Licensed Professional Clinical Counselor (LPCC) at Cal State LA

MS in Counseling, Option in Rehabilitation Counseling, Certificate in Clinical Counseling

This document describes how the Master of Science in Counseling, Option in Rehabilitation Counseling, with the addition of the Certificate in Clinical Counseling, prepares a graduate to apply for the LPCC. The coursework and supervision provided at Cal State LA prepare clinical counselors with unique specialization in disability, health, and function via rehabilitation counseling.

What follows is a brief overview of the LPCC, descriptions of the scopes of practice for Clinical Counseling and Rehabilitation Counseling, a summary of the requirements for the LPCC in California, a comparison of State requirements with Cal State LA curriculum, requirements for pre-graduate practicum, and post-graduate requirements for internship and examination requirements leading to licensure as an LPCC. Readers are ultimately responsible for their preparation and should reference the online Cal State LA catalog http://ecatalog.calstatela.edu and the BBS website http://www.bbs.ca.gov for any clarification or updates.

WHAT IS A LICENSED PROFESSIONAL CLINICAL COUNSELOR (LPCC)?

LPCCs apply counseling interventions and psychotherapeutic techniques to improve mental health. The LPCC in the State of California is one of three licensed professionals (i.e. LCSW, LMFT) approved as independent mental health practitioners to perform psychotherapy by the California Board of Behavioral Sciences (BBS). The BBS considers these licenses to be on par with each other in performing psychotherapy within their scope of practice based upon training and supervision.

HOW DO LPCCs COMPARE WITH LMFTs and LCSWs?

Licensed Professional Clinical Counselors (LPCCs, a.k.a. LPCs, LCPCs, LCMHCs), number over 162,000 nationwide (American Counseling Association [ACA], 2017), with over 1,400 LPCCs in California, and over 1,900 registered as Associate Professional Clinical Counselors (post graduate supervisees; Board of Behavioral Sciences [BBS], 2017). By comparison, Licensed Marriage & Family Therapists (LMFTs) number about 70,000 nationwide (American Association for Marriage and Family Therapy [AAMFT], 2017), with 35,000 in California (BBS, 2017). Finally, Licensed Clinical Social Workers (LCSWs) number about 241,000 nationwide (ACA, 2017) with 22,000 in California (BBS, 2017).

LPCC SPECIALTY AREAS

LPCCs must take coursework in specialty areas, which can ultimately relate to a variety of employment opportunities:

- Rehabilitation counseling
School counseling
Mental health counseling
Marriage and family counseling
Creative arts counseling
Career counseling

SCOPES OF PRACTICE

CLINICAL COUNSELING

The California Board of Behavioral Sciences (BBS) [http://www.bbs.ca.gov/] is the entity that governs the Licensed Professional Clinical Counselor (LPCC) credential. The scope of practice of an LPCC as indicated in Section 4999.20 of the relevant code:

Professional clinical counseling is the application of counseling interventions and psychotherapeutic techniques (cognitive, affective, verbal or nonverbal, systemic or holistic counseling strategies that include principles of development, wellness, and maladjustment that reflect a pluralistic society) to identify and remediate cognitive, mental, and emotional issues, including personal growth, adjustment to disability, crisis intervention, and psychosocial and environmental problems. Professional clinical counseling includes conducting assessments (limited by law) for the purpose of establishing counseling goals and objectives to empower individuals to deal adequately with life situations, reduce stress, experience growth, change behavior, and make well-informed rational decisions.

Cal State LA offers coursework leading to application for licensure as a professional clinical counselor within the context of our rehabilitation counseling program. We believe the foundation of rehabilitation counseling, counselors with advanced training in the medical and psychosocial aspects of disability and function, along with clinical counseling course complements, prepare a unique and talented independent mental health practitioner.

REHABILITATION COUNSELING

As affirmed by the Alliance, American Rehabilitation Counseling Association (ARCA), Commission on Rehabilitation Counselor Certification (CRCC), Council on Rehabilitation Education (CORE), and National Rehabilitation Counseling Association (NRCA), the scope of practice of rehabilitation counseling is:

… a systematic process which assists persons with physical, mental, developmental, cognitive, and emotional disabilities to achieve their personal, career, and independent living goals in the most integrated setting possible through the application of the counseling process. The counseling process involves communication, goal setting, and beneficial growth or change through self-advocacy, psychological, vocational, social, and behavioral interventions. The specific techniques and modalities utilized
within this rehabilitation counseling process may include, but are not limited to:

- Assessment and appraisal
- Diagnosis and treatment planning
- Career (vocational) counseling
- Individual and group counseling treatment interventions focused on facilitating adjustments to the medical and psychosocial impact of disability
- Case management, referral, and service coordination
- Program evaluation and research
- Interventions to remove environmental, employment, and attitudinal barriers
- Consultation services among multiple parties and regulatory systems
- Job analysis, job development, and placement services, including assistance with employment and job accommodations
- The provision of consultation about and access to rehabilitation technology

**REQUIREMENTS FOR LICENSURE**

The core curriculum, supervision, and post-graduation requirements for students in the Rehabilitation Counseling Program to obtain their LPCC include:

a. Complete a graduate program with appropriate coursework and no less than 60 semester hours. The Master of Science in Counseling, Option in Rehabilitation Counseling requires 70 semester units, and the Certificate in Clinical Counseling requires an addition 6 units. *To apply for the LPCC, students may have no more than three course deficiencies post-graduation. Courses covering the diagnostic and assessment processes (LPCC Content Areas E and G) may not be taken post-graduation, they must be taken prior to graduation.*

b. The program must include a 280-hour, face-to-face supervised clinical practicum experience (600 hours total in COUN 5188).

c. Successful application for the LPCC with the BBS and pass the California Law & Ethics Exam.

d. Post-graduate training with 3,000 hours of supervised practice as an intern.

e. Pass the National Clinical Mental Health Counselor Examination (NCMHCE).
Cal State LA Master of Science in Counseling, Option in Rehabilitation Counseling, and Certificate in Clinical Counseling 3-Year Roadmap

**Thesis Students will enroll in COUN 5990A Thesis Planning or COUN 5995A Project Planning, and COUN 5990B Thesis or COUN 5995B Project. Schedule subject to changes.**

<table>
<thead>
<tr>
<th>1st Year</th>
<th>2nd Year</th>
<th>3rd Year</th>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
<td>COUN 5001 Ethical, Legal, and Professional Issues in Counseling (3)</td>
<td>COUN 5142 Medical and Psychosocial Aspects of Disability Part A (3)</td>
</tr>
<tr>
<td></td>
<td>COUN 5005 Individual Counseling Strategies (4)</td>
<td>COUN 5160 Group Counseling (3)</td>
</tr>
<tr>
<td></td>
<td>COUN 5111 Diagnosis and Treatment in Counseling (3)</td>
<td>COUN 5330 Trauma and Crisis Counseling (3)</td>
</tr>
<tr>
<td></td>
<td>COUN 5650 Substance Use and Co-Occurring Disorders Counseling (3)</td>
<td>COUN 5103 Multicultural Counseling (3)</td>
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<tr>
<td></td>
<td>13 units</td>
<td>***COUN 5115 Couples and Family Counseling (3) (CCC)</td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td>COUN 5002 Assessment in Counseling (3)</td>
<td>COUN 5143 Medical and Psychosocial Aspects of Disability Part B (3)</td>
</tr>
<tr>
<td></td>
<td>COUN 5114 Advanced Theories and Techniques in Counseling (3)</td>
<td>COUN 5149 Employment and Career Development (3)</td>
</tr>
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<td></td>
<td>COUN 5140 Introduction to Rehabilitation Counseling (3)</td>
<td>COUN 5187 Supervised Practicum in Rehabilitation Counseling (6)</td>
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<td></td>
<td>EDSP 5000 Disability in Schools and Society (3)</td>
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<tr>
<td></td>
<td>***COUN 5112 Psychopharmacology for Counselors (3) (CCC)</td>
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<tr>
<td></td>
<td>12 units + 3 units for CCC</td>
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<tr>
<td></td>
<td>12 units</td>
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## Cal State LA Clinical Counseling Coursework/LPCC Content Areas

