

A **Licensed Professional Counselor** may offer assistance

with the following:

- Individual or Group Therapy
- Assessment and Diagnosis
- Crisis Intervention
- Short or Long Term Therapy
- Substance Abuse & Addiction Counseling
- Career Counseling
- Couples & Family Counseling
- General Wellness Services
- Child & Adolescent Issues
- Abuse & Trauma Recovery
- Grief & Bereavement Issues
- Elderly & Aging Concerns
- Coping with Medical Issues

—FOR MORE INFORMATION—

**Connecticut Counseling Association**  
(CCA) [www.ccain.org](http://www.ccain.org)

**American Counseling Association**  
(ACA) [www.counseling.org](http://www.counseling.org)

**American Mental Health Counseling Association**  
(AMHCA) [www.amhca.org](http://www.amhca.org)

**National Board of Certified Counselors**  
(NBCC) [www.nbcc.org](http://www.nbcc.org)

**Department of Public Health**  
[www.ct.gov/dph](http://www.ct.gov/dph)

This is a publication of the Connecticut Counseling Association & Connecticut Mental Health Counselors Association.

**Connecticut Counseling Association**  
Tel: 888-818-1110 (Toll Free)

**Connecticut Counseling Association**  
(CCA)

**Licensed Professional Counselors**  
**(LPC)**

*CCA is an association comprised of counseling professionals that supports professional education, advocacy and service throughout Connecticut.*

*LPCs are licensed through the State of Connecticut Department of Public Health.*



## What do Licensed Professional Counselors do?

Licensed Professional Counselors assess and treat clients who are experiencing challenges in their psychological, intellectual, emotional, moral, vocational, or interpersonal growth. They focus on healthy development throughout the lifespan. They facilitate growth and wellness for their clients.

Licensed Professional Counselors are trained to provide comprehensive mental health care, including intake, assessment, diagnosis, treatment planning, crisis management and coordination of services.

Licensed Professional Counselors work with adults, children, groups, families and couples in a variety of settings (clinics, hospitals, schools, universities, residential facilities, career centers, state agencies and private practice).

## —QUALIFICATIONS OF LPCs—

- Masters or Doctoral degree in Counseling from an accredited program focusing on –
  - \* Counseling Theories & Practice
  - \* Human Growth & Development
  - \* Social and Cultural Foundations
  - \* Group Dynamics & Counseling
  - \* Career Development & Counseling
  - \* Assessment
  - \* Research & Program Evaluation
  - \* Counselor Professional Identity & Practice Issues
  - \* Practicum & Internship
- A minimum of 3,000 hours of post-graduate experience and 100 hours of supervision
- Passage of a state-approved licensing exam and participation in continuing education for licensure renewal
- Can be nationally certified through the National Board of Certified Counselors
- Adherence to the Code of Ethics and Standards of Practice set forth by the American Counseling Association
- Licensure requirements are equivalent to those for clinical social workers and marriage and family therapists

## —MANAGED CARE—

Licensed Professional Counselors are recognized by managed care organizations and those partnerships are steadily growing. LPCs offer high quality and cost-effective services as an addition to a managed care organization's resource base.

## —TO LOCATE AN LPC—

- Visit the **Connecticut Counseling Association website** and scroll down to RESOURCES and click on: **“Supervisor/Counselor Listing”**
- Visit [www.NBCC.org](http://www.NBCC.org) – Click on: “Find a Counselor”
- Ask your managed care company for a listing of approved providers of behavioral health services
- Ask your healthcare professional for a referral to a licensed professional counselor.

## FACT:

**MORE THAN 9,000  
PROFESSIONAL COUNSELORS  
ARE LICENSED AND CERTIFIED  
IN 48 STATES, INCLUDING THE  
DISTRICT OF COLUMBIA.**

[WWW.COUNSELING.ORG](http://WWW.COUNSELING.ORG)