



**PTI**

**Psychotherapists Training Institute, LLC**

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**6 Tips for  
Banishing  
Licensing Exam  
Anxiety  
& Creating  
Exam Confidence**



**Eustress & Distress**

Professional licensing exams trigger anxiety in most test takers. While eustress can be beneficial, a high level of anxiety, or distress, often leads to avoidance behaviors, increased anxiety, fear, and an inability to access one's knowledge and experience. Here are 6 tips for pre-licensed people who take the exam to banish those high levels of anxiety and increase their confidence that they will PASS!

- 1.** Knowledge and preparation can go along way to banishing anxiety so talk about your licensing exam with colleagues, the earlier the better! Knowing more about the exam experience helps dispel common misconceptions and confront worries.
- 2.** Talk to your supervisor or test trainer about the exam. Many pre-licensed people carry around worries and misconceptions about their licensing exam. Worries may be related to an area of clinical practice that you feel unqualified in. What a great opportunity to identify an arena for growth!
- 3.** Know all of what is covered on the licensing exam. As a clinician in training, we all have strengths and blind spots. Your licensing board, NBCC, and PTI do everything they can to to spell out everything that could be included on the licensing exam. Use this list as a blind spot and strength detector - and banish anxiety about exams at the same time!
- 4.** A test-taker cannot access stored material during a test when experiencing high levels of anxiety so it is critical that you deal with it head-on. Everyone deals with anxiety at different points in their life and you have learned new ways during your professional training. You, as a professional have many ways of managing anxiety when you are working with clients. Use those same skills for managing anxiety during clinical sessions to managing anxiety during the test.
- 5.** Know your resources! The testing process is an incredibly personal journey. Understanding the options available allows the you to evaluate the plan that is best suited for you. Understanding the many different ways in which others have successfully passed exams on the first try can open up ways for you to find your perfect path and the joy that comes with success!
- 6.** Finally, think of your exam as you would in the termination of therapy with a client. We talk to therapy clients about termination from the beginning of treatment, not on the last day. Frame the exam and passing it as simply a transition phase in your career.

Explore the Psychotherapists Training Institute's resources to help you take the puzzle out of passing.

Network with other clinicians who are preparing for the exam  
Exam Trainers and personalized coaching  
A total review of what is on the licensing exam  
Complete knowledge of the exam structure and process  
Readiness assessment to identify areas that need more study  
A personal study plan

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