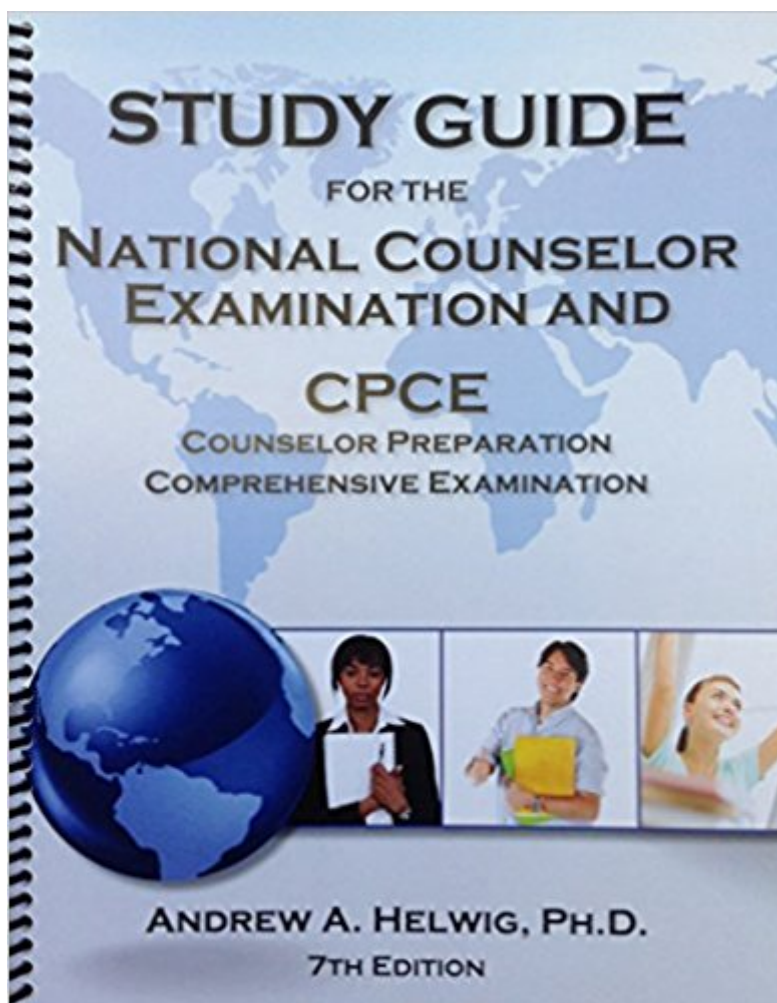


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# Study Guide For The National Counselor Examination And CPCE



## Synopsis

The Study Guide for the National Counselor Examination and CPCE prepares professional counselors and graduate students in counseling for state-level licensure exams and graduate comprehensive exams. It is also used for preparation for the National Counselor Exam used for national certification to become a National Certified Counselor (NCC). The focus of the Study Guide is the eight CACREP content areas which are examined by the NCE, CPCE and many other similar exams. This seventh edition has revisions throughout and extensive new material has been added in the following areas: DSM-5, the ACA Code of Ethics, neurobiology, dialectical behavior therapy, mindfulness, distance and technology counseling and wilderness therapy. Other new areas include the Affordable Care Act, ethics code changes, the role of CACREP, and updated reference lists. The Study Guide includes two practice exams, study tips, test taking strategies, the ACA Code of Ethics, and additional exam prep resources. Because the information in the eight content areas is double-spaced, with considerable outlining of materials and the bolding of important concepts, the study material is manageable and the book is user-friendly.

## Book Information

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## Customer Reviews

Andrew A. Helwig is professor emeritus at the University of Colorado Denver. He recently retired after 22 years at this university and an additional seven years at other universities. He has taught five of the eight content areas examined on the National Counselor Exam and the CPCE. Dr. Helwig is a Licensed Professional Counselor and a National Certified Counselor. He received a master's

degree in Counseling Psychology from Iowa State University and his Ph.D. is from the University of Wisconsin at Madison in Counselor Education. Dr. Helwig has also conducted 245 exam preparation workshops for over 4,000 professional counselors and graduate students beginning in 1990. These workshops have been conducted in 18 states preparing graduate students for the Counselor Preparation Comprehensive Examination and professional counselors for the National Counselor Exam as well as other similar exams.

Better than Rosenthal. It had 2 practice exams which helped me realize where my weak areas were and study those areas higher. Passed the CPCE at Liberty University with a pretty good % correct. I added self adhesive tabs to the different sections and that helped with organization. I'm not an auditory learner so this was better for me.

