

LMHC / NCMHCE

Domain 6 Study Guide

Core Counseling Attributes

Professional Presence

- Demonstrate empathy
- Maintain genuineness
- Communicate congruence
- Establish psychological safety

Therapeutic Attitudes

- Unconditional positive regard
- Non-judgmental stance
- Respect for client autonomy
- Emotional attunement

Multicultural Competence

- Awareness of cultural identity variables
- Recognition of systemic influences
- Adaptation of interventions across cultures
- Respect for diversity in worldview

Self-Awareness of the Counselor

- Recognize personal biases
- Monitor countertransference reactions
- Maintain reflective practice
- Understand impact of counselor identity on treatment

Ethical Sensitivity in Session

- Maintain appropriate boundaries
- Recognize ethical warning signs early
- Respond appropriately to client vulnerability
- Support client rights within the session

Communication Micro-skills

- Active listening behaviors
- Attending skills
- Appropriate silence
- Accurate emotional reflection

Gender and Identity Awareness

- Respect gender identity expression
- Use affirming communication
- Recognize minority stress factors
- Support inclusive therapeutic environments

Professional Development Orientation

- Seek supervision when needed
- Engage in ongoing learning
- Maintain clinical humility
- Promote ethical growth across career stages