

Volume 8

In this Issue...

Supervision FAQs	2
Meet the Board	3
Awareness Months	3
A Note About CEUs	3
Distance Counseling	3
Mark Your Calendars	4
Holiday Schedule	4
2022 Board Calendar.....	5
Scope Of Competence:.....	6-8
Just For Fun	9
Don't Miss Important Messages.....	10-12
Important Reminders	13
What's New	14

Board Office Hours

The Board Office is closed to visitors;
board staff is currently working remotely
so please email or leave a voicemail.

Monday	8:30a.m. - 5p.m.
Tuesday	8:30a.m. - 5p.m.
Wednesday	8:30a.m. - 5p.m.
Thursday	8:30a.m. - 5p.m.
Friday	8:30a.m. - 5p.m.
Saturday	Closed
Sunday	Closed

Message From the Board Chair

On behalf of the North Carolina Board of
Licensed Clinical Mental Health Counselors,
we welcome you to the Spring edition of the
Board Insider!

We appreciate all the comments you have
submitted in writing and at the hearing
regarding the proposed rules. The Board
has voted to postpone the adoption of its
Administrative Rules 21 NCAC 53 .0206 and
21 NCAC 53 .0701 until further deliberations by the Board. Therefore,
the Board will not submit Rules 21 NCAC 53 .0206 and 21 NCAC 53
.0701 to the Rules Review Commission in May 2022 to be amended
effective July 1, 2022. The current version of these rules will remain in
effect until further notice. Please note that the comment period is still
open until May 2, 2022. The Board will fully consider all the comments
submitted.

I would also like to welcome the NCBLCMHC's new Executive Director,
Melonie Davis, and would like to thank her and the rest of our hard-
working staff for all they do.

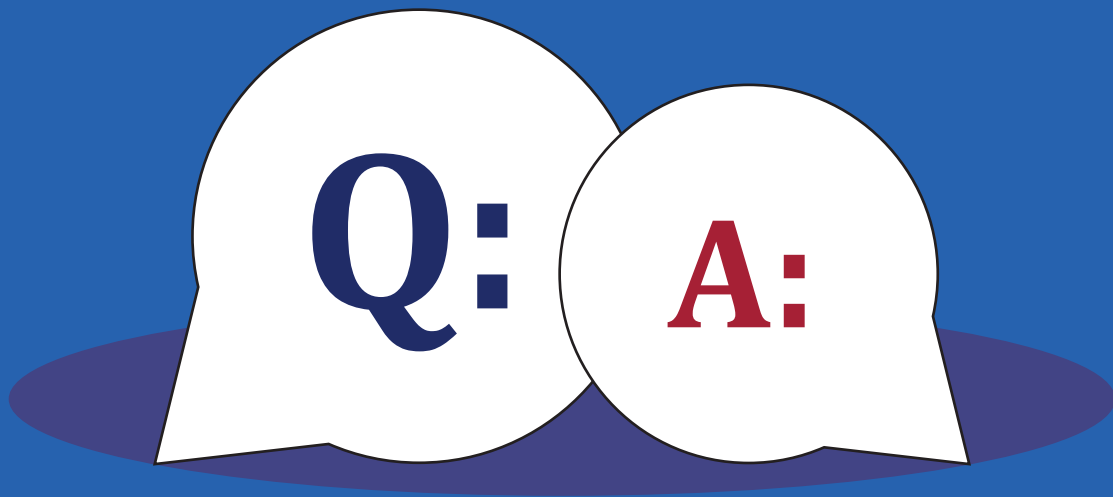


Kyla Kurian
Board Chair

Dr. Kyla Kurian
Board Chair, NCBLCMHC

NCBLCMHC Mission

The mission of the Board under NC GS Article 24 section 90-329 states that it is declared to be the public policy of this State that the activities of persons who render counseling services to the public be regulated to insure the protection of the public health, safety, and welfare.



Supervision FAQs:

Q: Do I need to submit the Supervision Contract prior to receiving supervision?

A: Yes. LCMHCAs must receive approval of the Supervision Contract before rendering counseling services. Any supervision conducted prior to the approval of the Supervision contract will not count. Contracts are usually reviewed within 2 weeks of receipt. Notifications of approvals (or denials) are sent to the supervisor. LCMHCAs can view their approved supervisors by logging in to their online portal.

Q: When do I submit Quarterly Supervision Reports?

