Using CBT with Clients

BY LATASHA SCOTT, LPC, LCPC WITH AUDREY LIPPS, LPC

Cognitive Behavioral Therapy (CBT) is an evidence-based approach to working with clients that is currently popular with many clinicians. LaTasha Scott, LPC, LCPC, a therapist in private practice in Reston, uses CBT with most of her clients. She spoke with Audrey Lipps, LPC, about why and how she uses CBT.

What draws you to use CBT with your clients?

I gravitate to CBT because it is effective, promotes concrete treatment plans, and provides a way to measure progress.

I like to use CBT with all my clients first and foremost because it works! Whether I use a behavioral or cognitive approach, clients learn ways to change their behaviors, which is typically what brings them to therapy.

With kids, we can create a chart so that if their goal is not to get in trouble, at the end of the day they could get a sticker if they met that goal. That’s concrete evidence for the kids that they are making progress.

CBT has also been a good choice when I’ve worked in underserved communities, serving primarily minorities. These families are not always on board with therapy. It has been helpful to use an evidence-based approach to show parents that this really works.

What client populations does CBT work with?

CBT can be used with everybody! I have used CBT as a behavioral approach with seriously mentally ill (SMI) clients in a residential program and in community mental health. With some clients who were more responsive, we could also move into the cognitive realm and explore their emotional, feeling side.

In my private practice, I use CBT with both adolescents and adults. I still use behavioral methods, but often we are able to go more in depth, also looking at thought patterns. Mostly, I stay present-focused and this seems to attract clients. I go back to their past as needed, but I don’t feel clients necessarily need to relive everything. Many of my clients...
Using CBT with Clients continued from page 1

have been in therapy before so they know their history. They want to figure out how to move forward, how to put the concepts they’ve learned into practice.

Can you describe your approach with clients?
Initially, we talk about the behaviors that brought them in and we look for patterns in their behaviors. We go over some psycho-ed about how the origin of behaviors is our thoughts. So, we start to look at their thoughts, and we notice thought patterns and thinking errors. Then we come full circle and apply what we’ve learned about their thoughts to their behaviors.

One of the first homework assignments I give is on irrational thoughts. We’ve talked about what irrational thoughts are, and the instruction to clients is to just observe when they have irrational thoughts. We pick two kinds of thoughts, to keep it manageable. Sometimes this assignment leads to a lightbulb moment. One client returned to the next session saying, ‘I don’t need to come to therapy anymore because I realize I say ‘should’ all the time, and when I don’t, I’m so much more productive.” He had been in therapy for years, but recognizing the power that “should” held over him and pushing back was life-changing for him.

It can be harder to address thoughts with adolescents. When you ask, “What are you thinking?” a typical response is, “I don’t know.” They’re not as self-aware. So, we spend time on becoming aware of thoughts. For instance, I point out that journaling is a way to capture their thoughts. I ask what they are saying to themselves in their journal. Sometimes you have to get creative to help them become aware of their thoughts, but it works with all of them.

What other concepts or techniques do you use?
To help clients adjust their irrational thoughts, I ask them to write the thoughts down on paper. When you’re thinking or talking about thoughts, it can be hard to really see what’s going on. But when they’re written down, it becomes clearer.

I also like to use a worksheet on ABC’s. A, the activating event, is what happened, B is the beliefs or thoughts that kicked in, and C is the consequence. If clients don’t like the consequence, then I encourage them to figure out what’s going on with their beliefs. We edit the belief on the worksheet, maybe not the whole thing, but a crucial part. For instance, we might cross out the word should. Some clients think their whole thought process must be wrong, but this exercise shows the power of just one word. Changing that one word can change everything else. Eventually they don’t need to write it down on paper. The brain learns to identify thoughts and correct them.

Can you recommend resources for therapists wanting to use CBT with clients?
For visual aids and worksheets, I like Therapist Aid (https://www.therapistaid.com/). I particularly like that there is a CBT section and you can filter for age group. I sometimes use pieces of a full worksheet or just a concept from a worksheet. The Aaron Beck Institute (https://beckinstitute.org/) offers a wide variety of resources and training for clinicians. Finally, for examples of using the techniques with clients, there are many videos on YouTube.

