

LMHC / NCMHCE

Domain 5 Study Guide

Counseling Skills and Interventions

Therapeutic Alliance

- Establish rapport
- Maintain trust and safety
- Collaborative goal alignment
- Monitor alliance ruptures

Core Counseling Techniques

- Open-ended questioning
- Reflection of content
- Reflection of feeling
- Summarizing and clarification

Advanced Clinical Skills

- Confrontation techniques
- Interpretation skills
- Appropriate self-disclosure
- Immediacy (here-and-now processing)

Motivational Strategies

- Motivational interviewing principles
- Enhancing readiness for change
- Resolving ambivalence
- Supporting self-efficacy

Crisis Intervention

- Risk stabilization strategies
- Safety planning
- Emergency response coordination
- Short-term crisis containment

Family and Systems Interventions

- Family interaction patterns
- Family roles and boundaries
- Systemic reframing
- Multigenerational influences

Group Counseling Skills

- Stages of group development
- Managing group dynamics
- Linking members
- Blocking harmful behaviors

Culturally Responsive Interventions

- Adapt interventions to cultural context
- Address identity-related stressors
- Respect spiritual frameworks
- Integrate client worldview into treatment

Support System Engagement

- Mobilizing natural supports
- Community resource integration
- Strengthening protective factors
- Enhancing social functioning