A: Quarters are based on the calendar quarter system and should be submitted no later than the end of the month after the quarter ends. Quarterly Supervision Report due dates are:

Q1 (Jan. 1–March 31): report must be submitted by April 30

Q2 (April 1–June 30): report must be submitted by July 31

Q3 (July 1 – Sept. 30): report must be submitted by Oct. 31

Q4 (Oct. 1–Dec. 31): report must be submitted by Jan. 31

Q: Who can submit Quarterly Supervision Reports?

A: They must be submitted by the supervisor. Reports submitted by the supervisee will not be accepted.

Supervision Contracts must be mailed; no emails or faxes will be accepted.

Meet the Board

Dr. Kyla Kurian

Board Chair
LCHMC
Congressional District 2

Dr. Mark Schwarze

Vice Chair
LCMHCS
Congressional District 5

Charles Wentz

Ethics Chair
LCMHCS
Congressional District 9

Gussie Tate

Secretary/Treasurer
Congressional District 7

Dr. Denauvo Robinson

Board Member
LCMHCS
Congressional District 3

Dr. Yasmin Gay

Board Member
LCMHC
Congressional District 6

Edward “Neal” Carter

Public Member
Congressional District 1

Awareness Months

- April is Alcohol Recovery Month, Stress Awareness Month
- May is Mental Health Awareness Month
- May 21 is National Day of Hope (NAMI Walks)

A Note About CEUs

When applying for LCMHCS or the Qualified Supervisor (QS), continuing counselor education must be provided by one of the following national organizations, their affiliates, or by a vendor approved by one of the following organizations:

- American Association of State Counseling Boards (aascb.org)
- American Counseling Association (counseling.org);
- Commission on Rehabilitation Counselor Certification (crrccertification.com); and
- National Board for Certified Counselors (nbcc.org).

Distance Counseling Policy Reminder

The Board considers that the practice of counseling occurs both where the counselor who is providing counseling services is located and where the individuals (clients) who are receiving services are located. In order for an individual to provide counseling services in North Carolina, that individual must be licensed by the North Carolina Board of Licensed Clinical Mental Health Counselors or be exempt under the Licensed Professional Counselors Act. On this basis, if an individual licensed in North Carolina renders services electronically to an out-of-state client, it is the responsibility of the counselor to ensure that the counselor is complying with the laws and rules in the other state. Licensees are advised to review the North Carolina Licensed Professional Counselors Act and Section H of the ACA *Code of Ethics* (2014). [Click here for more information.](#)

Mark Your Calendars

MAY 12

Board Meeting (May 12–13, 2022)

MAY 27

Deadline: Receipt of application material to be reviewed at July 21 Board meeting.

JUN 10

Board Hearings

JUL 22

Board Meeting (July 21–22, 2022)

AUG 26

Deadline: Receipt of application material to be reviewed at Oct. 13 Board meeting.

SEP 16

Board Hearings

OCT 13

Board meeting (Oct. 13–14, 2022)

NOV 18

Deadline: Receipt of application material to be reviewed at January 2023 Board meeting.

DEC 9

Board hearings

NOTE: In order for an applicant to be licensed at the Board of Directors meeting, all application supporting documents should be in the office prior to the deadline(s) listed above.

NCBLCMHC Holiday Schedule 2022

HOLIDAY

OBSERVED

New Year's Day.....	Monday, Jan 3
Martin Luther King, Jr. Birthday.....	Monday, Jan 17
President's Day.....	Monday, Feb 21
Good Friday.....	Friday, April 15
Memorial Day.....	Monday, May 30
Juneteenth.....	Monday, June 19
Independence Day.....	Monday, July 4
Labor Day.....	Monday, Sept 5
Thanksgiving.....	Thursday, Nov 24–Friday, Nov 25
Winter Break.....	Friday, Dec 26–Monday, Jan 2

2022 Board Calendar

It's Renewal Season

The following licensure renewal procedures apply to Licensed Clinical Mental Health Counselor Associates (LCMHCAs), Licensed Clinical Mental Health Counselors (LCMHCs), and Licensed Clinical Mental Health Counselor Supervisors (LCMHCSs). Renewals may be submitted as early as Jan. 1 of the renewal year.

Licensee shall complete all requirements before renewal can be issued. Deadline for receipt of renewal is June 20 of the renewal year.

Save Time By Renewing Online

If your license is due to expire June 30, 2022, please visit our License Renewal page for updated 2022 guidelines. The Board has a new simplified renewal process, although some candidates will be selected for audit.

