Letters from Your Leadership

BY SARAH KEELY – President – president@nvlpc.org

Hello and welcome to another year with NVLPC! If you’ve been participating for a while, we’re glad of your continued interest. If you are a new member, welcome! We’re happy to have you join us.

NVLPC is one of the most dynamic, thriving, professional communities you’ll find anywhere. We hold bi-weekly breakfast seminars, twice-yearly 2-4-hour workshops, and new starting this past June, a full supervisor training weekend, all with CE’s. In addition, we provide support for students and residents, a listserv for announcements and requests, and a Facebook page to keep us all connected.

Please explore our website for all the many opportunities for training, networking and connecting to others in our counseling field. Consider getting more involved by joining our board. We meet monthly, September to June, and all board meetings are open to members; simply register on the Events page.

We still have a few board positions available; contact our VP Dr. Faith James for more information. And if you’ve been participating, but haven’t joined, I encourage you to become a member. Membership affords you discounts on all our trainings, and your membership helps keep our organization going strong.

Questions? Contact me or any of the people on our board and we’ll be happy to help. I’m looking forward to a great year together!

Sarah Keely, LPC
President, NVLPC

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.
Update from the Board

Proposed Change to Residents’ Ability to Collect Payments

SHARON WATSON, LPC, LMFT, LSATP, NCC, ACS - Supervision Chair - supervision@nvlpc.org

The Virginia Board of Counseling is currently defining the new “licensure” status of Residents-in-Counseling and is considering the following change:

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

Thank you to Resident Caity Allingham who brought this to my attention. I have been in email contact with the Licensing Manager at the Board of Counseling who told me this is a proposal for review for the new license type for Residents and that the proposed changes will be available on Townhall soon.

My hope is that this may mean deleting the very problematic requirement that supervisors take client payments for their residents’ services when the entire amount must be returned to the resident in full – a convoluted task. Be on the look-out for the proposal and email me at supervision@nvlpc.com as soon as you see it!

Managing and Responding to Microaggressions in the Counseling Session

When: Friday, September 13th. 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

Contact: Melat Johnson, Events@NVLPC.org

Presenter: Susan Branco, PhD, LPC-VA, LCPC-S-MD, ACS, NCC

Registration Information: Online registration is available until: 9/13/2019

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

<table>
<thead>
<tr>
<th>Members</th>
<th>Early Bird</th>
<th>Regular</th>
<th>At The Door</th>
</tr>
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<tbody>
<tr>
<td>Clinical/General</td>
<td>$ 25</td>
<td>$ 35</td>
<td>$ 45</td>
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<td>Student/Resident/Retired</td>
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<tr>
<td>Non-Members</td>
<td>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.

Save These Dates

9/12 Resident-in-Counseling Support Group-West 6:30pm Ashburn, VA
9/13 Board meeting-West 12-2pm, Dulles, VA
9/23 Resident-in-Counseling Support Group-East 7-9pm, Alexandria, VA
10/10 Resident-in-Counseling Support Group-West 6:30pm Ashburn, VA
10/11 Board meeting-East 12-2pm, Springfield, VA
10/28 Resident-in-Counseling Support Group-East 7-9pm, Alexandria, 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!
Microaggressions continued from page 2

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:
The presenter will explore research related to the experiences of counselors of Color and counselors, in general, when they encounter microaggressions in the counseling relationship and the impact this has on counselors’ and clients’ personal wellness. Implications for self-care, how to address (or not) microaggressions with clients, and supervision strategies will be discussed.

1. Participants will identify examples of microaggressions in counseling sessions
2. Participants will learn strategies to address the impact of microaggressions in counseling
3. Participants will explore self-care and supervisory strategies to address microaggressions in counseling

Dr. Branco is a licensed professional counselor in Virginia and Maryland. She is a board approved supervisor in Maryland, Nationally Certified Counselor (NCC), and an Approved Clinical Supervisor (ACS). Dr. Branco earned her BA in Human Services and MA in Rehabilitation Counseling from the George Washington University. She earned a post-master’s certificate in Marriage and Family Therapy and a doctorate in Counselor Education and Supervision from Virginia Tech. For fourteen years she maintained an independent clinical practice specializing in working with adults, children, and families connected to adoption and foster care. In addition, she has professional experience working in community mental health, pre-natal care clinics, and with immigrant populations. She is an active member of the American Counseling Association and the Maryland Counseling Association. Currently, she serves as a Clinical Assistant Professor with the Clinical Mental Health Counseling program at the Family Institute at Northwestern University.