Save These Dates

11/8
Board meeting-West
12-2pm, Dulles, VA

11/14
Resident-in-Counseling Support Group-East & West
7:00pm, Fairfax, VA

12/12
Resident-in-Counseling Support Group-East & West
7:00pm, Fairfax, VA

12/20
Board meeting-West
12-2pm, Dulles, VA

Yahoo Group

Did you know NVLPC hosts an email group/listserv just for members who are current in their paid membership?

NVLPC Members, request to join our Yahoo Group HERE!
How to Help Families Put Together the Pieces

BY DR. AMY FORTNEY-PARKS, PHD, LPC, ACS

Parenting is like a puzzle. (Actually, it is more like the game of Whack-a-Mole but just stay with me here). Successful puzzle building requires a bit of skill, a bit of strategy, a dash of luck and some extra eyes to help you find those tricky pieces. Here is my 4-Step process for puzzle – family – building –

Step 1. Look at all of the pieces – Spread everything out on the table and get a look at what you’re working with. What does the final, finished puzzle look like? Where might the really tough places be – like those really hard beach scenes or those kind that are like a Where’s Waldo?

So take a look at your family – all of the members. Get everyone around the table for a Family Council (food helps!) and really see everyone. What do you want your family to look like? Feel like? Act like? Do you and your spouse/partner/co-parent share a vision? Who might struggle in certain areas and need extra support? Where might the developmental tough spots be?

Step 2. Next, put the border together – Find all the pieces that have edges and start to build the frame around the puzzle. Pay close attention to the colors and lines so that you get the pieces going in the right direction.

Build a framework for your family. Does everyone feel secure? Are the rules of the family simple and easy to follow? Does your family’s daily activity flow well or are you all overscheduled? Do you have family, friends or neighbors that you can count on to help you when you need it? If not, how do you find people to help you? Pay attention to where the edges are for you – what feels good and what doesn’t. That’s how you start to build your family foundation.

Step 3. Sort out all of the remaining pieces. Put all the like colors together and find all of the pieces that make up the dog’s body or the tree trunk. Is there a particular feature in the puzzle that has lots of pieces? Or are there a ton of tiny items that need to be more carefully viewed?

Now look at the areas that need focus. Does your daughter need skills to be able to accomplish her household chores? As a parent, are you spending enough time on self-care so that you feel good? For me, if I don’t have 30 minutes in the morning to take my vitamins, drink my lemon water with Cayenne pepper and look out the window, my day starts like a horse race and doesn’t slow down until I collapse into bed at night. And how do you navigate the daily emotional ups and downs of a family? Are there lots of feelings cropping up in sibling spats and dramatic meltdowns that need to be more deeply explored?

Step 4. Finally, the puzzle is together. Take a few minutes to look at the picture on the box and compare it to the puzzle formed on the table. Do they match? Did any of the pieces get sucked up by the vacuum? That’s ok – you still get the overall effect. And if you can’t quite fit those last few pieces into place (because they really go with a different puzzle, silly), keep trying.

Just like the puzzle with a few pieces missing, families are a work-in-progress. Each time you mix up the pieces and get ready to rebuild, a couple may fall out of the box and you have to find them somewhere or just live with out them and move on. Once you get a chance to look at the family all around you, take a few minutes to celebrate what you have created. And things will go wrong. They always do, but persevere in your efforts to build the family of your dreams. It is

Upcoming Board Meetings

Friday, Nov 8, 12-2pm
1757 Golf Club, Dulles, VA

Friday, Dec 20, 12-2pm
1757 Golf Club, Dulles, VA

Contact: Sarah Keely, President@nvlpc.org

Registration Information: Online

About the Events: Board Members, Directors, Committee Chairs and Members, please RSVP for this Board Meeting. No charge, just a “yes/no” response required to RSVP. You must be logged in for the RSVP to work.

Join a Peer Support Group

Looking for support, camaraderie, and connection with fellow therapists? Consider signing up to join a Peer Support Group. There’s a sign-up on the website under For Members.
To Credential or Not to Credential: Navigating the Contracting and Credentialing Process

1.5 Credit Hours

When: Friday, November 8th. Registration and Networking starts at 9:30 AM. Presentation runs from 10:00 AM to 11:30 AM

Where: 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166

Presenter: Faith James, PhD

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available

Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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<tr>
<th>Members</th>
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<tr>
<td>Non-Members All Categories</td>
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</tbody>
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Register online at any time.