The Board is excited to offer the renewal process online. To renew your license, please visit the Counselor Portal page.

What to Do If Your License Has Lapsed

If your license lapsed on June 30, 2021, you may renew it by completing a late renewal packet. Your renewal must include the renewal fee of \$200, a late fee of \$75, and 20 additional hours of continuing education. Please visit our License Renewal page for the guidelines. You have one year from the date of expiration, June 30, 2021, to renew your license. Therefore, you must renew your license no later than June 30, 2022. Licensees who do not renew during that time will need to reapply for licensure and will be subject to the rules in place at that time.

Don't forget your jurisprudence exam: <http://ncblcmhc.org/Licensure/Applying/Jurisprudence>

NOTE: In order for an applicant to be licensed at the Board of Directors meeting, all application supporting documents should be received by the office prior to the deadline(s) above.

**Click Here to
Renew Now** 

SCOPE OF COMPETENCE

What should you do if your client is presenting with an issue beyond your competency level

By Kyla M. Kurian, PhD
Chairperson, NCBLCMHC



The North Carolina Board of Licensed Clinical Mental Health Counselors is charged with protecting the public health, safety, and welfare. We have an increasing number of licensees who come before our board in disciplinary actions because they have crossed their boundaries of competence, causing harm to a member or members of the public (See N.C. Gen. Stat. § 90-340(a)(12)). Understanding one's scope of competence is important for clinicians, in particular to clinical mental health counselors. The guidelines set out in North Carolina's statutes and Administrative Rules as well as the *ACA Code of Ethics* for licensed clinical mental health counselors are in place to guide the profession and the practice of clinical mental health counseling, and to protect the public. Mental health therapists' competence refers to "the extent to which a therapist has the knowledge and skill required to deliver a treatment to the standard needed for it to achieve its expected effects." (Fairburn & Cooper, 2011, p. 377). Let's see how scope of competence applies using this case scenario.

The Case of the Infertile Couple

Giovanna Devereux graduated in 2016 with a Master of Arts degree in Clinical Mental Health Counseling and just completed her supervised hours toward her LCMHC. Last year Giovanna set up a private practice where she saw families, couples, and children. Giovanna recently started seeing a couple—Shinu and Ajay Mathew—who have been trying to conceive for the past year and 3 months. Not only is Shinu and Ajay's marriage under great emotional strain due to failed fertility treatments, they are experiencing great financial strain as well. Furthermore, there has been increased pressure from their families to have a baby. Also, Shinu is presenting with symptoms of depression.

While Giovanna has education, training, and supervised experience in couples counseling, she is unfamiliar with the nuances of reproductive health and is feeling very overwhelmed with the complexity of the issues Shinu and Ajay are facing related to infertility and cultural dynamics. The medical treatments that Shinu and Ajay are considering are unfamiliar to Giovanna and she is thinking about seeking consultation from her former supervisor, Dr. Nigel Crane, LCMHCS, who also works with families, couples, and children. Should Giovanna continue with counseling or refer the couple?

To Counsel or Refer

Specifically, clinical mental health counselors are expected to understand that their professional work incorporates an extensive range of clinical practice, which includes promoting optimal mental health and addressing clients' day-to-day problems in addition to the prevention, intervention, and treatment of mental and emotional disorders. This clinical practice serves the needs of socially and culturally diverse clients (e.g., age; gender; race/ ethnicity; socioeconomic status; religion, spirituality, and faith; sexual orientation; etc.) across the life span (i.e., children, adolescents, and adults, including older adults and elderly populations; AMHCA, 2020).

In the event that a clinical mental health counselor's range of clinical practice does not prepare them, they must determine the next steps. In determining whether to take on or continue working with a client or clients, like Shinu and Ajay, for example, clinical mental health counselors should consider objective criteria, such as whether the clients' presenting issues are technically within their scope of competence or whether the clients will need specialized treatments to meet their treatment goals (Natwick, 2017).

“Just because a counselor is more experienced or educated does not mean that he or she has the specific knowledge and training to help a client who needs a specialized form of treatment.” (Natwick, 2017, p. 19).

