So you Want to be a Counselor, Huh?

Training, Licensure, Certification, & Professional Memberships

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Professional Identity

• What do counselors do?
  – ACA: “…[apply] mental health, psychological or human developmental principles, through cognitive, affective, behavioral or systemic interventions, [by implementing] strategies that address wellness, personal growth, career development, [&] pathology.”
  – Intakes, assessments, psychological testing, counseling, personality testing, teaching, treatment plans, referrals, coordinate services, case-management, client-family-community education, documentation, professional/ethical responsibilities, & advocacy

Treatment Modalities:

- child / adolescent counseling
- group counseling
- individual counseling
- family counseling
- couples counseling
- gerontological counseling
- addictions counseling
- career counseling
- developmental counseling
- guidance counseling

Counseling is the primary professional service compared to:

- psychiatrists - diagnosis & medical treatment of mental disorders as a physician
- psychologists - assessment
- social workers - link clients to community resources
- psychiatric nurses - management of health care within a hospital setting
Where do professional counselors work?

- Elementary, Middle, and High schools
- Private agencies
- Community agencies
- University Counseling Centers
- Non-profits / for profits
- Mental Health Agencies-outpatient (nonprofit)
- Hospital Psychiatric Units/Room occupants
- Hospital E.R.: Crisis Counselors
- State Psychiatric Hospitals
- Correctional Institutions
- Recovery Centers for LD
- Social services
- Corporations
- Research institutions
- Government agencies
- Private practice
- Vocational Bureau of Rehabilitation (VOR)
- Faith-Based Organizations (churches, temples)
- Consultation Services
- Private Practice Career Counseling
- Wilderness Programs
- Home-Based Counseling Services
- Crisis & Trauma Centers
- On-Line Counseling Services
- Alcohol & Drug Prevention Agencies
- Grant-Funded Programs
- Health Dept. Alcohol & Drug Counselors
- Residential Programs
- Hospitals
- Domestic Violence Shelters & Centers
- EAPs: Employee Assistant Programs
- HMOs: Health Management Organizations

What Sets Professional Counselors Apart?

1. The best perspective for assisting individuals in resolving their emotional & personal issues & problems is ______________ of mental health.

2. The issues & problems individuals face in life are __________, and understanding the dynamics of human growth & development is essential to success as a helper.

3. __________ are far superior to remediation in dealing with personal & emotional problems.

4. The goal of counseling is to ____________ individuals to resolve their own problems independently of mental health professionals and to teach them to identify & resolve problems autonomously in the future.

The Wellness Model vs. Medical Model

The Medical Model

- Goal: return patient to the __________________ prior to illness
- Developed by physicians to treat physical illness
- The helper ____________
  - Patient is diminished in some way
- Success: patient goes on about life
- If another illness negatively affects patient, s/he returns to be cured again
- Employed by psychiatrists, SW, & psychologists as a whole
**Professional Identity**

The Wellness Model vs. Medical Model

**The Wellness Model**

- Goal: positive mental health possible for everyone
- Mental health continuum (very mentally healthy - dysfunctional/mentally ill)
- Most problems are developmental in nature, are normal, are natural
- When prevention is possible, counselors strive toward early intervention (vs. redemption) via education/training & involvement early in the process

**Professional Identity**

The Wellness Model vs. Medical Model

- Implementation:
  - assess mental & emotional functioning in: relationships, career, spirituality, leisure, physical health, living environment, financial status, sexuality
  - Determine which factors are interfering with reaching maximum potential
  - GOAL: ___________________________

**Perspectives on Competence**

- Codes of ethics on competence have common themes:
- Counselors practice only within the boundaries of competence, based on:
  - __________________________
  - training
  - __________________________
  - state and national professional credentials
  - appropriate professional experience
- A lack of competence = __________________________
Training – CACREP

• Mission: “…to promote the advancement of quality educational program offerings”
• Specialized accreditation – Counselor Education Programs
• UCF is CACREP accredited

Why is Accreditation Important?

• ______________ – meets the highest standards set by and for the profession.
  – Students will obtain the necessary knowledge and skills to be proficient in the counseling field.
  – Clients will benefit from the appropriate training of the counselor
• Certification & Licensure – the application process is ______________
  – lessens the stress of transporting your education and license/certification
• Beyond the Master’s Degree – the advantage of a CACREP accredited master’s degree

More on CACREP

• Master’s Degree Programs (as of 2009)
  – Addiction Counseling (new)
  – Career Counseling
  – Clinical Mental Health Counseling (blend of CC and MHC)
  – College Counseling and Student Development
  – Marriage, Couple, and Family Counseling
  – School Counseling
  – On the way: Rehabilitation Counseling
• Doctoral Degree Programs
  – Counselor Education and Supervision
Licensure and Certification