I bought this following my graduation from a MS program in Rehabilitation Counseling and Mental Health Counseling, to use to take my NCE exam to apply for my LPC/LPCC (I have licensure applications in different states due to my husband being in the military and living in different locations). I have my CRC and that is much more focused on disability populations. I did not feel as prepared to the vast amount of material, and this study guide is broken down into the different sections and gives a general overview of information based on each section included on the NCE. I used the information in each section to make flash cards, because I prefer using flash cards for my particular learning style and ease. I gave myself 2 months of studying a little each day, and I was able to pass my exam. I feel like this was able to better prepare me for the exam and it is knowledgeable with psychology principles and the different counseling theories and theorists. The information was well distributed and organized, making it easy to understand and study. I felt like some information was not as in depth, and that caused me to look up more information on certain areas to gain clarity and a deeper understanding. Overall, I felt like this was a beneficial resource and practical study guide, and it helped me pass the NCE.

I looked and looked for a review that would tell me what I really needed to know to pass this test and couldn't find one, so here is how I did it: First, set your test date. 1. The Helwig book is great. It provides a clear structure to assimilating the information, as well as the code of ethics and simplified stats/research concepts. **EVERYTHING I NEEDED TO PASS THE TEST WAS IN HERE.**

Rosenthal's book is a great complement to Helwig's. His helped me ingrain the core concepts and I was able to retain them for the test. Follow the instructions in each of the books and in the other

feedback here on to get the best results (boot camp review, etc.).2. I also used his video for ethics and stats concepts, and he gave some great test taking and prep strategies which I have incorporated into my review. Helwig does a simplified version of the stats and provides a structured complement to Rosenthal's helping relationships section.3. Study plan: I would recommend 50 hours over 5 weeks, approximately. I spent an hour a (5) day for the first 3 weeks (15 hours total), then the fourth week I ramped up my studying to 3 hours per (5) day (another 15 hours), and then I cleared my calendar for the final week and studied for as many 3-hour blocks as I could per day for four days (Mon - Thurs)for about 20 hours total.4. Get a hotel room Thursday at noon and review the Rosenthal boot camp again, and Helwig's concepts - not for the first time.5. Take a full length test that night and make notations on the issues you are still weak on.6. Review those and get the information solidified (I had a combo of about 10 names/concepts that hadn't stuck yet). I didn't worry about the little-mentioned ones, just the main theorists/concepts.7. Sleep well.8. Take the test on Friday morning.9. TEST TAKING STRATEGY: I flagged any question that was too confusing, too long, too boring, or too tricky so that I used most of my great energy on the ones I really knew, and retained my confidence throughout the test. I then went back and completed my (approx 35) flagged items at the end, and adjusted my provisional answers or answered the ones I had skipped completely. I found that some of the right answers then jumped out at me, or something I had answered later in the test flagged my memory. There isn't much on the test that isn't covered in this book - there will be a few outliers but I just chalked them up to the 40 provisional questions they put in there. There are LOTS of double negative questions so be sure to read each question like that very carefully. For instance, "Which is NOT ethical?" And some of the answers will say, "When a counselor DOESN'T...." Drove me nuts!! needed a 91 to pass and I got a 126. On my test, the questions seemed easier than I expected. They were in line with some of the free online practice exams you can find, and also with the exam in the back of Helwig's book. I'm a super busy lady - wife and mother of two young children with a full private practice and currently taking 2 grad school classes. I shoved it in, but the key to my success was that I was motivated (set the date before you study). If you aren't motivated, defer the start of your study time until you are. I felt that the info "stuck" because I wanted to learn it. Worked for me, good luck!

I learned more from this book than 2 years of online classes. I wish I would have bought it at the beginning of school and used it as a guide for what to really study. This makes a great map of key concepts and principles. I also used the practice tests at counseling exam.com and 2 apps on my phone. I also watch crash course on psychology on You Tube. I passed the NCE with a good score.

I purchased this and the yellow NCE Secrets Study Guide. I passed the NCE Exam with flying colors! A passing score was 93 and I earned a 120. My method of study: Read/studied both books, took both test 2 times to at least know those questions. Took every "practice" exam I could find on the internet.

Excellent study material! It was a great refresher and helped me prepare for the NCE! I also appreciate being able to take the pretest before studying and then the post test after studying then comparing my answers!

I used this study guide for my test in March, 2014 to help me past my NCE exam. Honestly I have taken this test at least 6X times using Rosenthals tapes and book. I was getting frustrated and wanted to quit but I decided to give it another go and I got this study guide and used all of Rosenthals materials and I CAN HONESTLY SAY THAT I PASSED IN MARCH, 2014. Thank God. If you are struggling with passes this test then I recommend this book.

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