Furthermore, clinical mental health counselors should seek guidance for determining their competence. For example, Section C.2.a. “Boundaries of Competence”, of ACA’s *Code of Ethics* (2014) provides:

Counselors practice only within the boundaries of their competence, based on their education, training, supervised experience, state and national professional credentials, and appropriate professional experience. Whereas multicultural counseling competency is required across all counseling specialties, counselors gain knowledge, personal awareness, sensitivity, dispositions, and skills pertinent to being a culturally competent counselor in working with a diverse client population. (p. 8)

According to the ACA *Code of Ethics* (2014) Section A.11.a. “Competence Within Termination and Referral,”

If counselors lack the competence to be of professional assistance to clients, they avoid entering or continuing counseling relationships. Counselors are knowledgeable about culturally and clinically appropriate referral resources and suggest these alternatives. If clients decline the suggested referrals, counselors discontinue the relationship. (p. 6)

In the case of Shinu and Ajay, Giovanna appears not to be competent to assist her clients. It is a good idea for her to consult with Dr. Crane before proceeding further with the couple. If Dr. Crane and Giovanna determine that she does not have the competence to assist the couple, she should find a counselor or counselors who are competent in this area. She can contact the Mental Health Professional Group of the American Society of Reproductive Medicine, for example, to find out if there are mental health professionals in the area who can help the couple. If she is able to find a counselor, she can refer the couple to the appropriate professional.

Increasing Scope of Competence

Of course, if Giovanna finds that there are not many competent professionals in this specialized field of counseling, she can also increase her own scope of competence to better serve the patients in her community and beyond.

Practicing in specialized area requires specialized knowledge, training, and supervision to ensure that the proper mental health care is delivered to one’s client. According to the Practice Committee and the Mental Health Professional Group of the American Society for Reproductive Medicine (2021), mental health professionals play a vital role in reproductive medicine because of the complex psychosocial and emotional issues faced by fertility patients. As technological advances in fertility treatment and the use of fertility services in diverse populations have increased, there are growing needs for the skills and services of trained fertility counselors to assist patients and staff.

If Giovanna would like to expand her competence so that she can provide counseling services to couples with infertility issues, she should consider consulting the American Society for Reproductive Medicine’s Mental Health Professional Group’s *Guidance on qualifications for fertility counselors*. According to the MHPG, mental health providers should be able to or refer a client to the following:

- a. Diagnosis and treatment of mental disorders
- b. Grief counseling
- c. Supportive counseling
- d. Crisis intervention
- e. Education/information counseling
- f. Decision-making counseling
- g. Third-party evaluation and implications counseling
- h. Psychometric test administration and interpretation
- i. Sexual counseling
- j. Support group counseling
- k. Psychotherapy
- l. Couples and family therapy
- m. Referral/resource counseling and
- n. Reproductive endocrinology and infertility staff education and consultation (p. 1411).

Mental health providers who wish to work with clients seeking reproductive medicine services should have the following minimum qualifications and training:

- (a)** a master's or doctoral degree from an accredited university in the mental health fields of psychology, psychiatry, social work, psychiatric nursing, counseling, or marriage and family therapy;
- (b)** education and training, which should include psychopathology, personality theory, life cycle and family development, family systems theory, bereavement and loss theory, crisis intervention, psychotherapeutic intervention, and individual, marital, and group therapy; and
- (c)** graduate training, which should include a clinical practicum or internship in psychotherapy or counseling that was supervised by a licensed mental health professional (MHPG, 2021, p. 1411-1412).
- (d)** Additionally, the Mental Health Professional Group's Guidance on qualifications for fertility counselors further outline the skills required for working with this population which include: psychological testing proficiency associated with third-party reproduction; license to practice; and knowledge of the medical, legal, and psychological aspects of infertility (p. 1412).

Word to the Wise on Competence

If you suspect that you are lacking the proper education and training to treat a client, contact a trusted supervisor, colleague, expert in the area, or consultant. Do not feel embarrassed to ask for help! Consulting can actually help you get the counseling back on track by providing insight into a therapeutic gridlock and helping to redirect the treatment. And if your consultation reveals that you are not competent to treat the client, the colleague can guide you to end counseling and make appropriate referrals in a therapeutic manner (DeAngelis, 2018).

And if you wish to expand your competence in a particular specialized area of counseling, you can seek out education, training, and supervision in your clinical practice with this specialized area to increase your scope of competence.