• Licensure
  – governs _________________________
  – highlights uniqueness of an occupation
  – restricts both use of _________________________ of occupation
• Certification
  – voluntary attempt by a group to promote __________
  – attempts to verify qualifications
  – sets minimum standards
  – does not assure quality practice

Licensure – The Florida Board

• Clinical Social Work, Marriage & Family Therapy & Mental Health Counseling
  – __________ – Licensed Mental Health Counselor
  – __________ – Licensed Marriage & Family Therapist
• Can diagnose & treat, as well as receive 3rd party reimbursement
• Your license is endorsed by the __________

More on LMHC

• Requirements
  – Masters in counseling or related (____________________!)
  – 60 hours of coursework
    • Human Sexuality
    • Substance Abuse Counseling
  – 1000 hour internship
  – ________ hours of supervised experience (2 yrs post-MS)
  – 100 hours of face-to-face supervision
  – Florida state NCMHC exam (NCMHCE)
  – Post-master’s educational experiences
    • Laws and Rules Course
    • Medical Errors Course
    • HIV and Domestic Violence Courses
More on LMFT

- Requirements
  - Masters in counseling, focus on marriage and family (no CACREP bonus)
  - 36 hours of coursework
  - 180 hour (direct contact) internship
  - _______ of post-MS supervised experience
  - 100 hours of face-to-face supervision
  - _______ (Association of Marital and Family Therapy Regulatory Boards – AMFTRB)
  - Post-master’s educational experiences
    - Laws and Rules Course
    - Medical Errors Course

Before the license – Registering as an Intern

- Register as an intern during your 2 year post-masters experience
  - Requires supervision by a qualified supervisor
  - The license may be ________
  - With this provisional license, you can work with clients and get ________

Show me the Money!!

- In 2007, here are the salary ranges
  - Educational, vocational & school counselors: $36,120 – $60,990
  - Marriage and family therapists: $32,950 – $54,150
  - Mental health counselors: $26,780 – $45,610
  - Substance abuse and behavioral disorder counselors: $27,330 – $42,650
  - Rehabilitation counselors: $22,980 – $39,000
  - By comparison, the mean annual earnings of social workers are reported to be $40,296.
### Certification – Florida School Counselor

**Requirements**
- Master’s degree
- Counselor Education – School counseling and guidance
- Be eligible for certification as a teacher
- Florida Teacher Competency Exam
- Pass these two additional tests:
  - General Knowledge Exam
  - Subject Area Exam in Guidance and Counseling

### National Board for Certified Counselors

- Certification
- National registry of certified counselors
- Ethical standards
- Requirements:
  - Education: Master’s degree in counseling
  - Supervised experience
  - National examination(s)
  - Adherence to code of ethics
  - CEU’s and auditing

### NBCC Certifications

- (NCC)
- School counseling – National Certified School Counselor (NCSC)
- Supervision – Approved Clinical Supervisor (ACS)
- Substance abuse counseling – Master Addictions Counselor (MAC)
- Mental health – Certified Clinical Mental Health Counselor (CCMHC)
Additional Certifications

- Play therapy
- REBT
- Choice theory
- Rehabilitation counseling
- Pastoral counseling
- Substance abuse counseling
- Sexual health professionals

American Counseling Association

- “To enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.”
- Founded in: ________________
- _____ branches and _____ divisions
- Liability insurance
- Ethical Code and Standards of Practice
- Journal of Counseling and Development – flagship journal of the counseling profession
- http://www.counseling.org

More on Divisions

- Mental Health
- School Counseling
- Career Counseling
- Employment Counseling
- Multicultural Counseling
- Assessment
- Addiction/Offerer Counseling
- Marriage and Family Counseling
- Counselor Education and Supervision
- Adult development/aging
- College Counseling
- Counselors in Govt
- LGBTQ Counseling
- Rehab Counseling
- Spiritual, Ethical, and Religious Values
- Group Counseling
- Humanistic Counseling
- Social Justice
- Creativity in Counseling
Getting Involved as a Student in ACA

- at the ACA Annual Convention (reduced registration fee)
- Student representative to Governing Council
- __________________ to committees
- Student Focus column in Counseling Today
- ACA Foundation graduate student competition
- Ross Trust Scholarship
- Graduate Student Association
- Graduate Student listserv

Florida Counseling Association

- State association for counselors
- Focuses on state issues
- Promote the profession through:
  - Promote high standards
  - Educational opportunities
  - Workshops and conferences
  - Public policy
- http://www.flacounseling.org/

Orange/Seminole Counseling Association

- Local associations for counselors
- Focus on local issues
- Several goals, to include:
  - Professional Development
  - Networking Opportunities
  - Legislative Advocacy
  - Personal Development