Checks are only accepted on the day of the event. If you wish to secure a discount, you must register online and pay with a credit card.

Walk-in registrations will be accepted on the day of the event starting at 9:30 AM.

Refund, Cancellation, and Inclement Weather Policies: To cancel, please call or email 48 hours in advance or you will be charged for the event. If NVLPC cancels an event, you will be refunded the cost of the event. During inclement weather NVLPC will host the event as scheduled; events will only be cancelled in circumstances when the federal government shuts down due to inclement weather.

About the Event: Earn 1.5 Contact Hours for attending this event.

Whether you are: already credentialed with insurance companies, questioning yourself about your current contract, wanting to be credentialed with a commercial carrier but feel daunted by the process, or just wanting a refresher in how the credentialing process has migrated, this Breakfast Seminar is for you.

We will take a look at how, as a licensed provider you can benefit from being paneled with the major insurance carriers, government payers such as Medicaid and Tricare, and local government payers. We will discuss the ramifications of taking your name off the provider list and how to diversify your portfolio by providing different levels of service to clients.

Bring your thoughts and questions for a collaborative research dive into how the modern therapist survives in the ever-changing world of managed care.

Outline:
- Differentiate between Government, Commercial, and Local Government Payers

Continued on page 5
To Credential or Not to Credential continued from page 4

• Overview of what is needed in order to knock on the door of an insurance company
• Differences in processes, where to go Ex: United Healthcare
• Should I be doing this in the first place? Why not just be a fee for service Counselor?
• How to negotiate for a rate increase
• Should I do this alone or with help? How do I know if I have the stamina or Executive Functioning Skills?
• Real World illustration of a business who has tried with help and without help-Marie Harris of “Tree of Life” Volunteers to talk about her experience for 5-10 minutes
• Q&A

About the Presenter: Dr. Faith James, LPC, LMFT, is both a Psychologist and Licensed Therapist with over 25 years of counseling, psychotherapy, and teaching experience. She provides therapy to children, adolescents, parents and couples. Dr. James graduated from Texas A&M University with a bachelor’s degree in Sociology and she received her master’s degree in Counseling Psychology from Marymount University in Arlington, VA. At Capella University she completed her Doctoral Degree (Ph.D.) in Psychology with a specialization in Work Family Conflict and Women's studies. Over the past 15 years, she has worked as a Psychologist and adjunct professor at various universities teaching psychology courses. Dr. James has a diversity of experience that has provided her with a range of skills and an ability to flexibly approach each client’s unique circumstances. Dr. James is the founder of Battlefield Counseling Centers located in Prince William County, Virginia. “My approach to counseling is simple: Everyone faces challenges in life from time to time for which they may feel that they do not have all the tools to deal with alone. I see myself as a ‘coach.’ I work with you to help you move from where you are now to where you want to be.”

In addition to her clinical work, Dr. James has extensive experience as a Clinical Supervisor and is affiliated with the following organizations: American Counselors Association, Healthcare Providers Service Organization, the Virginia Board of Health Professionals, Psychology Today, American Association of Marriage and Family Therapists, and Northern Virginia Licensed Professional Counselors (NVLPC) where she currently serves as Vice President. Dr. James is married and has three children. She likes to spend time outdoors, with her family, and participating in her various volunteer service organizations.

Handout Reminder:
Printed handouts will no longer be automatically provided to attendees of NVLPC CE Breakfast Events and Workshops. You may purchase printed handouts during the online registration process for an additional $3. All those who pre-register will receive an e-copy of the handouts several days before the event, for viewing and self-printing at no additional charge.

Change to Cancellation Policy:
Requests for a full refund must be submitted 48 hours ahead of the event.

Handout Policy: Attendees registering ahead of time are emailed the handouts to print out for themselves prior to the event. Those preferring to have pre-printed handouts can pay an additional $3 fee at the time of registration. All walk-in attendees will be provided pre-printed handouts.

Networking Notice: As part of our networking opportunities, we invite all members to bring their marketing materials to display, and/or to introduce themselves during our 2-minute introductions. Please let us know that you are interested when you RSVP.