REFERENCES

- American Counseling Association (2014). ACA Code of Ethics. Retrieved from <https://www.counseling.org/resources/aca-code-of-ethics.pdf>
- American Mental Health Counseling Association (2020). AMHCA Standards for the Practice of Clinical Mental Health Counseling. Retrieved from <https://www.amhca.org/HigherLogic/System/DownloadDocumentFile.ashx?DocumentFileKey=15a3f054-c284-c0f8-7ac6-d1ac96ca20d4&forceDialog=0>
- DeAngelis, T. (2018). What should you do if a case is outside your skill set? Retrieved from <https://www.apa.org/monitor/2018/05/ce-corner>
- Fairburn, C. G., & Cooper, Z. (2011). Therapist competence, therapy quality, and therapist training. *Behavior, Research and Therapy*, 49(6-7): 373–378. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3112491/>
- Natwick, J. (2017). On the ethics of ending: Terminations and referrals. *Counseling Today*. Retrieved from https://www.counseling.org/docs/default-source/ethics/ethics-columns/ethics_may_2017_terminations-and-referrals.pdf?sfvrsn=ea25522c_6
- Practice Committee and the Mental Health Professional Group of the American Society for Reproductive Medicine (2021). *Fertility and Sterility*, 115(6), Elsevier Inc. <https://doi.org/10.1016/j.fertnstert.2021.02.016>



Just for Fun!

D L B C P S K P A P P L I C A T I O N X
 N C C O K A C V C C R W K E P N L Q I W
 O M T R A B Z O L C M H C S R C J X J U
 R H P P L R O A R P N G Y J I B P H G J
 T C L O L B D A T E R Y B K V L D R M V
 H A I R L O T A R F R L D C A C S E E T
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 E T H I C S N M A I A O C R L S H L O V
 P U B L I C C L Q S Z E E N S O R Y C R
 M A A I I W E R S M L C M H C H R M Z Y
 T P D S U P E R V I S I O N N H A D Y G

[Application](#)
[Board Administrator](#)
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[Clinical](#)
[Corporation](#)
[Counselor](#)
[Ethics](#)

[FAQs](#)
[Laws and Rules](#)
[Licensed](#)
[Licensure](#)
[LCMHC](#)
[LCMHCA](#)
[LCMHCS](#)
[Mental Health](#)

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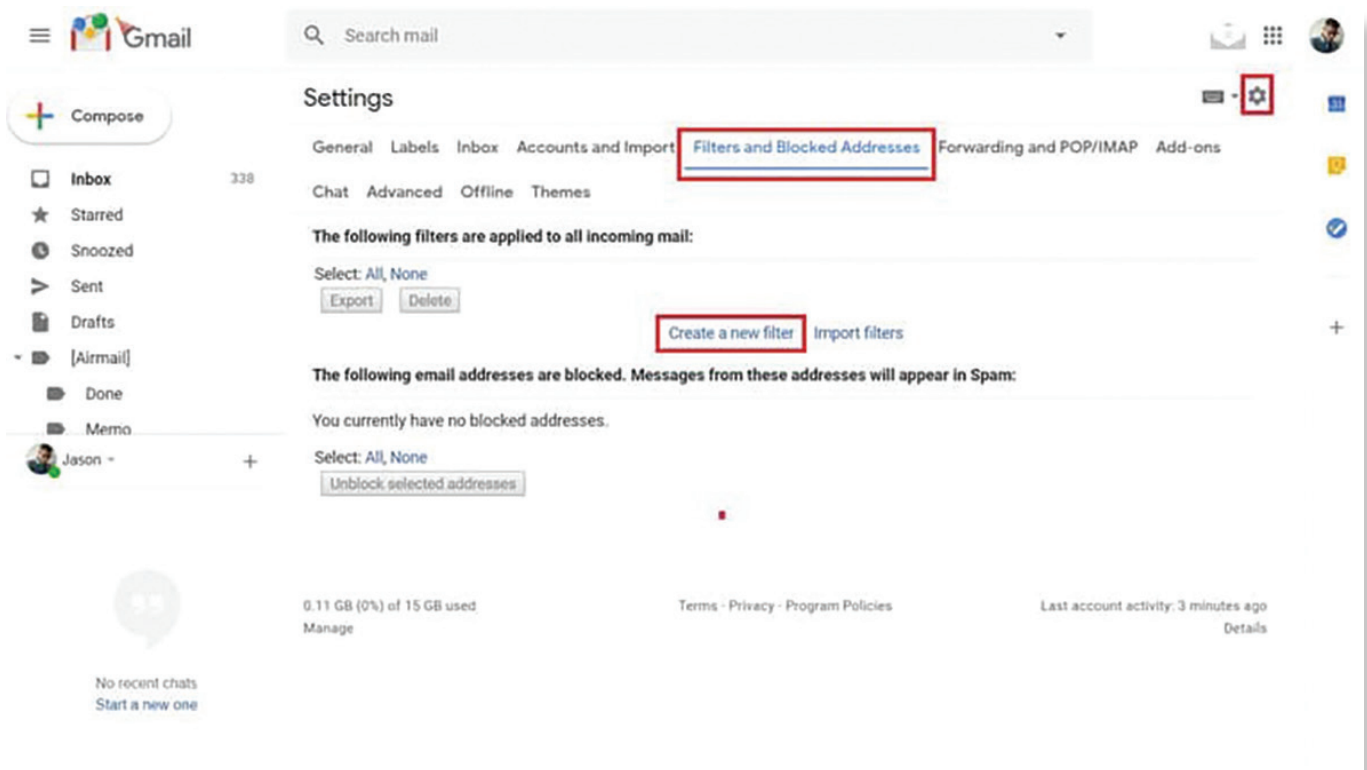
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[Transcript](#)