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.

Go to www.nvlpc.org and your email for the most up-to-date information before heading to an event!
Seeking Authors to Write Articles for Newsletter

Do you have an area of expertise that you would like to share with our membership? Would you like to be known for a specialization you’ve developed? Do you want to help educate fellow therapists and students associated with NVLPC?

Please consider submitting a proposal to write an article for an upcoming NVLPC Newsletter. Articles are generally ~500 words (though that is just a guideline) and can be on a topic of your choice. Our publication goes out to all 350 members and is distributed at conferences, such as the recent AMHCA conference.

Proposals and questions can be submitted to Audrey at newsletter@nvlpc.org.

Continued on page 5
Intensive Short-term Dynamic Psychotherapy

**When:** Friday, October 25th
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

**Contact:** Melat Johnson, Events@NVLPC.org

**Presenter:** Michelle M. May, LPC, NCC

**Registration Information:** Online registration is available until: 10/25/2019

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

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Register online at any time.

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**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.

**Summary:**
Intensive Short-Term Dynamic Psychotherapy (ISTDP) is a neurobiological approach founded in psychodynamic theory with highly active and tailored techniques. ISTDP aims to break into the unconscious mind in a powerful way that is uniquely suitable to clients’ individual desires and capacities. First developed by Habib Davanloo, MD, this therapeutic method aims for rapid character change through helping the patient relinquish defenses against emotional experience. In ISTDP, we recognize that unconscious feelings cause anxiety, which triggers our client’s symptoms and defense mechanisms. The task is to help the client recognize these specific dynamics, turn against them, and face long-warded off feelings, thus greatly reducing anxiety and getting rid of the need for maladaptive defense mechanisms.

Through the use of video tapes of sessions, this presentation will focus on teaching the basic foundations of ISTDP, how to form a psychodiagnosis, (rather than a diagnosis), and how to break down defense mechanisms and regulate anxiety.

**Learning Objectives:**
- Participants will learn to detect signs of unconscious anxiety in the client and themselves
- Participants will learn to help clients see certain unconscious defenses
- Patients will learn to formulate a psychodiagnosis, which is not only about what symptoms are present, but *why* they are and *how* to treat them

Continued on page 6

Spiritual Screening continued from page 4

(professional counseling) from Liberty University. He is currently completing a doctoral program (PhD) in Counselor Education and Supervision through Walden University.

**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.
Dynamic Psychotherapy continued from page 5

Speaker bio:
Michelle M. May, LPC, NCC is a specialist in Intensive-Short Term Dynamic Psychotherapy (ISTDP) for adults and couples. She is a Guest Faculty member at the Washington School of Psychiatry’s ISTDP program in Washington, DC and is also a graduate of the 3-year postgraduate ISTDP training program at the Washington School of Psychiatry. Michelle is also a board-approved supervisor with the state of Virginia and focuses on supervising licensed clinicians especially in cases where they feel stuck. Michelle is certified in Gottman Method Couples Therapy - Level 1. She received her B.A. with Distinction and High Honors in Psychology from the Honors College at the University of Michigan – Ann Arbor and received her M.A. in Clinical Mental Health Counseling from Marymount University.

Before starting her private practice, Michelle worked in the criminal justice mental health system in Alexandria, Virginia and at The Renascence Center, LLC, a group private practice in Arlington, Virginia. She has now been in individual private practice in Arlington for 5 years, specializing in ISTDP with both individuals and couples. Prior to becoming a therapist, Michelle was an Information Technology consultant.

Michelle is a member of the International Experiential Dynamic Therapy Association, the American Counseling Association, National Board of Certified Counselors, the Washington School of Psychiatry, Northern Virginia Licensed Professional Counselors, the National Honors Society of Counseling, and the International Honors Society of Psychology.

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.

Instructions to Print Your CE Certificate

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

1. Log on to www.nvlpc.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.

www.nvlpc.org
AMHCA 2019 Annual Conference

BY REBECCA K. HOGG, LPC, NCC, Clinical Mental Health Counselor - NBCC Liaison - NBCCLiaison@nvlpc.org

Editor’s Note: The American Mental Health Counselors Association (AMHCA) is the parent organization of NVLPC. We are the only regional AMHCA chapter in Virginia.

