

<u><i>Licensure Requirements: LCMHC (VT)/LPCC (ND)</i></u>	
<b><u>Vermont-Licensed Clinical Mental Health Counselor (LCHMC)</u></b>	<b><u>Complete</u></b>
<b><u>Educational Requirements:</u></b>	
• Master's degree in Counseling	X
• 60 Semester Credit hours of coursework	X
• Additional coursework needed in specific areas:	X
• Your degree must include 3 graduate credits of diagnosis, assessment and treatment, at least 600 hours of supervised experience and 3 graduate credits in at least five of the content below: <u>Human Growth &amp; Development, Counseling Theories, Counseling Skills, Groups, Measurement, Professional Orientation &amp; Ethics, Treatment Modalities</u>	X
• You need a total of 60 semester hours of coursework, and 700 hours of internship. You also need 3 graduate credits in each of the 7 core areas listed above. Additionally, you must have 3 graduate credits in at least two Group 2 content areas: <u>Marriage, Couple &amp; Family Counseling, Crisis Intervention, Human Sexuality for Counselors, Psychopharmacology, Addictive Disorders</u>	X
• You also need 3 credits in each of the following areas: <u>Research &amp; Evaluation, Multicultural Studies, Career Development &amp; Lifestyle Appraisal</u>	X
***The underlined ones indicate the areas in which I have completed the coursework in order to meet that particular requirement.	
<b><u>Supervision Requirements:</u></b>	
• You will need to work under supervision for at least two years and accrue a minimum of 3,000 hours before you can be professionally licensed. At least 2,000 of your post-master hours must be spent providing direct services.	X
• Over the course of your supervised practice, you will need at least 100 hours of face-to-face supervision. At least 50 supervision hours must be individual. Supervisory sessions should occur at regular intervals with no more than 30 practice hours between supervision.	X
<b><u>Required Exams:</u></b>	
• You will need to pass two licensing examinations; the National Counselor Examination & the National Board for Certified Counselors.  I have taken and passed both of these exams. I sat for the exam and passed the NCE in North Dakota January, 2003. I sat for the exam and passed the NCMHCE in Vermont on July 20, 2007.	X

As part of my position as a crisis counselor I also held another license, Qualified Mental Health Professional, which allowed me to voluntarily and involuntarily commit clients to a psychiatric hospital. In the state of Vermont it to the assessment of a QMHP and a psychiatrist and both our signatures in order to involuntarily commit an individual into the psychiatric hospital.

**Vermont-Qualified Mental Health Professional (QMHP):**

[http://mentalhealth.vermont.gov/sites/dmh/files/policies/DMH-QMHP\\_Designation\\_Guidelines.pdf](http://mentalhealth.vermont.gov/sites/dmh/files/policies/DMH-QMHP_Designation_Guidelines.pdf)

It would not allow me to copy the requirements. I was only able to put the link to the requirements on this sheet.

<u>Licensure Requirements: LCMHC (VT)/LPCC (ND)---PAGE 2</u>	
<u>North Dakota-Licensed Professional Clinical Counselor (LPCC)</u>	<u>Complete</u>
<b><u>Educational Requirements:</u></b>	
<ul style="list-style-type: none"> <li>• Master's degree in Counseling</li> </ul>	X
<ul style="list-style-type: none"> <li>• 60 Semester Credit hours of coursework: 12 of which may be obtained in documented training, clinical experiences, or courses consistent with NBCC clinical education guidelines.</li> </ul>	X
<ul style="list-style-type: none"> <li>• Must have completed 700 hours of training in supervised practica and/or internships relevant to the practice of counseling.</li> </ul>	X
<ul style="list-style-type: none"> <li>• Graduate clinical coursework must include: abnormal psychology and psychopathology, appraisal and diagnostic evaluation (DSM-IV), and clinical counseling skills</li> </ul>	X
<b><u>Supervision Requirements:</u></b>	
<ul style="list-style-type: none"> <li>• Two years (3000 hours) of post-masters supervised clinical experience in a clinical setting. All applications received after 7-1-16 must show 100 hours of supervision by an LPCC.</li> </ul>	X
<b><u>Additional Requirements:</u></b>	
<ul style="list-style-type: none"> <li>• Three letters of reference from the clinical supervisor and other clinical professionals.</li> </ul> <p>***I have three letters of reference from my clinical supervisors and a psychiatrist I worked closely with while working in my former position as a crisis counselor.</p>	X
<ul style="list-style-type: none"> <li>• A videotaped clinical counseling session of at least 30-minutes duration (individual or group clinical counseling setting).</li> </ul>	
<b><u>Required Exams:</u></b>	
<ul style="list-style-type: none"> <li>• A passing score on the National Clinical Mental Health Counseling Examination.</li> </ul> <p>***I sat for the exam and passed the NCMHCE in Vermont on July 20, 2007.</p>	X
<p>***When checking into receiving my ND license I was informed that I would need to start with the LAPC license first, regardless of already having met the requirements for the LPCC and holding an equivalent license in another state.</p>	

