



Alabama Board of Examiners in Counseling

2777 Zelda Road • Montgomery, Alabama 36106

EDUCATIONAL REQUIREMENT FOR LICENSURE

Following discussion and consideration by the Alabama Board of Examiners in Counseling (ABEC) at its board meeting on September 17, 2021, the ABEC has affirmed the following:

Code of Alabama §34-8A-7(4):

The applicant has received a master's degree, from a regionally accredited institution of higher learning, which is primarily professional counseling in content based on national standards, or the substantial equivalent in both subject matter and extent of training. The board shall use the standards of nationally recognized professional counseling associations as guides in establishing the standards for counselor licensure.

and

ABEC Administrative Rule 255-X-3-.01(2):

- (a) Beginning January 1, 2022, a master's degree in counseling is defined as a minimum of sixty (60) graduate semester hours or ninety (90) graduate quarter hours at a regionally accredited college or university (e.g. Southern Association of Colleges and Schools). A master's degree is defined as a single conferred/awarded master's degree in counseling (clinical counseling; rehabilitation counseling; marriage, couple, and family counseling; community counseling; or school counseling). That master's degree must consist of at least sixty (60) graduate semester hours, or ninety (90) graduate quarter hours, and containing the academic areas specified below in paragraph 2(b). No less than these hourly requirements and academic areas in a single program will be accepted. Anyone enrolled prior to January 1, 2022, in any approved program (clinical counseling; rehabilitation counseling; marriage, couple, and family counseling; community counseling; or school counseling) will be given twenty-four (24) months to submit an application for licensure.
- (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 in the hours specified above in paragraph 2(a). Content equivalent is minimally defined as graduate course work in each of the following academic areas (acceptable area content must be based on focal content (primary) rather than ancillary (secondary) emphasis in the courses used to meet each area requirement:

To reiterate, the master's degree that an ALC or LPC license is based upon must be a single completed degree program in counseling that fulfills the required minimum of academic hours (60) acquired in a program degree at a regionally accredited college or university [ABEC Administrative Rule 255-X-3-.01(2)(a)] and contains within that program the eleven (11) academic areas as defined in ABEC Administrative Rule 255-X-3-.01(2)(b). Multiple degrees cannot be used to meet the academic requirements for licensure. The Board does not accept additional course work added on to fulfill the academic areas after the completion of the degree, and additional coursework or degrees will not be considered.



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Academic Areas

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.
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



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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.