

## Licensed Professional Counselor Quick Fact Sheet

(Calley & Hawley, 2009; updated 2015)

### *Licensed Professional Counselor Defined*

Master's or doctoral-level mental health clinician specially trained in the assessment, treatment, and prevention of behavioral, emotional and mental health issues and addiction

### LPC Licensure Requirements

- Hold a Master's degree or a doctorate from a Board-approved academic program
- Possess a Limited License as a Professional Counselor (LLPC) and complete a minimum of 3,000 post-graduate clinical hours under the supervision of a fully licensed counselor (LPC) in no less than 2 years
- Successfully pass the National Counselor Examination

### Michigan Law & Public Health Recognition of Licensed Professional Counselors

- Since 1988, Licensed Professional Counselors have been recognized in Michigan as mental health clinicians through the counselor licensure law
- The *Michigan Counselor Licensure Law* and the *Administrative Rules* are the primary sources of guidance to understanding the scope of practice of professional counselors in Michigan
- LPC/LLPC's are *Qualified Mental Health Providers* as authorized by the Michigan Department of Community Health and for the purposes of services provided through Medicaid

### Scope of Practice - Brief

*Licensed Professional Counselors'* scope of practice includes all of the following:

- Assessment, testing and evaluation
- Individual, family and group counseling and psychotherapy
- Diagnosis and treatment planning for mental and emotional disorders
- Prevention, behavior modification, and guidance to individuals, families, and organizations

*Section 333.18101 of the MI Counselor Licensure Law:*

Counseling principles, methods or procedures means a developmental approach that systematically assists an individual through the application of any of the following procedures:

- (i) Evaluation and appraisal techniques
- (ii) Exploring alternative solutions
- (iii) Developing and providing a counseling plan for mental and emotional development
- (iv) Guidance
- (v) Psychoeducational consulting
- (vi) Learning theory
- (vii) Individual and group techniques emphasizing prevention
- (viii) Counseling techniques
- (ix) Behavior modification techniques

### Diagnosis

*R338.1751, Rule 1 (f) of the Administrative Rules for Counseling defines counseling techniques:*

Counseling techniques means the application of basic counseling and psychotherapy skills and theories in the counseling process in order to do all of the following:

- (i) Establish and maintain the counseling relationship
- (ii) Diagnose and identify the problem
- (iii) Formulate a preventive, treatment or rehabilitative plan
- (iv) Facilitate appropriate interventions

## Testing and Evaluation

Rule 338.1751q of the Administrative Rules for Counseling defines preparation for testing and evaluation procedures that include:

Group and individual psychometric theories and approaches to appraisal and diagnosis

Selecting, administering, scoring, and interpreting instruments and procedures that are designed to assess all of the following with respect to the individual:

Abilities	Achievements	Aptitudes
Attitudes	Interests	Personal Characteristics
Factors that influence appraisals	Use of appraisal and diagnostic results in helping processes	

## Qualification for Use of Testing & Assessment Instruments

LPC's typically qualify at the highest level of test evaluators for purchasing and using testing instruments.

According to Pearson Assessments (2009), one of the largest publishers of clinical tests

*Tests with a C qualification require a high level of expertise in test interpretation, and can be purchased by individuals with Licensure or certification to practice in your state in a field related to the purchase OR a doctorate degree in psychology, education, or closely related field with formal training in the ethical administration, scoring, and interpretation of clinical assessments related to the intended use of the assessment*

- Qualification levels are established by the publishing companies that hold the rights to testing instruments and therefore, are not partial to any one mental health profession
- The National Fair Access Coalition on Testing (FACT) exists to protect fair access to testing by professionals with proper training and to stipulate a model Code of Ethics for testing practices

## Psychotherapy vs. Counseling

The term *psychotherapy* does not refer to any particular mental health profession, and within the counseling literature, the terms counseling and psychotherapy are used interchangeably to refer to the therapeutic process, with no differentiation of the terms. As such, the scope of practice for Licensed Professional Counselors includes both *counseling* and *psychotherapy*.

Insurance companies typically use the term *psychotherapy* for reimbursement of services provided by mental health clinicians.

## Academic Preparation of Licensed Professional Counselors

In accordance with CACREP (national accrediting body), academic preparation of Licensed Professional Counselors includes the following 8 core areas:

Professional Orientation & Ethical Practice	Social & Cultural Diversity
Human Growth & Development	Career Development
Helping Relationships	Group Work
Assessment	Research & Program Evaluation

In addition, counselors must complete a minimum of 700 supervised clinical practice hours that includes assessment, individual and group counseling.

## Limited Licensure Scope of Practice

*There are no differences in the scope of practice between LLPCs and LPCs*

## Availability and Access to LPC's in Michigan

*Because of the number and location of Licensed Professional Counselors in Michigan, individuals in need of mental health counseling and related activities can easily find a counselor*

- In 2015, there were 9,621 LPC's/LLPC's in Michigan (MI Board of Health Professions)
- In 2015, there were LLPC's/LPC's in all Michigan counties