\*\*\*At one point when I called regarding licensure in ND. I had asked questions regarding reciprocity and explained I had the equivalent of the LPCC from another state. I was informed that I would need to first start with the LAPC and then work up to the LPCC regardless of already having all the requirements for the higher licensure. I am unsure if that is correct.

When I initially made the decision to move back to North Dakota I started to look into the requirements for the LPCC licensure. As it turned out Vermont and North Dakota had very equivalent criteria for licensure. The one thing I was lacking was the videotape due to the nature of my position, a crisis counselor, that was difficult to secure. I worked day and night providing crisis intervention to individuals of all ages. Most of my time was spent assessing individuals for suicidal ideation, homicidal ideation, assessment of psychotic disorders, substance abuse; basically the DSM front to back. I encountered experiences and situations I never thought possible and that school could never prepare you for however; this was an absolutely perfect position for me. Each day was completely new, different and always fast paced and high energy. We worked closely with the police department, emergency room, the court system, jail system, social services, primary care doctors and

the psychiatric hospitals. In the state of Vermont, you must be a Qualified Mental Health Professional in order to involuntarily commit an individual to the psychiatric hospital. This was an additional license I held with the utmost respect. It is an immensely important and tasking job to assess an individual of any age as to whether or not they need to be placed in a psychiatric hospital against their will. It was a job that myself and my co-workers did not take lightly.

After learning that I needed to provide a videotape for licensure in ND I almost did not apply however; this is my degree and I wanted to continue with counseling. I did start seeing one client while working in Vermont however, this was approximately 2 months prior to my move which was not a sufficient amount of time. Also with crisis counseling, I did not find it ethical to ask someone to videotape any sessions. We did have people who we saw on a continual basis however, it would not be a good counseling choice to videotape someone in crisis. I had an extremely hard time with the concept of a video. I did not feel that this was an accurate perception of a counselor, especially a counselor that has already been working in the field, gone through the supervision and is already holding a license equivalent to ND.

When I returned to ND I did submit my application for the LPCC license and I was surprised to find that I was denied based on the video. It was returned with suggestions and asked for it to be resubmitted. I cannot explain how disheartening it was to receive this in the mail. First, I would not be able to redo a video considering I was not working at the time and was no longer in VT where I held a license to practice. Second, it felt as though I was back in graduate school writing up a report for one of my practicum sessions and my professor returned it with comments. Third, I do not believe that a video truly shows the effectiveness of a counselor/client relationship. Regardless of where the video camera is placed the counselor and the client tend to not be relaxed. Both of them realize the camera is there and the session is not a real session. I believe this is why we go through practica class, internship, supervision prior to becoming licensed and many times we receive a first step license (such as the LAPC) prior to the highest level of licensure. By the time a counselor is applying for the highest level of licensure it does not feel right to have the need to provide a videotaped session. At this point in their professional career it should be evident to the professionals working closely with them, including their supervisor, if any corrective action is needed, if they are going to be a good, effective counselor and if they need additional supervision, education and/or training prior to receiving their license.