NVLPC has been approved by NBCC as an Approved Continuing Education provider, ACEP No. 6130. Programs that do not qualify for NBCC credit are clearly identified. NVLPC is solely responsible for all aspects of the programs.
Fall Workshop: Applying DBT to your Clinical Practice

4.0 Credit Hours

Presenters: Erika Carlson, LCSW and Rachel Cherian, LCSW

When: Friday, November 15th. Mini-expo starts at 8:30am. Training runs from 9:30am - 3:00pm.

Where: Hilton Garden Inn - Fairfax, 3950 Fair Ridge Drive, Fairfax, Virginia 22033

About the Event: Dialectical Behavioral Therapy (DBT) is an evidenced-based treatment model that demonstrates treatment efficacy in a variety of populations including those who suffer from self-harm, suicide ideation/attempts, eating disorders, PTSD, substance use and addiction, borderline personality disorder and clients who present with failed prior treatments. Developed by Marsha Linehan, PhD, ABPP, it is a cognitive behavioral treatment that comprises of individual psychotherapy, group skills training, phone consultation, and clinician consultation teams. DBT emphasizes four core skills which include mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. Overall, DBT allows clients to develop skills and strategies to develop not only a life worth living but one that generates and supports effective and more meaningful life behaviors. DBT also balances the dialectic between strategies for acceptance and change which enables the client to move from static, rigid thought processes to a worldview that encapsulates the synthesis of opposing perspectives.

While DBT is comprehensive and requires an attentive and nonjudgmental approach to therapy, clinicians can implement DBT skills into their therapy and treatment for their clients. Dr. Linehan is known for saying “what counts are the skills” as skills training is the primary component of DBT that can yield positive results for your clients. In this presentation, you will be introduced to the theory and tenets of DBT as well as learn ways to integrate DBT skills into your practice.

Objectives: During this presentation, the following learning objectives will be offered:

- Participants will gain knowledge of DBT and what populations it empirically supports
- Introduction to current research as it pertains to DBT
- Learn the 4 modes and stages of DBT, including core treatment strategies and contingency plans
- Participants will learn specific techniques for implementing DBT in both individual and group sessions
- Conceptualize a DBT session and skills group through examples and role plays
- Understand the role of the DBT therapist
- Recognize dialectical dilemmas and how they serve in treatment
- Introduction to suicide assessments and when to hospitalize a client
- Consideration of augmented treatment, including parent/caregiver participation and other services

About the Presenters:
Erika Carlson, LCSW, is a Dialectical Behavioral Therapy (DBT) focused therapist that is passionate about using DBT with adolescent and adult clients. She is experienced with
facilitating DBT skills groups and providing individualized skills training in both outpatient and inpatient settings. Erika is currently providing services at In Step, PC, a private practice in Fairfax, VA.

Rachel Cherian, LCSW, is a DBT focused therapist who works with both adolescents and adults at In Step, PC, a private therapy practice in Fairfax, VA. She is experienced in facilitating DBT skills groups and utilizing DBT in her individual therapy.

**Contact:** Candice Arnold, workshop@nvlpc.org

**Registration Information:** Online registration is available

**Registration Costs:** Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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Register online at any time.

Checks are only accepted on the day of the event. If you wish to secure a discount, you must register online and pay with a credit card.

Walk-in registrations will be accepted on the day of the event starting at 9:30 AM.

Membership information is available at NVLPC.org

**Refund, Cancellation, and Inclement Weather Policies:** To cancel, please call or email 48 hours in advance or you will be charged for the event. If NVLPC cancels an event, you will be refunded the cost of the event. During inclement weather NVLPC will host the event as scheduled; events will only be cancelled in circumstances when the federal government shuts down due to inclement weather.

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**NVLPC Mini-Expo**

**When:** Friday, November 15th, Setup begins at 7:45 AM

**Where:** Hilton Garden Inn - Fairfax, 3950 Fair Ridge Drive, Fairfax, Virginia 22033

**Contact:** Kiana Cummings, studentdevelopment@nvlp.org

**Registration Information:** Online registration is available until: 11/11/2019

**About the Event:** Northern Virginia Licensed Professional Counselors (NVLPC) presents the 8th Annual Mini-Expo at Hilton Garden Inn–Fairfax on November 15, 2019.