This year NVLPC hosted our national organization’s annual conference from June 26 – 28 in Herndon, VA. We had a great event which included a Hill Day, Leadership Day, 2 all-day pre-conference workshops, and two full days of conference. We had the opportunity to network and engage with peers and industry experts, share new ideas, discuss strategic challenges that the mental health counseling profession faces, and gain fresh insights to find solutions to them. The conference featured high-quality training, valuable peer-to-peer networking opportunities, and major forces in the financing and care-delivery marketplace that affect our day-to-day.

We had Robert E. Wubbolding, EdD, LPCC as our keynote speaker on Thursday morning. He was followed throughout the event by keynotes from Jane Pearson, PhD on Thursday afternoon and Stefanie Carnes, PhD, CSAT-S on Friday morning.

The conference had a variety of learning and continuing education opportunities. These included tracks of neuroscience, integration, trauma, substance use/addictions, supervision, general, child/adolescent, and military/veterans.

The 2019 theme was Connect, Innovate, Act: Embracing the Possibilities. Some of the sessions I found particularly enjoyable were Mindfulness-Based Stress Reduction (MBSR) – Train the Trainer, The Food-Mood Connection: Can What We Eat Really Influence Our Mental Health, and Two People Looked Out... Perceiving the World With Reverse Paranoia, among so many others. I have already been able to apply my learning to my day-to-day work with clients in Northern Virginia.

Some takeaways from the MBSR training:

Sometimes a skill can be critical to supporting ourselves and our clients. One of these was the grounding skill using our 5 senses: name 5 things you can hear, 4 things you can see, 3 things you can touch, 2 things you can smell, and 1 thing you can taste. This was called “give me 5.” Personally, I’ve found this to be one of my favorites.

Another was to start slow. Often a client who experiences chronic pain cannot engage in physical exercises, such as running and lifting weights. Often even simple, gentle yoga can be too difficult as the client is in too much pain to move from their chair. This training offered the opportunity to practice and provided links for simple chair yoga to help our clients get started.

I am once again on the committee to prepare for our next conference in 2020. The theme will be announced soon; however, I can share the dates and location. Our national conference will be held June 24 – 26, 2020 in Las Vegas, NV! Keep a lookout for more information! We have exciting opportunities ahead of us. Keep an eye on www.amhca.org/conference for updates on AMHCA 2020!

In Luck Counseling, LLC is currently seeking motivated, committed therapists to provide individual, couples, and/or family counseling to our growing client base (adolescents and adults) at the company’s NEW OFFICE IN THE CITY OF FAIRFAX, VA.

9681 MAIN STREET, Suite C, FAIRFAX, VA 22031.

Part time and full-time positions are contract based. In particular, we have a need for clinicians experienced in treating addiction, trauma, anxiety, and mood disorders. Applicants MUST be independently licensed as LPC, LCSW, LMFT or Psychologist (PhD or PsyD) with a minimum of 3 years’ experience. Unlicensed, master’s level therapists considered on a case by case basis. Bilingual language skills are a plus!

Positions also available in Old Town Warrenton office.

703.997.6641 | natalia.lueck@inluckcounselingllc.com

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The Clinical Mental Health Counselor

Declaration

Clinical Mental Health Counselors
advocate for the well-being of individuals, families, and communities.
They are highly trained and qualified to provide comprehensive assessment, diagnosis,
and treatment of mental health disorders as well as barriers to quality of life.
Members of the profession also integrate mental health with social, cultural, vocational,
educational, and physical wellness.

As a Clinical Mental Health Counselor:

I pledge to dedicate my professional life
to the service of humanity;

My first consideration will be to improve
the mental, emotional, and relational
well-being of those within my care, their
families, and the community at large;

I will engage in my profession with integrity
and in keeping with codes of ethics,
laws, and the best practices of
Clinical Mental Health Counseling;

I will maintain the utmost respect
for each individual and will honor their
autonomy, dignity, and self-determination;

I will respect the confidences
that are disclosed to me, in accordance
with relevant laws and codes of ethics;

I will recognize and address presumptions
related to gender, age, race, ethnic origin,
sexual orientation, disease, ability-level,
creed, nationality, or any other factors
so they will not interfere with my duties;

I will honor my professional capabilities,
so that even under threat, I will not violate
human rights or civil liberties;

I will share my professional knowledge
and work in partnership with other
health professionals;

I will extend fitting respect and gratitude
to my teachers, colleagues, and students;

I will use my knowledge, skills, and
experiences to prepare the next generation
of Clinical Mental Health Counselors;

I will attend to my own well-being,
my physical wellness, and
my personal relationships;

I will accept my lifelong obligation to improve
my professional capabilities in order to
provide the highest standard of care; and

As a Clinical Mental Health Counselor,
I will advocate for the betterment of others
and for the advancement of health
and well-being.

