

State Licensure Requirements

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What is the role of an LMHC

An Licensed Medical Health Counselor who has been trained to work with people who are going through life's challenges. The LMHC will use various psychotherapy and methods of assessments to help those with mental health issues find their way in recovery. LMHC will use their assessments to devise an action plan in order to help a person along a path in finding empowerment and a healthier fulfillment for their life.

What is the protected scope of practice?

The protected scope of practice provision in NYS specifies that a person who is a LMHC must practice within their field of expertise or their authorized scope of practice that is defined by the Education Law, Rules of the Board of Regents, and the Commissioner's Regulations. A person is not allowed to treat someone that they are not qualified to give knowledgeable professional advice too. The protected scope gives the patient protections against receiving advice that is not within their best interest. A person can be charged with gross incompetence or unprofessional conduct if they practice out of their authorized scope. A LMHC is required to inform the client as to what they are authorized or qualified service they can provide.

What are the educational and experience requirements?

NYS educational requirements for LMHC Licensure requires several factors that are detailed in New York State Education Law [Section 52.32](#) Office of the Professions, Regulations of the Commissioner. A person must have received a Master or Doctoral degree with course content specified by Education Law and the Commissioner's regulation. The course content must be specific to mental health counseling. Effective as of 1/1/10 a person must have had forty-eight semester hours in a qualifying mental health counseling program, after that date a person must now have sixty semester hours. A

person who graduated from a licensure program automatically satisfies the education requirements. An example of the courses that may be offered would include psychopathology, group dynamics, foundations of mental health counseling & consultation, and human growth & development. The second part is the person must submit Form 2, Certification of Professional Education, to the registrar's office which will submit the document to the department that the student was in, for certification that the person has completed the program and the date of completion who then will submit it to Office of Professions.

The experience required for LMHC to satisfy before taking their exam is the completion of a supervised internship or supervised practicum. The work of 3,000 clock hours and not less than 1,500 hours must be documented proof. The person who supervised you must be licensed and registered in NYS to practice Mental Health Counseling or another medical profession. Section 52.32 stated the "supervisor provides you with oversight and guidance in assessment and evaluation, treatment planning, completing psychosocial histories and progress notes, individual counseling, group counseling, psychotherapy, and consultation, and reviews your assessment and treatment of each client seen under his/her general supervision" (pg. 3).

How does the state define "be of good moral character"?

NYS Rule of the Board of Regents Subpart 28-1 of what is considered good moral character. Sec 28-1.2 refers moral character in question, “All information indicating that an applicant has been convicted of a crime or has committed an act which raises a reasonable question as to the applicant's moral character, shall be referred to the director of the Office of Professional Discipline or his or her designee.” The subsequent paragraph goes on to describe once a question as to a person character has been called into question information is gathered, an investigation, the information is reviewed, and a hearing is held to make a determination.

What is the licensing exam that is required and when can you sit for it?

The exam that is required for LMHC is the National Clinical Mental Health Counseling Examination (NCMHCE) which is offered by the National Board for Certified Counselors. The NCMHCE exam is offered twice a year, in April and October. The exam consists of multiple-choice questions. The test is 3.75 hours long. There is a new format of with online administration or in a test center for taking the test. You can begin making appointments for the next exam after 11/7/22.

Review Chapters 1 & 2 and proceed to the ACA, AMHCA and AACC websites to explore what these associations have to offer. You will write a paragraph on each organization indicating the membership benefits & fees, and the annual events that each organization offers to its members. If the organization has divisions, select and explain which division(s) would be of interest to you and why?

The ACA, AMHCA, and AACC associations offers different criteria for a person who is pursuing a LMHC degree. While the three organizations are similar in what they are offering, they differ in their membership.

The American Association of Christian Counselors (AACC) is the world largest diverse faith based mental health organization. The organization works with LMHC as well as lay people who do not have

degrees. Their purpose is to give godly counsel to those who are suffering from mental health issues. Their organization have ten divisions with some focusing on issues of society & Christian psychology, reproductive health & sexual trauma, Ethics & Advocacy, Addiction Recovery, and other divisions which can bring healing and help to the community. The membership to AACC is \$129.00 a year for the presidential package and \$74.00 for students. Some of the membership benefits are online resource catalogs, continuing education with credits, discount resources, and a subscription to the quarterly online magazine. Annually AACC has their World AACC Conference as well as AACC National Conference.

The American Mental Health Counselors Association (AMHCA) is an independent nonprofit membership owned and operated organization. The purpose of the organization is to share ideas, discuss challenges in the mental health field, and to discuss new and possible solutions to ongoing problems. This organization help clinical mental health counselors set standards for collaboration, research, education, ethical and training purposes. The associate members of this organization are professionals that support mental health counselors in their work. The annual membership fee is \$84.00 for students which is good for three years. The benefits come with free liability insurance through CPH & Association to protect students performing therapeutic services (practicum) related to their counseling curriculum. This insurance is good until the student graduates. AMHCA hold their Annual Fall Summit to share ideas, discuss challenge, and create fresh solutions to old problems.

The American Counsel Association serves counselors, clients, and the profession. They are also known as the Voice of Counseling. The association focuses on advocating for the mental health initiatives, community enrichment, individual counseling profession, the roles of counselors & their impact on those suffering and keeping the counseling community up to date with changes that are happening with legislative policy and laws. The membership fee is \$105.00 a year for students, retired members, new graduates pay a fee of \$105.00. Experienced counselors pay a fee of \$189.00. Some of

benefits that are offered with the membership are: free continuing education, bi-weekly news, job fairs in the field, discount insurance (home, auto, travel), 10% off for healthcare with HPSO, and Government Affairs and Public Policy (GAPP) advocates for their members. ACA Conference and Expo is an annual event for the purpose of the community of counselor to build and fellowship with each other. The network event welcomes counselors, students, and mental health professionals.

ACA has nineteen divisions that provides leadership, resources, and information in specialized areas or principals. A member is allowed to join more than one division at a time. While I was looking at the divisions that are of particular interest to me because of the work I do in child welfare. The Association for Child & Adolescent Counseling (ACAC), Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC), International Association for Resilience & Trauma Counseling, and International Association of Addictions & Offender Counselors (IAAOC). My work as a Case Planner in preventive service in child welfare allows me to gain experience and knowledge while working with families. I believe that these organizations would give me more knowledge into how I may be of help to the children as well as the adult, in their transitional period of life from where they are to where they want to be.

Reference

www.op.nysed.gov/prof/mhp/mhp-education-faq.htm#mhc

NYS Rule of the Board of Regents Subpart 28-1 Title 8, [Article 163](#), Section 8402 of the New York State Education Law and [Section 52.32](#) and [Subpart 79-9](#) of the Regulations of the Commissioner of Education.