Don't Miss Important Messages About Your License!

Here's how to add the NCBLCMHC to your safe senders "Whitelist":

How to Whitelist an Email Address in Gmail:

1. Click the settings button in the top-right corner of the screen, then select "Settings" from the drop-down menu.
2. Navigate to the tab labeled "Filtered and Blocked Addresses" to access information about your existing filters.
3. Select "Create a new filter" and enter the emails or domains you'd like to whitelist.

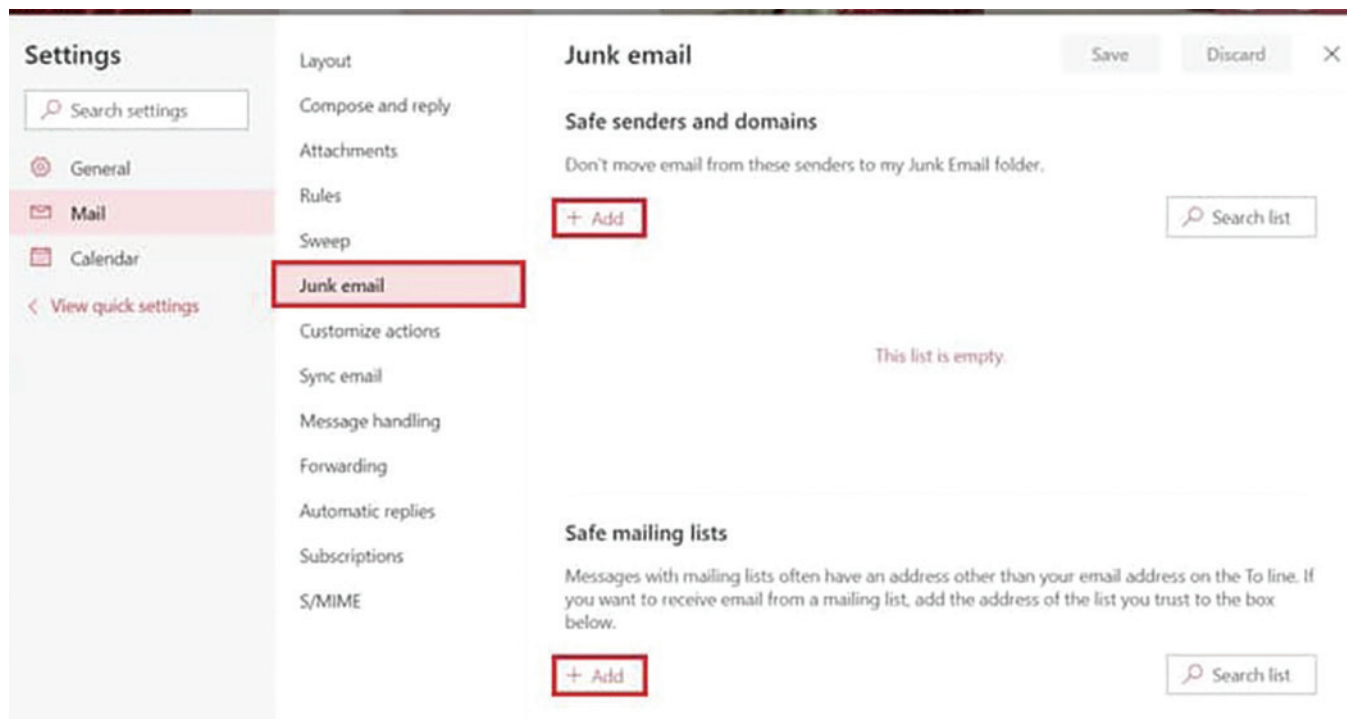


To whitelist a single email address, for example, type the entire address: LCMHCinfo@ncblcmhc.org.