I make this declaration solemnly, freely,
and on my honor.

© 2019 AMHCA / The Clinical Mental Health Declaration was developed by the board of directors of the American Mental Health Counselors Association. It is intended for all clinical mental health counselors. Permission is granted to appropriately reproduce, display, and distribute this declaration.
# 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>
</tr>
</thead>
<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>
</tr>
<tr>
<td>10/11/19</td>
<td>Matthew Stevens, Navy Chaplain, LPC</td>
<td>Spiritual Screening and Mental Health Counseling</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<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>TBD</td>
<td>TBD</td>
<td>West</td>
<td>10:00-11:30am</td>
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<tr>
<td>11/15/19</td>
<td>TBD</td>
<td>Fall Workshop</td>
<td>Fairfax</td>
<td>TBD</td>
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<tr>
<td>11/22/19</td>
<td>Tiffany Jones, LPC</td>
<td>What are you feeding: Life or Dis-ease?</td>
<td>East</td>
<td>10:00-11:30am</td>
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<tr>
<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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<tr>
<td>1/10/20</td>
<td>Amy Clay, LPC, NCC</td>
<td>Brene Brown</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>1/24/20</td>
<td>Linda Ritchie, Ph.D, LMFT, LPC</td>
<td>Integrative Hypnosis in Counseling</td>
<td>West</td>
<td>10:00-11:30am</td>
</tr>
<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>
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<tr>
<td>2/21/20</td>
<td>TBD</td>
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<td>West</td>
<td>10:00-11:30am</td>
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<tr>
<td>3/6/20</td>
<td>Timothy Elliott, LCSW</td>
<td>Supporting Gender and Sexual Identity</td>
<td>East</td>
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<td>3/20/20</td>
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<td>West</td>
<td>10:00-11:30am</td>
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<td>4/3/20</td>
<td>TBD</td>
<td>TBD</td>
<td>East</td>
<td>10:00-11:30am</td>
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<tr>
<td>4/24/20</td>
<td>TBD</td>
<td>Spring Ethics Workshop</td>
<td>Fairfax</td>
<td>TBD</td>
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<tr>
<td>5/1/20</td>
<td>TBD</td>
<td>TBD</td>
<td>West</td>
<td>10:00-11:30am</td>
</tr>
<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>
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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.

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The Supervision Corner
BY SHARON WATSON, LPC, LMFT, LSATP, NCC, ACS - Supervision Chair - supervision@nv LPC.org

Board considers changing requirements to become a supervisor

Were you aware of the petition requesting an amendment to the requirements for becoming a supervisor in Virginia that was open for comment between 6/10/19 and 7/9/19 on the Virginia Board of Counseling (referred to in this article as the Board) website? The petitioner is an LPC in Virginia who petitioned the Board with a concern that the current requirements for becoming a supervisor are inadequate and that 2 years of clinical experience prior to becoming a supervisor doesn’t allow for adequate skill growth, especially if the supervisor has not had clinical experience seeing clients during those two years.

So, let’s dig deeper into the topic of whether or not the Board should change the requirements for supervising residents. First let’s look at the petition:

Petition Title: Qualifications for supervisors of residents

“Requesting that the Board review to amend the requirements to be a supervisor. Currently the requirements are 2 yrs post licensure work and either graduate class or 20 hours supervision training. I am requesting the Board amend the criteria from either 2 years to 5 years post licensure experience OR have the individual document experience in all clinical areas. For example, working 2 yrs post licensure in administration should not be allowed to qualify since no clinical work has been performed.”

I was surprised that although the petition was open for comment for a month, only 16 individuals posted a response. It’s likely due to the fact that the Board does not send out notifications of petitions, no matter how important, unless you are on the Townhall email list. See below for a link to the Townhall so you can sign up for email alerts from the Board. In summary, eight were in favor of the petition, seven were against, and one suggested an interim plan.

Those in favor of the petition listed the following reasons:
• Concern that some supervisors don’t have enough clinical experience to supervise
• Seeing too many inexperienced supervisors providing supervision
• Hearing from residents that their previous supervisors lacked knowledge about supervision
• Feeling that clinicians need the 5 years of experience to develop their own clinical skills.

