

255-X-3-.01 Licensed Professional Counselor (LPC).

(1) General. All applicants must meet the qualifications specified in Code of Ala. 1975, §34-8A-7(1) through (6).

(2) Education.

(a) Prior to September 1, 2003, a minimum master's degree program in counseling is defined as a minimum of thirty (30) semester hours or forty-five (45) quarter hours at a regionally accredited college or university (e.g. Southern Association of Colleges and Schools).

Beginning September 1, 2003, a master's degree in counseling (or its substantial equivalent) is defined as a minimum of forty-eight (48) graduate semester hours or seventy-two (72) graduate quarter hours at a regionally accredited college or university (e.g. Southern Association of Colleges and Schools).

(b) All applicants shall have a master's degree from a CACREP (Council for Accreditation of Counseling and Related Educational Programs) or CORE (Commission on Rehabilitation and Education) accredited program, or the content equivalent of CACREP or CORE. Content equivalent is minimally defined as graduate course work in each of the following:

1. Counseling Theory: Includes studies of basic theories, principles and techniques of counseling and their application to professional counseling settings.

2. Human Growth and Development: Includes studies that provide a broad understanding of the nature and needs of individuals at all developmental levels; normal and abnormal behavior; personality theory; life-span theory; and learning theory within cultural context.

3. Social and Multicultural Foundations: Includes studies that provide a broad understanding of societal changes and trends; human roles; societal subgroups; social mores and interaction patterns; multicultural and pluralistic trends; differing lifestyles; and major societal concerns including stress, person abuse, substance abuse, discrimination and methods for alleviating these concerns.

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4. The Helping Relationship: Includes studies that provide a broad understanding of philosophic bases of helping processes; counseling theories and their applications; basic and advanced helping skills, consultation theories and their applications; client and helper self-understanding and self-development; and facilitation of client or consultee change.

5. Group Dynamics, Processing and Counseling: Includes studies that provide a broad understanding of group development, dynamics, and counseling theories; group leadership styles; basic and advanced group counseling methods and skills; and other group approaches.

6. Lifestyle and Career Development: Includes studies that provide a broad understanding of career development theories; occupational and educational information sources and systems; career and leisure counseling, guidance, and education; lifestyle and career decision-making; career development program planning, resources and effectiveness evaluation.

7. Appraisal of Individuals: Includes studies that provide a broad understanding of group and individual educational and psychometric theories and approaches to appraisal; data and information gathering methods; validity and reliability; psychometric statistics; factors influencing appraisals; and use of appraisal results in helping processes. Additionally, the specific ability to administer and interpret tests and inventories to assess abilities, interests, and identify career options is important.

8. **Research and Evaluation:** Includes studies that provide a broad understanding of types of research; basic statistics; research-report development; research implementation; program evaluation; needs assessment; publication of research information; and ethical and legal considerations.

9. **Professional Orientation:** Includes studies that provide a broad understanding of professional roles and functions; professional goals and objectives; professional organizations and associations; professional history and trends; ethical and legal standards; professional preparation standards; and professional credentialing.

10. **Practicum:** Provides for the development of individual and group counseling skills under supervision. The practicum must be taken through a regionally accredited institution, for a total of one hundred (100) clock hours. A minimum of forty (40) clock hours must be direct service work with clients appropriate to the program emphasis. A minimum of one (1) clock hour per week must be of individual supervision by program faculty, and a minimum of one and one-half (1 ½) clock hours per week must be group supervision.

11. **Internship:** Provides an opportunity for the student to perform all the activities that a regularly employed staff member in the setting would be expected to perform. The internship must be a minimum of six hundred (600) clock hours, to include: a minimum of two hundred and forty (240) hours of direct service work with clients appropriate to the program emphasis area; a minimum of two and one-half (2 ½) hours per week of supervision, to include at least one (1) hour per week of individual supervision.

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(3) Experience.

(a) The experience requirements for applicants are set out in Code of Ala. 1975, §34-8A-7(5), and in Section 255-X-3-.02 of the rules and regulations of the board. All educational requirements for licensure must be completed prior to accruing post-master's supervised experience and/or post-master's academic work used to substitute for post-master's supervised experience. No accrual of required supervised experience shall occur until the Associate Licensed Counselor license has been issued.

(b) Beginning August 1, 2000, applicants must have three thousand (3000) hours of supervised experience in professional counseling with Board approved supervision.

1. Three thousand (3000) hours of required supervised experience in professional counseling acceptable to the Board must include the following minimum requirements:

- (i) Two thousand, two hundred and fifty (2,250) hours will be direct counseling service with individuals, couples, families, or groups;
- (ii) Seven hundred and fifty (750) hours will be indirect counseling services to include, but not limited to, documentation, consultation, referral development, etc.

2. An applicant may subtract one thousand hours of the required professional experience for every 15 graduate semester hours of 22.5 quarter hours obtained beyond the mater's degree from a regionally accredited college or university, provided that such hours are clearly related to the field of professional counseling, are focused on increasing knowledge and use of skills in the private practice of counseling in one or more of the following areas: counseling theory and practice, human growth and development, social and multicultural foundations, helping relationships, group dynamics, lifestyle and career development, appraisal of individuals, research and evaluation, or professional orientation, and are acceptable to the Board. However, in no case may the applicant have less than one thousand hours of the required professional experience.

3. An applicant who is able to subtract one thousand hours of the required professional experience must have two thousand hours of supervised professional experience.

4. Two thousand hours of the required supervised professional experience must include the following minimum requirements:

- (i) Fifteen hundred (1,500) hours will be direct counseling service with individuals, couples, families or groups;
- (ii) Five hundred (500) hours will be indirect counseling services to include, but not limited to documentation, consultation, referral development, etc.

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5. An applicant who is able to subtract two thousand hours of the required professional experience must have one thousand hours of supervised professional experience.

6. One thousand hours of the required supervised professional experience must include the following minimum requirements:

- (i) Seven hundred and fifty (750) hours will be direct counseling service with individuals, couples, families or groups;
- (ii) Two hundred and fifty (250) hours will be indirect counseling services to include, but not limited to documentation, consultation, referral development, etc.

(4) Examination. All applicants not falling within the provisions of Code of Ala. 1975, §34-8A-23, must demonstrate professional competence in counseling by passing an examination as provided in Code of Ala. 1975, §34-8A-7(6).

(5) Character and Professional Integrity. All applicants shall furnish the requisite number of references and endorsements required by the application form adopted by the Board pursuant to Code of Ala. 1975, §34-8A-7.

Author: Alabama Board of Examiners in Counseling

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