<table>
<thead>
<tr>
<th>Cal State LA Coursework</th>
<th>LPCC Content Area</th>
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<tbody>
<tr>
<td>COUN 5005, Individual Counseling Strategies (4 units)</td>
<td>A. Counseling and psychotherapeutic theories and techniques</td>
</tr>
<tr>
<td>COUN 5000, Lifespan Human Development for Counselors (3 units)</td>
<td>B. Human growth and development across the lifespan</td>
</tr>
<tr>
<td>COUN 5149, Employment and Career Development (3 units)</td>
<td>C. Career development theories and techniques</td>
</tr>
<tr>
<td>COUN 5160, Group Counseling (3 units)</td>
<td>D. Group counseling theories and techniques</td>
</tr>
<tr>
<td>COUN 5002, Assessment in Counseling (3 units)</td>
<td>E. Assessment, appraisal, and testing of individuals</td>
</tr>
<tr>
<td>COUN 5103, Multicultural Counseling (3 units)</td>
<td>F. Multicultural counseling theories and techniques</td>
</tr>
<tr>
<td>COUN 5111, Diagnosis and Treatment in Counseling (3 units)</td>
<td>G. Principles of the diagnostic process</td>
</tr>
<tr>
<td>COUN 5003, Research in Counseling (3 units)</td>
<td>H. Research and evaluation</td>
</tr>
<tr>
<td>COUN 5001, Ethical, Legal, and Professional Issue in Counseling (3 units)</td>
<td>I. Professional orientation, ethics, and law in counseling</td>
</tr>
<tr>
<td>COUN 5112, Psychopharmacology for Counselors (3 units; Certificate Course)</td>
<td>J. Psychopharmacology</td>
</tr>
<tr>
<td>COUN 5650, Substance Use and Co-Occurring Disorders Counseling (3 units)</td>
<td>K. Addictions Counseling</td>
</tr>
<tr>
<td>COUN 5330, Trauma and Crisis Counseling (3 units)</td>
<td>L. Crisis or trauma counseling</td>
</tr>
<tr>
<td>COUN 5114, Advanced Theories and Techniques in Counseling (3 units)</td>
<td>M. Advanced counseling and psychotherapeutic theories and techniques</td>
</tr>
<tr>
<td>COUN 5113, Case Management in Counseling (3 units) COUN 5115, Couples and Family Counseling (3 units; Certificate Course) COUN 5140, Introduction to Rehabilitation Counseling (3 units) COUN 5142, Medical and Psychosocial Aspects of Disability, Part A (3 units) COUN 5143, Medical and Psychosocial Aspects of Disability, Part B (3 units)</td>
<td>15 semester units of advanced coursework</td>
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<tr>
<td>COUN 5188, Supervised Internship in Rehabilitation Counseling (6 of 8 units required by RC program) Face-to-face time required will be 280 hours, or 40 hours more than what CACREP requires with 40% of 600 hours at 240 hours. See Supervised Practicum further on for details on required activities in practicum.</td>
<td>Supervised practicum or field study experience (6 semester units, 280 hours of face-to-face)</td>
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Additionally, the BBS requires the following areas of instruction be integrated into the curriculum. The Rehabilitation Counseling program option and the Clinical Counseling certificate address these areas in the coursework listed in the table below:

<table>
<thead>
<tr>
<th>BBS/LPCC Instruction Area</th>
<th>Relevant Coursework</th>
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<tr>
<td>(1) The understanding of human behavior within the social context of socioeconomic status and other contextual issues affecting social position.</td>
<td>COUN 5000, COUN 5103, COUN 5111, COUN 5112, COUN 5114, COUN 5115, COUN 5002, COUN 5140, COUN 5160</td>
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<tr>
<td>(2) The understanding of human behavior within the social context of a representative variety of the cultures found within California.</td>
<td>COUN 5000, COUN 5103, COUN 5111, COUN 5112, COUN 5114, COUN 5115, COUN 5002, COUN 5140, COUN 5160</td>
</tr>
<tr>
<td>(3) Cultural competency and sensitivity, including a familiarity with the racial, cultural, linguistic, and ethnic backgrounds of persons living in California.</td>
<td>COUN 5000, COUN 5103, COUN 5111, COUN 5112, COUN 5114, COUN 5115, COUN 5002, COUN 5140, COUN 5160</td>
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(4) An understanding of the effects of socioeconomic status on treatment and available resources.

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<tr>
<th>Course Numbers</th>
<th>Description</th>
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<tr>
<td>COUN 5000, COUN 5103, COUN 5111, COUN 5112, COUN 5113, COUN 5114, COUN 5115, COUN 5002, COUN 5140, COUN 5160</td>
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(5) Multicultural development and cross-cultural interaction, including experiences of race, ethnicity, class, spirituality, sexual orientation, gender, and disability and their incorporation into the psychotherapeutic process.

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<tbody>
<tr>
<td>COUN 5000, COUN 5103, COUN 5111, COUN 5112, COUN 5114, COUN 5115, COUN 5002, COUN 5140, COUN 5160</td>
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(6) Case management, systems of care for the severely mentally ill, public and private services for the severely mentally ill, community resources for victims of abuse, disaster and trauma response, advocacy for the severely mentally ill, and collaborative treatment. The instruction required in this paragraph may be provided either in credit level coursework or through extension programs offered by the degree-granting institution.