Those opposed to the petition noted the following reasons:
• There are already too few supervisors currently available to supervise
• Would make it harder for residents to find a supervisor
• Would not take into consideration those supervisors who are capable despite having fewer years of experience
• Would adversely affect the southern and southwestern areas of the state where there are already too few supervisors
• Would eliminate supervisors who have had a great deal of experience but only recently licensed
• Increasing the years of experience doesn’t guarantee good supervision
• Would make those supervisors who already have 5 years of experience as supervisors more marketable
• It will cause a bottleneck in the availability of supervisors

Continued on page 11
The Supervision Corner continued from page 10

Some suggestions made by other responders about how to manage a change were:

- Grandfather those who are already supervisors
- Implement the change over time

I responded to the petition as one of the responses opposing the petition as written but with suggestions for how to amend the requirements in a more reasonable way in order to increase supervisory skills. The following is an abridged version of my posted comment:

**Opposed - Petition does not adequately address supervisor competency - There are better options**

- I agree that a supervisor should document clinical rather than administrative work experience in order to be a supervisor. I disagree that the experience should be extended to 5 years before being allowed to supervise. There are other alternatives to addressing supervisor competency.
- I have heard about many situations of inadequate supervision based on ignorance, misunderstanding, and/or misinterpretation of the regulations by supervisors (and residents). So, I understand the need for amendments to the requirements.
- However, I believe that extending the requirements for supervising from two years to five years is too extreme at the present time. There are currently about 8,700 LPC residents and about 300 LMFT residents according to the Board with the caveat this number may be inaccurate. There are about 2,000 supervisors listed on the Board website which I also think is not accurate, but in lieu of any other numbers, I’m using them. That’s a 4 to 1 ratio. With more students graduating every year there are already not enough supervisors to meet the need and there will be a shortfall during a 3-year extension period. I’ve been told multiple times by graduates that it has taken them months to find a supervisor because those they contact don’t return their calls and if they do, say they have no openings. Extending the time-frame to 3-5 years of experience can be revisited when there are more licensed clinicians available to provide supervision.
- I believe the answer to assuring quality supervision is in the supervisor training requirement itself. My recommendations are: 1. Require only in-person post-graduate Clinical Supervision Training in Virginia because graduate courses and on-line training (which are currently allowed) are generic and not state specific and therefore don’t address the Virginia requirements; 2. Require that the Clinical Supervision Training concentrate at least 5 of the 20 hours specifically on the Virginia regulations and requirements, review of the Virginia forms, and navigating the Board of Counseling website; and 3. Require a new supervisor to have a specific number of supervision of supervision hours (for example, 10 hours) from a supervisor who has 5+ years of supervision experience or who has the ACS (Approved Clinical Supervisor) credential. An alternative to #3 would be to require that LPC/LMFT supervisors take a minimum of 5 hours of the yearly required 20 continuing education hours specifically on the topic of supervision every year.
- Lastly, the 2-year requirement should be defined more clearly. I recommend that the experience be redefined and based on 2 years of full-time, 40 hours a week, clinical experience or the equivalent if part-time (for example, 4 years if the experience is half-time clinical work).

Do you agree or disagree? What do you think is the right answer?

Well, we now know the Board’s answer. The Board took a vote on this petition at its meeting on August 16th and their decision was to “Take no action” with the following explanation:

“At its meeting today, the Board discussed the request to amend regulations and voted
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not to initiate rulemaking at this time. The Board concurred with the concept that the qualifications for a supervisor should be examined to ensure a quality clinical experience for residents and for protection of the public. However, the Board was concerned that requiring additional years of clinical experience or other qualifications would result in reducing the supply of supervisors and restricting the number of residents pursuing licensure. To address all these concerns, the Board will be looking at requirements in other states and at the opportunities for credentialing supervisors.”

If you’d like to see the petition and the vote by the Board go to: http://www.townhall.virginia.gov/L/Viewpetition.cfm?petitionid=297

If you’d like more information about petitions for rule making, go to the Regulatory Townhall at www.townhall.virginia.gov. This page is:

“A source of information about proposed changes to Virginia’s regulations, including a meetings calendar and board minutes. This site also facilitates public participation through online comment forums and an email notification service.”

You may sign up to receive emails by going to this page and scrolling down to the tab “sign up” at the bottom of the left side of the page. When you register as a Town Hall public user, which is free, you can “sign up for email notification of regulatory actions and meetings.”

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.

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<td><a href="mailto:treasurer@nvlpc.org">treasurer@nvlpc.org</a></td>
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