How to Whitelist an Email Address in Outlook:

An address that has been added to your safe senders list will be received in your inbox regardless of your **spam filters**. To **add an address** or domain to your safe senders:

1. Click on “Settings,” then “View all Outlook settings.”
2. Go to “Junk email,” then choose “Safe senders and domains” or “Safe mailing lists” to select the domain or email you would like to whitelist.



3. Enter the domain name or email address you would like to add to your safe senders list (LCMHCinfo@ncblcmhc.org). Make sure to include the @ character for domain names in order to whitelist emails with only the exact string of characters you entered.

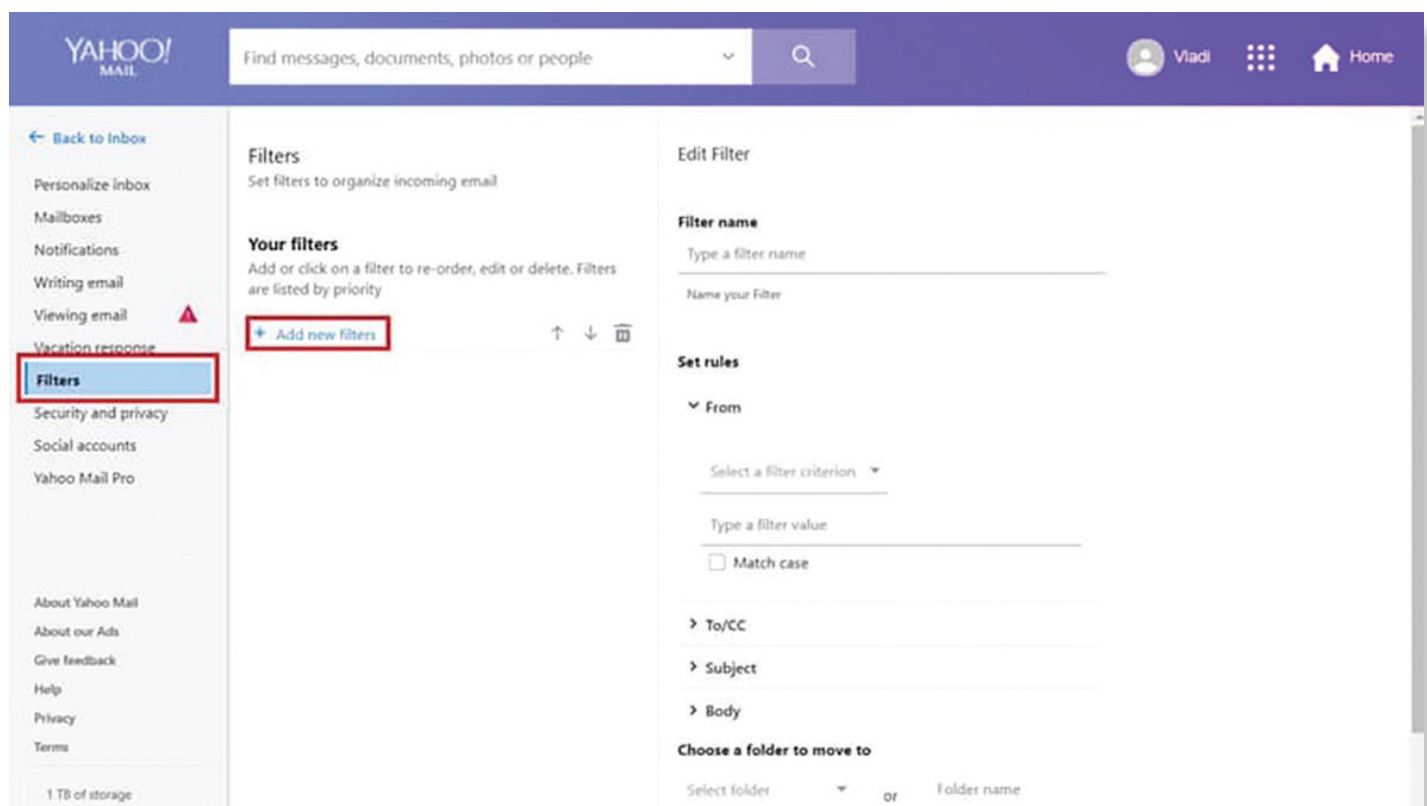
How to Whitelist an Email Address in AOL:

1. Log in to your AOL account.
2. Open Contacts from the left navigation pane.
3. Click the New Contact icon and enter the required information (LCMHCinfo@ncblcmhc.org).
4. Click the Add Contact button at the bottom.

How to Whitelist an Email Address in Yahoo! Mail:

As long as you have already received at least one message from the address in question (LCMHInfo@ncblcmhc.org), all you have to do to whitelist it is highlight the message in the Bulk folder and mark it as “not spam.” Once you have identified a single message from a given sender, the Yahoo! Mail spam filters will automatically allow future messages from the same address to be received in your inbox. If the person you’re attempting to whitelist hasn’t yet sent you a message, you’ll need to go through the following steps to whitelist the email address:

1. Navigate to the “Settings” icon, then click “More Settings” from the Yahoo! Mail menu.
2. Select “Filters” and click “Add” to enter information about the domain name or sender.



3. From here, you can enter any string of text you'd like to whitelist in future emails. This can include an email address, domain name, or a word you expect to be in the body of the message.

Some businesses “Blacklist” certain emails. You may want to considering using your personal email address in the Counselor Gateway (portal).

Important Reminders

Personal Disclosure Statements and Name Change

All licensees must submit an updated Professional Disclosure Statement (PDS) that includes the new license name for their license designation and the Board's name. We ask that you verify that you have made the appropriate changes before submitting your PDS for review; otherwise, you will receive an email notification asking for revision in those two areas of the disclosure statement if the changes have not been made. We also ask that you verify that the address you are providing is the correct address for the Board. The Board's addresses are:

Mailing Address:

P.O. Box 77819
Greensboro, NC
27417

Overnight Delivery
2 Terrace Way, Suite C
Greensboro, NC 27403

Previous Name	Current Name
The North Carolina Board of Licensed Professional Counselors (NCBLPC)	North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC)
Licensed Professional Counselor Associate (LPCA)	Licensed Clinical Mental Health Counselor Associate (LCMHCA)
Licensed Professional Counselor (LPC)	Licensed Clinical Mental Health Counselor (LCMHC)
Licensed Professional Counselor Supervisor (LPCS)	Licensed Clinical Mental Health Counselor Supervisor (LCMHCS)

What's New?

We have added tutorials to the website and will continue to do so. They are meant to be a guide for completing certain functions in the Counselor Gateway including applying for licensure, criminal background checks, making requests, etc. Check back often as more are added.

<https://ncblcmhc.org/Tutorials>

Application
Board Administrator
Board Chair
Board Office
Clinical
Corporation
Counselor
Ethics
FAQs
Laws and Rules
Licensed

Licensure
LCMHC
LCMHCA
LCMHCS
Mental Health
NCBLCMHC
NCE
NCMHCE
North Carolina
PA
PC

PDS
PLLC
Private Practice
Public
Reference
Registration
Renew
Score Report
Supervision
Transcript

WORD SEARCH KEY

DLBCPSKPPAPPLICATIIONX
NCCOKACVCCRWKEPNLQIW
OMTRABZOLCMHCSRCIXJU
RHPPLOARPNGYJIBPHGJ
TCCLOLBDAATERYBKVLDRMV
HAIROLTOTARFRILDCAACSEET
CLCAIAIRDOMEZHTMTJNNR
AIEETRYRWOMJMOJPXEHDETA
RCNIPDTSOSIFNOPCWCWAN
OESOLCYNAFJNFWRKLNLS
LNUNLHRSNMEIIAATICHC
ISRHCAEPDODGSCZNMER
NEEHHIFLYLYURXDTEIHA
ADBLBRECCGEYNUCIRCCCLP
REGISTRTBATIIONSLCPAET
NYXUBIEMFUOANETLITHE
ETHICSNMAIAOCSRLSHLOV
PUBLICCLQSZEENSOYCR
MAAIIWFRSMICMHCYHMZY
TPDSUPFERVISIIONNHADYG

14