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<th>Course Numbers</th>
<th>Description</th>
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<tr>
<td>COUN 5111, COUN 5113, COUN 5140, COUN 5142, COUN 5143, COUN 5330</td>
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(7) Human sexuality, including the study of the physiological, psychological, and social cultural variables associated with sexual behavior, gender identity, and the assessment and treatment of psychosexual dysfunction.

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<th>Description</th>
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<tr>
<td>COUN 5000, COUN 5111, COUN 5114, COUN 5115, COUN 5142, COUN 5143</td>
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(8) Spousal or partner abuse assessment, detection, intervention strategies, and same-gender abuse dynamics.

<table>
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<tr>
<th>Course Numbers</th>
<th>Description</th>
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<tbody>
<tr>
<td>COUN 5330, COUN 5002</td>
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(9) Child abuse assessment and reporting.

<table>
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<tr>
<th>Course Numbers</th>
<th>Description</th>
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<tr>
<td>COUN 5330, COUN 5002</td>
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(10) Aging and long-term care, including biological, social, cognitive, and psychological aspects of aging. This coursework shall include instruction on the assessment and reporting of, as well as treatment related to, elder and dependent adult abuse and neglect.

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<tr>
<th>Course Numbers</th>
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<tbody>
<tr>
<td>COUN 5000, COUN 5111, COUN 5112, COUN 5002</td>
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A final requirement of the BBS for programs preparing LPCCs is to:

1. Integrate the principles of mental health recovery-oriented care and methods of service delivery in recovery-oriented practice environments.
2. Integrate an understanding of various cultures and the social and psychological implications of socioeconomic position.
3. Provide the opportunity for students to meet with various consumers and family members of consumers of mental health services to enhance understanding of their experience of mental illness, treatment, and recovery.

**Summary of Required Units**

<table>
<thead>
<tr>
<th>Category</th>
<th>Units</th>
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<tbody>
<tr>
<td>Units from 13 core areas</td>
<td>40 semester units</td>
</tr>
<tr>
<td>Advanced Coursework</td>
<td>15 semester units</td>
</tr>
<tr>
<td>Practicum (listed as Internship)</td>
<td>12 semester units (COUN 5188, 6 required for the LPCC)</td>
</tr>
<tr>
<td>Practicum (CACREP Requirement)</td>
<td>6 semester units (COUN 5187, not required for the LPCC)</td>
</tr>
<tr>
<td>Disability in Schools and Society</td>
<td>3 semester units (EDSP 5000, not required for the LPCC)</td>
</tr>
<tr>
<td><strong>Total Units</strong></td>
<td><strong>76 semester units</strong></td>
</tr>
</tbody>
</table>

**Requirements for Graduate Student Practicum**

The final clinical component of our program is an 12 credit (6 required by the BBS) supervised practicum (or internship, COUN 5188) in a clinical setting that provides a range of professional clinical counseling experience, including the following:

(A) Applied psychotherapeutic techniques.
(B) Assessment.
(C) Diagnosis.
(D) Prognosis.
(E) Treatment.
(F) Issues of development, adjustment, and maladjustment.
(G) Health and wellness promotion.
(H) Professional writing including documentation of services, treatment plans, and progress notes.
(I) How to find and use resources.
(J) Other recognized counseling interventions.
(K) A minimum of 280 hours of face-to-face supervised clinical experience counseling individuals, families, or groups.

Requirements After Graduation

Experience: Upon graduation with the Master of Science in Counseling, Option in Rehabilitation Counseling, and the Certificate in Clinical Counseling, graduates complete the LPCC application, and upon acceptance they are issued an intern number and can begin hours to satisfy requirements for post-graduate supervised experience.

- Interns have the first year of internship to pass the California Law & Ethics Exam.
- The requirements for supervision include 3,000 post degree hours of specified supervised experience, including 1,750 hours of direct service provision, 1 to 2 hours of individual weekly supervision, or 90 minutes to 3 hours of group supervision, depending upon their caseload.
- At least 150 hours of their training must be in a hospital or community mental health setting.
- Upon completion of their 3,000 hours of internship, they apply to take the National Clinical Mental Health Counselor Examination (NCMHCE).

Detailed LPCC Knowledge Areas

The following list provides you with detailed information directly from the LPCC code (Business and Professions Codes Section 4999.33), and expands each of the knowledge areas above to more specific foci (the letters in front of each knowledge area correspond with those listed in the table above).

