). Systematic Desensitization is a behavioral therapy technique developed by Wolpe to help clients overcome phobias.

QUESTION 3

A dog is trained to salivate at the ringing of a bell. What form of conditioning is this?

- A. Classical Conditioning
- B. Operant Conditioning
- C. Reinforcement Conditioning
- D. None of the above

Correct Answer: A

Classical conditioning occurs when two stimuli are repeatedly paired. In this case, the two stimuli were the ringing of the bell and the treat. Operant conditioning occurs when there are rewards and punishments associated with learning.

Reinforcement is a term associated with operant conditioning.

QUESTION 4

When you see the letter P in relation to a test of significance, it means:

- A. Probability
- B. Possibility
- C. Positive
- D. Psychoanalysis

Correct Answer: A

Most researchers use a P value of .05 as a cutoff for significance. If it is less than .05, the null hypothesis is rejected and it is concluded significance does not exist.

QUESTION 5

Behavioral reinforcers always raise behavioral probability.

- A. True
- B. False

Correct Answer: A

The purpose of reinforcers is to increase the likelihood that a specific behavior will occur following a stimulus.

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