The expo is held on the same day as the vital Fall Workshop. This offers an opportunity for your company or business to share your services, sell products, and network with professional counselors.

The Mini-Expo opens before the workshop from 8:45am to 9:30am and during the breakout session from 11:00am to 12:30pm. Vendor setup is between 7:45am and 8:45am, with setup completed by 8:45am.

The exhibit fee of $79 includes a table with a tablecloth, continental breakfast, and lunch for one participant.

Vendors receive a $20 discount on the registration fee for the Fall Workshop for one participant.

Register early. Space is limited.

This allows us to announce your attendance. A separate hand-out is made available to attendees on the day of the workshop.

**Instructions to Print Your CE Certificate**

Instructions to print your CE certificate after attending a Breakfast training or Workshop:

1. Log on to [www.nvlp.org](http://www.nvlp.org). On the left-side menu, hover your cursor over “My Events” and the button for “My Certificates” will pop out. Click “My Certificates.”

2. You will see a tab called “Journal Entries” and underneath a list of NVLPC events you have attended. Click the printer icon to the left of the desired event. This will open a pop-up window with your certificate. (You may have to give your computer browser “permission” to pop up the certificate. Often “pop-ups” are blocked, but it is usually easy to give permission for a particular website.)

3. Make sure your computer is set to print with your printer and click “Print.”

On the website Forum there is an FAQ ( Frequently Asked Question) about how to print your certificate, including a brief video. To access, click here.

If you have any questions, please post your question at the Forum.

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**Bulletin Board**

**Continued**

**Steffanie Kelshaw,** LPC, CSAC, is now accepting new clients at Mount Vernon Counseling Center in Alexandria, VA. See www.mountvernoncenter.com for more details.

**Furnished therapist’s office** for rent in Lansdowne, VA. Office suite shared with 6 other therapists. 3 full days @ $675 per month. Florinda 571-215-1825 (fereid@msn.com)

Family & Child Therapy in Downtown Vienna has an office to sublet FT or PT. Please contact Amanda Van Eburneh at drvanemburgh@gmail.com if interested.

**Kami Patton, LPC**

Provides individual and group supervision for residents working toward licensure. Please call 703.828.5526 for more information.
The Road to Licensure

1.5 Credit Hours

When: Friday, December 20th. Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 AM to 11:30 AM

Where: 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166

Presenter: Dr. Amy Parks, LPC, ACS

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available until: 12/20/2019

Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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About the Event: The road to licensure in the Commonwealth of Virginia, and throughout the US, is rigorous, complex and paved with details. Many of the members of NVLPC have travelled this road, and we want to support graduate students, future licensure applicants and current residents in their journey towards LPC licensure. This program will cover the areas of where to start with licensure application, the details of supervision, resident terminology, and testing and endorsement information. An opportunity for Q & A will also be offered. Participants will leave this session with a roadmap moving forward to get them to licensure in Virginia!

Agenda:

I. Licensure process (what are the steps in the process) – HANDOUT
   a. Paperwork
   b. Placement
   c. Supervision
II. How long is the residency process and what are the various ways that residents can get their hours?
III. Supervision (how to find supervisors, how to work with a supervisor, what to look for when interviewing supervisors, quarterly paperwork) – HANDOUT EVALUATION
IV. Resident terminology (including cards/emails and QMHP information)
V. Exam and endorsement (HANDOUT WITH EXAM PREP INFO)

Continued on page 10
The Road to Licensure continued from page 9

VI. Self Care during the process, in preparation for work as a therapist/counselor
VII. Professional conduct (discuss interactions with other therapists, etc.)
VIII. Maintaining licensure in VA (CE’s, professional conduct, ethics, membership in professional organizations)
IX. Tips and Notes (“secret” dos and don’ts)
X. Q&A

Earn 1.5 Contact Hours for attending this event.

About the Presenter: Dr. Amy Parks

Dr. Amy Fortney Parks brings with her over 30 years of experience working with children, adolescents and families as both an educator and psychologist. She is a passionate “BRAIN – trainer” and strives to help everyone she works with understand how their own unique brain works!

