NCE Strategy Practice Worksheet

Theory of Deduction

This worksheet is designed to sharpen your NCE test-taking skills. Practice the following strategies on each question before checking the answer key.

Deduction	**Elimination**
Identifying Buzzwords	**Choosing the BEST Counseling Response**

Complete each question independently before reviewing the Strategy Breakdown.

QUESTION 1 — ROGERS DEDUCTION

> "I feel like nobody understands me and I'm tired of pretending I'm okay."

Which counselor response BEST reflects a person-centered approach?

1. "What irrational belief is contributing to these feelings?"
2. "Tell me about your relationship with your parents growing up."
3. "You're feeling alone and emotionally exhausted."
4. "What behaviors are keeping you stuck in this pattern?"

My Answer: _____

QUESTION 1 — ANSWER KEY

Question 1 — Answer Key

Strategy Breakdown

Buzzwords:

> feeling

> understanding

> emotional experience

Eliminate

- **1** = REBT
- **2** = Psychoanalytic
- **4** = Reality Therapy / CBT

Correct Answer

3

Why?

Reflection of feeling = Rogers / Person-Centered Therapy

QUESTION 2 — ETHICS DEDUCTION

A counselor realizes they are becoming emotionally reactive toward a client and dreading sessions.

What should the counselor do FIRST?

1. Refer the client immediately
2. Process the issue in supervision
3. Tell the client about the emotional reaction
4. End counseling due to countertransference

My Answer: _____

QUESTION 2 — ANSWER KEY

Question 2 — Answer Key

Strategy Breakdown

Buzzwords:

> emotionally reactive = countertransference

FIRST Response Rule

The NCE usually wants: supervision, consultation, self-awareness

Eliminate

- **1** = Premature
- **3** = Boundary issue
- **4** = Extreme response

Correct Answer

2

QUESTION 3 — KOHLBERG VS GILLIGAN

Question 3 — Kohlberg vs Gilligan

> A researcher studying moral development focuses on how maintaining relationships and avoiding harm to others influences decision-making.

Which theorist BEST matches this perspective?

1. Kohlberg
2. Piaget
3. Gilligan
4. Erikson

My Answer: _____

QUESTION 3 — ANSWER KEY

Question 3 — Answer Key

Strategy Breakdown

Buzzwords:

> relationships

> avoiding harm

> care

Correct Answer

3

Deduction

- **Gilligan** = care orientation
- **Kohlberg** focuses on: justice, law, rules

QUESTION 4 — ERIKSON

Question 4 — Erikson

> "I honestly don't know who I am or what I want to do with my life."

A 16-year-old client reports the above.

Which Eriksonian conflict is MOST relevant?

1. Industry vs Inferiority
2. Identity vs Role Confusion
3. Intimacy vs Isolation
4. Generativity vs Stagnation

My Answer: _____

QUESTION 4 — ANSWER KEY

Question 4 — Answer Key

Strategy Breakdown

Buzzwords:

adolescent	"who am I?"	identity

Correct Answer

2

QUESTION 5 — REFLECTION VS PARAPHRASE

Question 5 — Reflection vs Paraphrase

> "Ever since my promotion, I've been overwhelmed and I barely sleep anymore."

Which counselor response is the BEST example of reflection of feeling?

1. "Your promotion has created a lot of stress for you emotionally."
2. "You received a promotion and now your schedule is difficult."
3. "Tell me more about your sleep habits."
4. "What coping skills have worked in the past?"

My Answer: _____

QUESTION 5 — ANSWER KEY

Question 5 — Answer Key

Strategy Breakdown

Two key distinctions:

Reflection	Paraphrase
FEELING	CONTENT

Correct Answer



Why?

- 1 focuses on emotional experience.
- 2 = paraphrase / content only.

QUESTION 6 — ELIMINATION BY THEORY

Question 6 — Elimination by Theory

> A counselor encourages a client to use an empty-chair exercise to resolve unfinished business with a deceased parent.

This technique is MOST associated with:

1. Psychoanalytic Therapy
2. Reality Therapy
3. Gestalt Therapy
4. REBT

My Answer: _____

QUESTION 6 — ANSWER KEY

Question 6 — Answer Key

Strategy Breakdown

Buzzwords:

> empty chair

Correct Answer

3

NCE Tip

One buzzword can solve the entire question.

QUESTION 7 — FIRST RESPONSE STRATEGY

Question 7 — FIRST Response Strategy

> "Sometimes I wonder if everyone would be better off without me."

What should the counselor do FIRST?

1. Develop a behavioral contract
2. Assess for suicidal ideation
3. Explore childhood experiences
4. Teach relaxation techniques

My Answer: _____

QUESTION 7 — ANSWER KEY

Question 7 — Answer Key

Strategy Breakdown

FIRST response rule — Safety first.

Correct Answer

2

NCE Pattern

- When safety is involved:
- Assess immediately
- Protect the client

QUESTION 8 — BECK VS ELLIS

Question 8 — Beck vs Ellis

> A counselor helps a client identify automatic negative thoughts and cognitive distortions.

This approach is MOST associated with:

1. Ellis
2. Beck
3. Rogers
4. Glasser

My Answer: _____

QUESTION 8 — ANSWER KEY

Question 8 — Answer Key

Strategy Breakdown

Buzzwords:

> automatic thoughts

> distortions

Correct Answer

2

Deduction

- **Beck** = cognitive distortions
- **Ellis** = irrational beliefs + ABC model

QUESTION 9 — MULTICULTURAL STRATEGY

Question 9 — Multicultural Strategy

> A counselor assumes that a client's cultural values are identical to the counselor's own experiences.

The counselor is MOST likely demonstrating:

1. Empathy
2. Cultural humility
3. Cultural encapsulation
4. Congruence

My Answer: _____

QUESTION 9 — ANSWER KEY

Question 9 — Answer Key

Strategy Breakdown

Buzzwords:

> assumptions about culture

Correct Answer



QUESTION 10 — BEST COUNSELING RESPONSE

Question 10 — Best Counseling Response

> "I just feel like I fail at everything."

Which counselor response is BEST?

1. "That's not true."
2. "What evidence supports that belief?"
3. "You're feeling discouraged and defeated."
4. "You need to improve your self-esteem."

My Answer: _____

QUESTION 10 — ANSWER KEY

Question 10 — Answer Key

Strategy Breakdown

BEST counseling response — Start with feeling.

Correct Answer



Why?

The NCE rewards:

- Empathy
- Reflection
- Rapport-building first

Before:

- Challenging
- Advising
- Problem-solving