

**MARYLAND BOARD OF PROFESSIONAL COUNSELORS AND THERAPISTS
EDUCATIONAL REQUIREMENTS FOR PROFESSIONAL LGPC AND LCPC**

4201 Patterson Avenue

Baltimore, MD 21215

410-764-4732 or 4735

www.dhmh.maryland.gov/bopc/

An applicant **for LGPC and LCPC** shall have the following:

A master's degree from an accredited college with a minimum of 60 graduate credits or 90 quarter credits or a doctorate degree with 90 graduate credits or 135 quarter credits, including a minimum of 3 graduate semester credit hours or a minimum of 5 graduate quarter hours in each of the following core courses:

A. HUMAN GROWTH AND PERSONALITY DEVELOPMENT

Instruction in this area shall include all of the following content:

1. The various stages of human development over the life span.
2. Theories of personality and human development.
3. The influence of human development and experiences on the development of Psychopathology.

Examples of courses in this area:

1. Human Growth and Development
2. Personality Development

B. SOCIAL AND CULTURAL FOUNDATIONS OF COUNSELING

Instruction in this area shall include all of the following content:

1. Aging, ethnicity, gender, psycho-sexual orientation.
2. Impact of social and cultural norms on human development.
3. Culture, subculture and socioeconomic influences on the counseling relationship.

Examples of courses in this area:

1. Multicultural Counseling
2. Social and Cultural Foundations of Counseling

C. COUNSELING THEORY

Instruction in this area shall include all of the following content:

1. An Overview of major counseling/psychotherapy theories.
2. The techniques and practices associated with the above theories.

Examples of courses in this area are:

1. Counseling Theory and Techniques.
2. Theories of Counseling and/or psychotherapy
3. Introduction to Psychotherapy Theories

D. COUNSELING TECHNIQUES

Instruction in this area shall include all of the following content:

1. The parameters and limitations of the treatment relationship.
2. The establishment of the client-counselor treatment contract.
3. Listening and interviewing skills.
4. The stages of clinical treatment.
5. Referral and termination.

Examples of courses in this area are:

1. Helping Relationship
2. Introduction to Counseling
3. Counseling Methods
4. Techniques of Interviewing

E. GROUP DYNAMICS, PROCESSING, AND COUNSELING

Instruction in this area shall include all of the following content:

1. Theories, practices, and treatment in group counseling.
2. Principles of leading groups.
3. Experience in leading groups.

Examples of courses in this area are:

1. Group Counseling (or Therapy)
2. Group Therapy and Practice

F. LIFESTYLE AND CAREER DEVELOPMENT

Instruction in this area shall include all of the following content:

1. Life-long processes that influence work values.
2. Occupational choice.
3. Creation of career patterns.
4. Career decision-making style.
5. Integration of occupational roles.
6. Career identity.
7. Patterns of work adjustment.

Examples of courses in this area are:

1. Career Guidance and Counseling
2. Career Development
3. Occupational Information

G. APPRAISAL

Instruction in this area shall include all of the following content:

1. Formalized testing and measurements.
2. Informal assessment such as observations, interviews, and rating scales.
3. Mental status examination.
4. Theory of test construction, validity, and reliability.
5. Testing procedures and interpretation.

Examples of courses in this area are:

1. Individual Appraisal
2. Psychological Testing
3. Personality Testing
4. Psychological Measurement
5. Tests and Measurements

H. RESEARCH AND EVALUATION

Instruction in this area shall include all of the following content:

1. Principles of performing quantitative and qualitative research.
2. Research design and methods.
3. Statistical tools and methods.
4. Reading and interpreting research.

Examples of courses in this area are:

1. Methods of Research
2. Statistics and Data Analysis
3. Research Designs
4. Research in Counseling

I. PROFESSIONAL, LEGAL, AND ETHICAL RESPONSIBILITIES

Instruction in this area shall include all of the following content:

1. Professional orientation and responsibility.
2. Legal Issues.
3. Ethics of Practice.
4. Practice Specialization.
5. Codes of Ethics of National, Professional, Counseling Organizations.

Examples of courses in this area are:

1. Professional and Ethical Issues
2. Ethics and Legal Issues in Counseling

J. MARRIAGE AND FAMILY THERAPY

Instruction in this area shall include all of the following content:

1. Overview of systems theories.
2. Principles of working with couples and families.
3. Stages of family life cycle development.
4. Intervention strategies.

Examples of courses in this area are:

1. Marriage and Family Counseling (or Therapy)
2. Family Systems and Intervention

K. SUPERVISED FIELD EXPERIENCE

Instruction in this area shall include all of the following content:

1. A supervised clinical internship, externship, field experience, or practicum placement.
2. Direct client contact in counseling experience with a minimum of 125 hours of face-to-face client counseling.

Examples of courses in this area are:

1. Supervised Field Experience
2. Practicum
3. Internship/Externship
4. Clinical Field Experience
5. Clinical Case Conferences or Supervision

L. ALCOHOL AND DRUG COUNSELING

Instruction in this area shall include all of the following content:

1. Assessment of addictive disorders.
2. Pharmacology of psychoactive drugs.
3. Overview of theories of addictive disorders.
4. Overview of basic models of treatment.

Examples of courses in this area are:

1. Foundations of Chemical Dependency Counseling
2. Overview of Alcohol and Drug Counseling

M. DIAGNOSIS AND PSYCHOPATHOLOGY

Instruction in this area shall include all of the following content:

1. Diagnosis based on current DSM and ICD criteria.
2. Major categories of mental disorders.
3. An understanding of the impact of abnormal behavior not only to individuals, but also to society as a whole.
4. An examination of various theories relative to the etiology of abnormal behavior.

Examples of courses in this area are:

1. Psychopathology and Diagnosis
2. Psychopathology
3. Abnormal Psychology
4. Diagnosis

N. PSYCHOTHERAPY AND TREATMENT OF MENTAL AND EMOTIONAL DISORDERS

Instruction in this area shall include all of the following content:

1. An overview and application of one or more treatment models to various disorders.

Examples of courses in this area are:

1. Treatment Techniques
2. Behavioral Therapy
3. Cognitive Therapy
4. Psycho-dynamic Therapy
5. Advanced Techniques of Counseling