

LMHC Practice Test Questions and Answers

1. What does LMHC stand for in mental health counseling?

- A) Licensed Mental Health Counselor
- B) Licensed Medical Health Counselor
- C) Licensed Master's Health Counselor
- D) Licensed Mental Health Coordinator

2. What is the minimum educational requirement for LMHC licensure in most states?

- A) Bachelor's degree in psychology
- B) Master's degree in counseling or related field
- C) Doctoral degree in clinical psychology
- D) Certificate in mental health counseling

3. Which therapeutic approach focuses on changing negative thought patterns?

- A) Psychodynamic therapy
- B) Cognitive Behavioral Therapy (CBT)
- C) Humanistic therapy
- D) Family systems therapy

4. How many supervised clinical hours are typically required for LMHC licensure?

- A) 1,000 hours
- B) 2,000 hours
- C) 3,000-4,000 hours
- D) 5,000 hours

Answers: 1-A 2-B 3-B 4-C

For More LMHC Questions and Answers FREE, LMHC Online Prep Training, LMHC Exam, LMHC Study Guide, LMHC Flashcards, LMHC Quizzes visit:

LMHC Practice Test