Dr. Parks is the founder and Executive Director of WISE Mind Solutions, LLC and The Wise Family in Alexandria, Virginia. She is a Child & Adolescent Psychologist and a sought after parent coach for families around the world! Dr. Parks has a Doctorate in Educational Psychology and is a Clinical Supervisor for Virginia and DC LPC Residents, and Dominion Hospital. Additionally, she is an adjunct professor at George Washington University.

Dr. Parks’ focuses include individual and group counseling, parent coaching and co-parenting, educational consulting, IEP development, pre-admissions testing, and full battery educational testing. Dr. Parks provides consulting services and workshops to groups, as well as private and public systems, throughout the country. More information is available on her website, www.thewisefamily.com.

Ms. Parks is also a native Alexandrian and the mother of four children between the ages of 18 and 25, as well as a new Grandma. In her spare time, she loves to read teen fiction, cook and hang out with friends who have boats!

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Sandra Molle, LPC, DBTC, BCN, provides individual and group supervision for residents working toward licensure. Please call 703-498-7403 for more information, email skmolle@verizon.net.

Save the date: Virginia Counselors Association Convention
Convention at the Omni Homestead Resort, November 7-9, 2019. www.vcacounselors.org

Supervisors or residents: have a supervision issue or question? Call or email Sharon Watson for a virtual consultation session: 703-350-5002; sharonhazwatson@hotmail.com.
## Calendar of Events 2019-2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Speakers</th>
<th>Title of Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>9/13/19</td>
<td>Susan Branco, PhD, LPC-VA, LCPC-S-MD, ACS, NCC</td>
<td>Managing and Responding to Microaggressions in the Counseling Session</td>
<td>West</td>
<td>10:00-11:30am</td>
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<td>10/11/19</td>
<td>Matthew Stevens, Navy Chaplain, LPC</td>
<td>Spiritual Screening and Mental Health Counseling</td>
<td>East</td>
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<td>10/25/19</td>
<td>Michelle May, LPC, NCC</td>
<td>Intensive Short-term Dynamic Psychotherapy</td>
<td>West</td>
<td>10:00-11:30am</td>
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<td>11/8/19</td>
<td>Dr Faith James, LPC, CSAC</td>
<td>To Credential or Not to Credential: Navigating the Contracting and Credentialing Process</td>
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<td>11/15/19</td>
<td>Erika Carlson, LCSW &amp; Rachel Cherian, LCSW</td>
<td>Mini-Expo and Fall Workshop: Applying DBT in your Clinical Practice</td>
<td>Fairfax</td>
<td>9:30-3:00</td>
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<td>12/20/19</td>
<td>Amy Fortney-Parks, PhD, LPC, ACS</td>
<td>Road to Licensure</td>
<td>West</td>
<td>10:00-11:30am</td>
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<td>1/10/20</td>
<td>Amy Clay, LPC, NCC</td>
<td>Brene Brown</td>
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<td>1/24/20</td>
<td>Linda Ritchie, Ph.D, LMFT, LPC</td>
<td>Integrative Hypnosis in Counseling</td>
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<td>10:00-11:30am</td>
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<tr>
<td>2/7/20</td>
<td>LaNail R. Plummer, Ed.D, LPC (DC), LCPC (M), NCC, ACS</td>
<td>The impact of Race and Gender with clients and in clinical supervision</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>3/6/20</td>
<td>Timothy Elliott, LCSW</td>
<td>Supporting Gender and Sexual Identity</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>4/24/20</td>
<td></td>
<td>Spring Ethics Workshop</td>
<td>Fairfax</td>
<td>TBD</td>
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<tr>
<td>5/15/20</td>
<td>Joanne Thomas, LPC</td>
<td>Making the transition from resident in counseling to LPC-now what?</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
</tbody>
</table>

Our Events and Workshop Chairs are working on finalizing details with presenters for some of the events. As the information becomes available, additional information will be provided through future newsletters and the website. Always check the website for the most updated information and registration links.

