

Why LPCs Are Needed

- In 2009, 45.1 million adults (19.9%) in the United States were diagnosed with a mental health disorder in the past year. Of those, 8.9 million (20%) also were diagnosed with a substance abuse disorder. (1)
- Each year, more than 1 million youths come in contact with the juvenile justice system and more than 100,000 youths are placed in some type of correction facility. Eighty percent of youths entering the juvenile justice system have been diagnosed with mental health disorders. Many juvenile detention facilities are not equipped to treat them.(2)
- Seven million people 65 and older in the United States (20% of the older adult population) have a mental illness, and that number is expected to double to 15 million in the next three decades. (3)
- As of June 30, 2010, the Department of Veterans Affairs (VA) treated 594,000 Operation Enduring Freedom/Operation Iraqi Freedom veteran patients. 295,000 were diagnosed with at least one mental health condition. (4)

You Might Be Suited For A Career As A Licensed Professional Counselor If:

- You have an interest in counseling and psychotherapy
- You have an interest in diversity and social justice
- You want to help people realize their strengths and abilities to help cope with life challenges
- You identify as a humanist, in that you believe in the inherent good of people and humanity

For more information, visit PCA's website at:

www.pacounseling.org



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

What is a Licensed Professional Counselor?

A Guide for Clinicians, Educators, and Students



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

(1)<http://www.oas.samhsa.gov/NSDUH/2k9NSDUH/MH/2K9MHRResults.pdf>

(2)Mental Health Liaison Group. (2005). Appropriations Recommendations for FY 2006.

(3)<http://store.samhsa.gov/shin/content/SMA05-4018/SMA05-4018.pdf>.

(4)www.veteransforcommonsense.org.

Who Are Licensed Professional Counselors (LPCs)?

- LPCs are masters or doctoral-degreed mental health providers trained to work with individuals, families, and groups in treating mental, behavioral, and emotional disorders. (1)
- Professional counselors have to accrue at least 3,000 hours of supervised clinical experience for masters level and 2,000 supervised clinical hours for doctoral level before being licensed. (1)
- LPCs have passed the National Counselor Examination (NCE) or other comparable exam (1)
- LPCs must adhere to a strict Code of Ethics and recognized standards of practice, as regulated by the state's counselor licensure board. (1)
- The American Counseling Association Code of Ethics, 2014 states counselors have a duty to serve ALL clients presenting for services and may not reject a client due to personal values or beliefs. (2)

“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”

20/20: Consensus Definition of Counseling. (ACA, 2010)

(1) Who Are Licensed Professional Counselors, ACA 2011

(2) American Counseling Association (2014). **ACA Code of Ethics**. Alexandria, VA: Author

What Makes Licensed Professional Counselors Unique?

- LPCs have a history of connection to “wellness” oriented treatment:
 - ⇒ The focus is client empowerment
 - ⇒ The client is viewed as the expert on themselves
 - ⇒ Counselors are concerned with client strengths rather than weaknesses and deficits (1)

LPC Coursework Includes:

- Human Growth and Development
 - Social and Cultural Foundations
 - Helping Relationships
 - Group Work
 - Career and Lifestyle Development
 - Appraisal/ Assessment
 - Research and Program Evaluation
 - Professional Orientation
 - Clinical Instruction (2)
- LPCs have training in group counseling and career counseling, which are distinct curriculum from other mental health professions



(1) Myers, J. E., & Sweeney, T. J. (2008). Wellness counseling: the evidence base for practice. *Journal of Counseling & Development, 86*(4), 482-493.

(2) <http://www.d10s.pa.gov/>...2016

Masters-Level LPCs Have Historically Been Employed As

- Career, College, and School Counselors
- Outpatient/Private Practice Counselors
- Mobile Therapists
- Behavioral Specialists
- Drug and Alcohol Counselors
- Program Supervisors

Thanks to Advocacy Efforts on Behalf of LPCs, the List Has been Updated to Include:

- VA Counselors

In Addition to the Above, Doctoral-Level LPCs May Also be Employed as

- Faculty members in counselor education programs
- Administrators at universities
- Supervisors and directors in inpatient and outpatient mental health treatment facilities