Due to being unable to receive my licensure in ND I found a position in the human resources field in which I am still working. I would love to continue working in my current position however, at my workplace we offer mental health counseling and I would be able to assist if I was able to receive my licensure in ND. I am a North Dakotan who received my education at the University of North Dakota and after leaving my beautiful home state for several years decided to move back. However, I found it was not an easy task to receive my licensure. Again I find it very disheartening and it turned me away from the process. A short video does not tell the story of a person's counseling career.

I am asking for the board and the legislators to reassess the requirements of licensure for mental health professionals to see if any changes may be made. Currently in southwest ND it may take an individual up to three months to get in for counseling. We have a shortage of mental health professionals and I know that there are some professionals who have decided not to go through with the licensure process as it currently stands.

Thank you for your time in this important matter. Please feel free to contact me with any further questions.

Sarah Wallace

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Killdeer, North Dakota

# Licensed Clinical Mental Health Counselor- Vermont:

## Education Requirements:

- Master's degree in Counseling
  - I've obtained my Master's in Counseling from the University of North Dakota in August, 2003
- Certain coursework is required for licensure, some of which may be included in your program; other coursework may need to be taken after graduation. 60 credit hours.
  - I did take additional coursework while working in Vermont in order to qualify for their licensure requirements.
    - Life Space Crisis Intervention-3 Credits
    - Clinical Skills II: Children and Families-3 Credits
- Your degree must include 3 graduate credits of diagnosis, assessment and treatment, at least 600 hours of supervised experience and 3 graduate credits in at least five of the content below:
  - Human Growth & Development
  - Counseling Theories
  - Counseling Skills
  - Groups
  - Measurement
  - Professional Orientation & Ethics
  - Treatment Modalities
- You need a total of 60 semester hours of coursework, and 700 hours of internship. You also need 3 graduate credits in each of the 7 core areas listed above. Additionally, you must have 3 graduate credits in at least two Group 2 content areas:
  - Marriage, Couple & Family Counseling
  - Crisis Intervention
  - Human Sexuality for Counselors
  - Psychopharmacology
  - Addictive Disorders
- You also need 3 credits in each of the following areas:
  - Research & Evaluation
  - Multicultural Studies
  - Career Development & Lifestyle Appraisal

\*\*The underlined ones indicate the areas in which I have coursework completed.

## Supervision Requirements:

- You will need to work under supervision for at least two years and accrue a minimum of 3,000 hours before you can be professionally licensed. At least 2,000 of your post-master hours must be spent providing direct services.

- Over the course of your supervised practice, you will need at least 100 hours of face-to-face supervision. At least 50 supervision hours must be individual. Supervisory sessions should occur at regular intervals with no more than 30 practice hours between supervision.
  - I completed all the supervision requirements as specified above.

### **Required Exams:**

- You will need to pass two licensing examinations; the National Counselor Examination & the National Board for Certified Counselors.

I have taken and passed both of these exams. I sat for the exam and passed the NCE in North Dakota January, 2003. I sat for the exam and passed the NCMHCE in Vermont on July 20, 2007.

### **Application Process:**

- You must meet all the requirements listed above as well as fill out the professional fitness questions, have professional references and be in good standing in regard to child support, taxes and court fines. The application fee is \$125.

In addition, I added Vermont's out of state applicant policy regarding mental health counselors.

### **Out of State Applicants:**

As an out-of-state applicant, you will need to obtain verification from any state where you have held a license. The verification form includes questions about the state's licensing standards as well as about your own license. You may be eligible for licensure by endorsement or by a "5-year rule".

Counselors with at least five years of active practice under license in the United States or Canada may be licensed even if the requirements were not substantially equivalent.

If you are establishing that you meet the five-year rule, you will need a letter to that effect.

Out-of-state candidates who do not meet the five-year rule are eligible for reciprocal licensing if the jurisdiction currently has substantively equivalent licensing standards, but must take the second Vermont licensing exam if their municipality required only one. You will need to forward a copy of your state's statutes to the Vermont board to demonstrate equivalency.

The following is also listed as "subject to legislative approval":

*"Registration as a mental health counselor with a national registry of the American Association of State Counseling Boards may be accepted as a demonstration of having met licensing standards."*