NVLPC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6130. Programs that do not qualify for NBCC credit are clearly identified. NVLPC is solely responsible for all aspects of the programs.
Correction

In the last newsletter I reported an IMPORTANT NOTICE for SUPERVISORS AND RESIDENTS which I corrected in a NVLPC yahoo group email. But in case readers didn’t see either the notice or the correction, here it is:

I stated in the September 2019 newsletter that “The Virginia Board of Counseling is currently defining the new “licensure” (yes) status of Residents in Counseling and is considering the following change:

9. Residents may not call themselves professional counselors, directly bill for services rendered…

A lot happened since the September newsletter article submission deadline. I was originally told by the Board that the Board was considering a change to allow residents to directly take payment, but then, after several days of emails with the Board, I was given a link to the draft being reviewed only to find that the wording above was not crossed out! I was informed by the Licensing Manager that it had been removed because the Board’s Counsel informed the Board that per the legislation the Board was only allowed to change the regulations concerning the new license type for residents and not any other part of the regulations. Hence, the removal of the crossed-out wording. This information was received too late to change the newsletter notice…but wait…there’s more…

Updates

A petition for rule-making was received by the Board to allow residents in counseling to directly bill for services. The comment period for this petition will be closed by the publication of this newsletter so I won’t discuss it here. On the Virginia Board of Counseling home page, if you scroll down on the tab at the left to “Laws and Regulations” you will arrive at the following page:

https://www.dhp.virginia.gov/counseling/counseling_laws_regs.htm. On this page, midway down you’ll see the following which describes the petition process:

Click here to obtain a Petition for Rule-making. If you would like the Board to consider amending one of its regulations or rules, you may file a “petition for rule-making”. The Board is required to publish your petition in the Virginia Register and post it online at www.townhall.virginia.gov to begin a 21-day comment period on the request. Within 90 days after the comment period or 14 days after its next scheduled meeting, the Board will issue a decision on whether it will grant or deny the petition. A copy of the petition form is provided. You may email the petition to the address below, fax it to the number on the form or mail it to the Board address.

So, for this particular petition, with a comment period end date of October 25, 2019, and the Regulatory Committee meeting, scheduled for October 31, 2019, review of this petition is (was) on the agenda. When I find out the status of the petition, I’ll inform everyone.

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The regulations governing marriage and family therapists (LMFT) have been revised as of 9/6/19. It appears the only change is the following on page 8 of the LMFT regulations:

6. Supervised practicum and internship hours in a COAMFTE-accredited or a CACREP-accredited doctoral program in marriage and family therapy or counseling may be accepted for up to 900 hours of the residency requirement and up to 100 of the required hours of supervision provided the supervisor holds a current, unrestricted license as a marriage and family therapist or professional counselor.

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The regulations for CSAC and CSAC – Assistant have been revised but not implemented. I’ve written in the past that the Board of Counseling was in the process of doing this, but with an unknown date of implementation. I wrote to the Board to clarify the status and was told that the Board approved the updated regulations but that they are still awaiting approval from the Governor. You can keep up with the status on the Townhall. However, if you’d like to read the planned regulations with all of the changes, you can do so by going to: https://www.dhp.virginia.gov/counseling/counseling_laws_regs.htm and scrolling down to “Proposed Regulations – Amendments to regulations proposed by the Board” and clicking on Proposed Regulations – Certified Substance Abuse Counselors - Comment period ends 12-28-2018. For those of you who are confused by the current CSAC regulations regarding education and experience requirements, it may be helpful to read the proposed regulations which might help make more sense and clarify what is currently expected (keeping in mind the new regs are not yet approved).

Also be aware that the proposed regulations when approved will require that an individual seeking certification will be

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required to register and their supervisor approved before beginning to count hours towards certification.

**Tidbits**

1. Recently I was asked: “If a resident is currently registered under a supervisor that abandons them and refuses or is unable to complete a verification form, how would that be handled?” I wrote to the Board of Counseling and was given the following answer: “You should consider filing a complaint with DHP”

2. I was told by a resident that s/he had a supervisor who charged extra for paperwork. This is not something regulated by the Board but is part of the agreement/contract between the supervisor and resident. My opinion is that this is part of the responsibility of a supervisor and should be incorporated into deciding what to charge for supervision and not a separate billable service because it’s our job as supervisors to provide the required forms for the resident. I didn’t know anyone was doing this. If you disagree with me, please email me at the address below and I’ll incorporate your explanation in a future newsletter article.

The ideas and suggestions expressed here are my own and not those of NVLPC. If you have any questions about this or any of my previous articles or if you have ideas for future supervision topics, please let me know. I’m happy to research any questions you may have regarding supervision, residency, and the regulations. You can email me at supervision@nvlpc.org.