A. Counseling and psychotherapeutic theories and techniques, including:
   1) the counseling process in a multicultural society
   2) an orientation to wellness and prevention
   3) counseling theories to assist in selection of appropriate counseling interventions
   4) models of counseling consistent with current professional research and practice
   5) development of a personal model of counseling
   6) multidisciplinary responses to crises, emergencies, and disasters

B. Human growth and development across the lifespan, including normal and abnormal behavior and an understanding of how the following affect both normal and abnormal behavior:
   1) developmental crises
   2) disability
   3) psychopathology
   4) situational and environmental factors

C. Career development theories and techniques, including
   1) career development decision-making models and
   2) interrelationships among and between work, family, and other life roles and factors, including the role of multicultural issues in career development

D. Group counseling theories and techniques, including
   1) principles of group dynamics, group process components, developmental stage theories
   2) therapeutic factors of group work
   3) group leadership styles and approaches
   4) pertinent research and literature
   5) group counseling methods, and
   6) evaluation of effectiveness

E. Assessment, appraisal, and testing of individuals, including
   1) basic concepts of standardized and non-standardized testing and other assessment techniques
   2) norm-referenced and criterion-referenced assessment
   3) statistical concepts
   4) social and cultural factors related to assessment and evaluation of individuals and groups
   5) ethical strategies for selecting, administering, and interpreting assessment instruments and techniques in counseling

F. Multicultural counseling theories and techniques, including
   1) counselors' roles in developing cultural self-awareness
G. Principles of the diagnostic process, including
   1) differential diagnosis
   2) use of current diagnostic tools, such as the current edition of the Diagnostic and Statistical Manual
   3) the impact of co-occurring substance use disorders or medical psychological disorders
   4) established diagnostic criteria for mental or emotional disorders
   5) treatment modalities and placement criteria within the continuum of care

H. Research and evaluation, including
   1) studies that provide an understanding of research methods, statistical analysis, the use of research to inform evidence-based practice
   2) the importance of research in advancing the profession of counseling
   3) statistical methods used in conducting research, needs assessment, and program evaluation

I. Professional orientation, ethics, and law in counseling, including
   1) professional ethical standards and legal considerations
   2) licensing law and process
   3) regulatory laws that delineate the profession's scope of practice
   4) counselor-client privilege, confidentiality
   5) the client dangerous to self or others
   6) treatment of minors with or without parental consent
   7) relationship between practitioner's sense of self and human values
   8) functions and relationships with other human service providers
   9) strategies for collaboration, and
   10) advocacy processes needed to address institutional and social barriers that impeded access, equity, and success for clients

J. Psychopharmacology, including
   1) the biological bases of behavior
   2) basic classifications, indications, and contraindications of commonly prescribed psychopharmacological medications
   3) so that appropriate referrals can be made for medication evaluations and so that the side effects of those medications can be identified

K. Addictions counseling, including
   1) substance abuse
   2) co-occurring disorders
   3) addiction
   4) major approaches to identification, evaluation, treatment, and prevention of substance abuse and addiction
   5) legal and medical aspects of substance abuse
   6) populations at risk
   7) role of support persons, support systems, and community resources

L. Crisis or trauma counseling, including
   1) crisis theory
   2) multidisciplinary responses to crises, emergencies, or disasters
   3) cognitive, affective, behavioral, and neurological effects associated with trauma
   4) brief, intermediate, and long-term approaches
   5) assessment strategies for clients in crisis and principles of intervention for individuals with mental or emotional disorders during times of crisis, emergency, or disaster

M. Advanced counseling and psychotherapeutic theories and techniques, including
   1) the application of counseling constructs, assessment, and treatment planning
   2) clinical interventions, therapeutic relationships, psychopathology, or other clinical topics

If you have questions about any of the following:

1. The Master of Science in Counseling, Option in Rehabilitation Counseling
2. The Certificate in Clinical Counseling
3. How your coursework may apply to the BBS/LPCC standards
4. How to join the California Association for Licensed Professional Clinical Counselors (CALPCC) [http://calpcc.org/](http://calpcc.org/)

Please feel free to contact one of our faculty members regarding the Certificate in Clinical Counseling:

Dr. David B. Peterson  
E-mail [dpeters3@calstatela.edu](mailto:dpeters3@calstatela.edu)

Dr. Heidi Paul  
E-mail [hpaul@calstatela.edu](mailto:hpaul@calstatela.edu)