

—FOR MORE INFORMATION—

The Licensed Professional Counselors Association of North Carolina
(888) 287-1403
www.lpcanc.org

The North Carolina Board of Licensed Professional Counselors
(919) 661-0820
www.ncblpc.org

American Mental Health Counselors Association
1-800-326-2642
www.amhca.org

National Board of Certified Counselors
(336) 547-0607
www.nbcc.org

—FOR YOUR INFORMATION—

- ◆ In the Surgeon General's report on mental health, the National Action Agenda on Children's Mental Health reported that **one in ten children and adolescents suffer from mental illness** severe enough to cause impairment, while fewer than one in five of those ever get treatment. Psychotherapy Finances (2001), Volume 27, Number 1, p. 5.
- ◆ **Approximately 30% of Americans, or 52 million people, have had some type of alcohol, drug, or mental health disorder in the past year.** Depression is the most common mental health disorder, affecting 10% of the population. Substance Abuse and Mental Health Services Administration, 1998.



c/o Mariner Management & Marketing
P.O. Box 1046
Laurel, MD 20725-1046
Phone/Fax: 888-287-1403
www.lpcanc.org

This brochure is a publication of The Licensed Professional Counselors Association of North Carolina (LPCANC) and was adapted from the Illinois Mental Health Counselors Association (IMHCA)

Licensed Professional Counselor

Training

Experience

Service

“Professional Counselors combine traditional psychotherapy with a problem-solving approach that creates a dynamic and efficient path for change and problem resolution.”

-American Mental Health Counselors Association-

LPC Licensed Professional Counselor

—WHAT IS AN LPC?—

In its definition of professional counseling, the American Counseling Association includes the following:

- The diagnosis and treatment of mental, emotional, and addictive disorders, and psycho-educational techniques aimed at the prevention of such disorders
- Consultation to individuals, couples, families, groups and organizations, and research into the most effective therapeutic treatment modalities
- Counselors are trained in the provision of counseling and therapy, as well as the etiology of mental illness and substance abuse disorders

—QUALIFICATIONS OF LPCS—

- Masters or Doctoral degree in Counseling or a board-approved related field
- Two years of masters and post-masters experience, including a minimum of 2,000 hours of approved supervised professional practice as defined by the North Carolina Board of Licensed Professional Counselors.
- Passage of a state licensing exam
- Adherence to the Code of Ethics and Standards of Practice of the American Counseling Association as adopted by the North Carolina Board of Licensed Professional Counselors
- Licensure requirements are equivalent to those for clinical social workers

—SERVICES LPCS PROVIDE—

- Assessment and Diagnosis
- Individual and group psychotherapy and counseling
- Crisis management
- Long-term developmental therapy
- Brief solution-focused therapy
- Treatment planning and utilization review
- Substance abuse and addictions counseling
- Psycho-education, prevention, and wellness programs
- Career counseling
- Consultation and referral

—EDUCATIONAL REQUIREMENTS—

Licensed Professional Counselors are trained in the provision of counseling and therapy, and in the etiology of mental illness and substance abuse disorders. The core study areas of mental health programs approved by the North Carolina Board of Licensed Professional Counselors include:

- Counseling Theories and Techniques
- Practicum and Internship
- Professional Orientation
- Human Growth and Development
- Social and Cultural Foundations in Counseling
- Group Counseling
- Career and Vocational Development and Information
- Testing and Appraisal
- Research

—RECOGNIZED BY MANAGED CARE—

Managed care organizations do recognize LPCs, and those partnerships are steadily growing. LPCs represent a high quality and cost-effective addition to a managed care company's resource base. The professional counselor's commitment

to practical and solution-focused therapy aligns well with the goals of a managed care organization. In a national survey of mental health professionals in 1997, 61% of all professional counselors completed treatment within 3-10 sessions. In comparison, completion rates were much lower for other mental health providers, ranging from 31% to 45%.

National survey of mental health professionals in full or part-time practice Conducted by Practice Strategies, December 1997

—WHERE DO LPCs PRACTICE?—

Licensed Professional Counselors serve individuals (adults, adolescents, and children), couples, and families in a variety of settings:

- Private Practice
- Psychiatric Facilities
- Managed Care Organizations and Corporate Settings
- Employee Assistance Programs
- Community Agencies and Mental Health Centers
- Substance Abuse/Addiction Treatment Centers
- Career Centers
- Colleges, Universities, and Schools
- Specialty Clinics and Programs
- Social Service Agencies and Court Systems

Services Offered by Mental Health Professionals
Fee, Practice, and Managed Care Survey, Ridgewood Financial Institute, Inc. (October, 2000)

Services	All Therapists	Professional Counselors	Psychiatrists	Psychologists	Social Workers	MFTs
Individual	95%	97%	100%	95%	95%	96%
Group Therapy	40%	52%	50%	36%	42%	40%
Pain Control	27%	25%	n/a	33%	21%	24%
Biofeedback	8%	8%	n/a	12%	4%	4%
Chronic Illness	43%	43%	34%	45%	41%	43%
Substance abuse Treatment	44%	51%	34%	42%	49%	44%
Testing and Assessment	34%	23%	32%	66%	7%	13%