

JG Exam Sim

Sources & References

Verified reference registry - updated September 6, 2026

Methodology note

JG Exam Sim's case narratives and questions are original. The references below are authoritative sources used to verify major exam specifications, diagnostic concepts, ethics, assessment, risk, intervention, cultural, and developmental content. This registry is intentionally honest: it does not claim sentence-level provenance for every line of content created before formal source tracking began.

How to read this registry

Each source lists the organization, version/year when relevant, and the parts of JG Exam Sim it supports. External standards can change, so high-stakes content should be rechecked against the current source before a major release.

NCMHCE exam structure & blueprints

NCMHCE - official exam information, content, sample cases, handbooks, and 2027 transition

National Board for Certified Counselors (NBCC) | Current

Supports: Exam structure, case-study format, official preparation information, current and upcoming exam specifications.

<https://www.nbcc.org/exams/ncmhce>

NCMHCE Content Outline - current format

National Board for Certified Counselors (NBCC) | 2023/current

Supports: Current-format domain weighting, work behaviors, and case-based examination framework.

https://nbcc.org/assets/exam/ncmhce_content_outline.pdf

NCMHCE Examination Specifications - Summer 2027

National Board for Certified Counselors (NBCC) | 2026

Supports: 2027 domain structure, expanded task emphasis, technology/telehealth, indirect care, ethics, and supplemental content guidance.

https://nbcc.org/assets/exam/NCMHCE_exam_spec_2027.pdf

Diagnosis & DSM-5-TR

About DSM-5-TR

American Psychiatric Association | 2022/current

Supports: Diagnostic classification, criteria sets, descriptive text, differential diagnosis, culture-related considerations, and clinical-judgment framing.

<https://www.psychiatry.org/psychiatrists/practice/dsm/about-dsm>

Ethics & client rights

ACA Code of Ethics

American Counseling Association | 2014

Supports: Confidentiality, informed consent, boundaries, records, professional responsibility, technology, consultation, and client rights.

<https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf>

Risk assessment & safety

The Columbia Protocol / C-SSRS - About the Protocol

Columbia Lighthouse Project | Current

Supports: Suicidal ideation/behavior screening concepts, severity/immediacy, preparatory behavior, and risk-identification logic.

<https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/about-the-scale/>

Trauma, PTSD & assessment

PTSD and DSM-5

U.S. Department of Veterans Affairs - National Center for PTSD | Current

Supports: PTSD symptom-cluster organization, duration, impairment, exclusions, and differential reasoning.

https://www.ptsd.va.gov/professional/treat/essentials/dsm5_ptsd.asp

PTSD Screening Instruments

U.S. Department of Veterans Affairs - National Center for PTSD | Current

Supports: Screening-versus-diagnosis distinction and appropriate follow-up assessment after a positive screen.

<https://www.ptsd.va.gov/professional/assessment/screens/>

Assessment & inventories

The PHQ-9: validity of a brief depression severity measure

Kroenke, Spitzer, Williams - Journal of General Internal Medicine / PubMed | 2001

Supports: PHQ-9 purpose, depression severity measurement, screening interpretation, and functional relationship.

<https://pubmed.ncbi.nlm.nih.gov/11556941/>

A brief measure for assessing generalized anxiety disorder: the GAD-7

Spitzer, Kroenke, Williams, Lowe - Archives of Internal Medicine / PubMed | 2006

Supports: GAD-7 purpose, reliability/validity, screening interpretation, and functional impairment.

<https://pubmed.ncbi.nlm.nih.gov/16717171/>

Counseling interventions

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment

Substance Abuse and Mental Health Services Administration (SAMHSA) | Updated 2026

Supports: Motivational interviewing principles, stages/readiness for change, and motivational intervention logic.

<https://www.samhsa.gov/resource/ebp/tip-35-enhancing-motivation-change-substance-use-disorder-treatment>

Depression in adults: treatment and management - Recommendations

National Institute for Health and Care Excellence (NICE) | 2022/current

Supports: Evidence-based depression treatment options, CBT, shared decision-making, ongoing assessment, and treatment adjustment.

<https://www.nice.org.uk/guidance/ng222/chapter/Recommendations>

Clinical decision support

mhGAP Intervention Guide - Version 2.0

World Health Organization | 2016/2019

Supports: Structured clinical assessment and management reasoning for depression, psychosis, bipolar disorders, substance use, self-harm/suicide, and follow-up.

<https://www.who.int/publications/i/item/9789241549790>

Culture & development

TIP 59: Improving Cultural Competence - Quick Guide for Clinicians

Substance Abuse and Mental Health Services Administration (SAMHSA) | 2015/2016

Supports: Culturally responsive counseling, avoiding assumptions, language/communication considerations, and individualized care.

<https://store.samhsa.gov/sites/default/files/sma16-4931.pdf>

Development & contextual risk

About Adverse Childhood Experiences (ACEs)

Centers for Disease Control and Prevention (CDC) | 2025

Supports: Developmental/contextual risk factors, childhood adversity, protective factors, and long-term health/behavioral-health relevance.

<https://www.cdc.gov/violenceprevention/aces/index.html>

Reference integrity & product claims

Originality: JG Exam Sim does not reproduce proprietary mock-exam narratives or question banks. The simulator uses original cases, questions, rationales, and learning interactions.

DSM-5-TR: DSM diagnostic criteria are copyrighted by the American Psychiatric Association. JG Exam Sim should teach and paraphrase high-yield diagnostic reasoning rather than reproduce protected criteria sets wholesale.

Exam alignment: NBCC is the controlling source for current NCMHCE exam specifications, official content outlines, candidate handbooks, and transition details. When JG content and an official NBCC publication conflict, the current NBCC publication governs.

Ethics and law: The ACA Code of Ethics is a national professional ethics reference. State law, board rules, and other applicable regulations may impose additional or different requirements; state-specific legal content should be separately verified.

Assessment tools: Screening instruments do not by themselves establish a diagnosis. JG examples should preserve the distinction between screening, assessment, diagnosis, clinical judgment, and referral.

Source-governance rule for future releases

Future major clinical-content changes should identify at least one authoritative reference in this registry (or add a new verified reference), record the date checked, and preserve that source relationship in the build's source registry. This creates a progressively stronger audit trail without overstating historical provenance.