



# North Carolina Board of Licensed Professional Counselors

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## NCBLPC Professional Brief

**Content Area:** Licensed Professional Counselor Supervisor

### **Brief Overview/Description:**

A separate application is required of those Licensed Professional Counselors who wish to become a Licensed Professional Counselor Supervisor (LPCS). An LPCS meets requirements set forth by the Board and will use the Verification of Professional Counseling Experience as part of his or her application. LPCS must complete 10 additional hours of continuing education in the area of counseling supervision.

The role of counseling supervisor is two-fold: overseeing supervisee (counselor) practice and competence as well as guarding client welfare. In this dual role, supervisors educate supervisees about informed consent and professional disclosure and strive to make sure that clients are aware of their counselor's role in supervision and how the supervision process impacts the counseling relationship in regards to confidentiality and counseling records.

Supervisors provide a professional disclosure statement that informs supervisees of expectations, roles in the supervisory relationship, fees, emergency contact information, modalities of supervision used, and other essential information that allows supervisees to make an informed decision to enter the supervision relationship. Instructions can be found on the Board website.

An LPCS will provide supervision to each supervisee for which he or she has an active supervision contract on file with the Board at the frequency of 1 hour of supervision for every 40 hours of work. Group, individual, and triadic supervision are modalities that an LPCS can use when providing supervision and supervision cannot rely solely on transcripts, progress notes, or supervisee self-report. These can supplement supervision, but there must be actual counseling material used in each supervision session through live observation (of the supervisee providing counseling services to a client), co-therapy (counseling with the supervisee), or audio-visual recording.

### **Resources:**

NC General Statutes Article 24: Licensed Professional Counselors Act; CHAPTER 53 - BOARD OF LICENSED PROFESSIONAL COUNSELORS; [www.ncblpc.org](http://www.ncblpc.org); 2005 ACA Code of Ethics

### **Key Legal Factors:**

An active supervision contract must be on file with the Board before supervision can begin. Supervisors are the gatekeepers of the counseling profession and have a legal responsibility to protect the public by ensuring that supervisees practice ethically and legally.

### **Real Issues to Consider:**

Supervisees will not be able to work more than 40 hours without a supervision session. It is a collaborative effort on the part of supervisee and supervisor to meet the supervision requirements set by the Board according to the supervision contract on file.

The information contained herein is an overview of North Carolina laws, federal laws, and regulations. It is not intended to be a comprehensive list of all laws or regulations that govern the practice of counseling. The material is not to be taken as legal advice. Any interpretation of a statute or regulation expressed in the materials is created for educational purposes only. The NCBLPC does not issue advisory opinions, and the materials are not to be construed as such.

Supervision must include face-to-face time between the supervisor and supervisee. Distance supervision that incorporates an audio-visual component is acceptable. In addition, a supervision contract arranging for a back-up supervisor is recommended in case the supervisor of record has a family emergency, becomes incapacitated, or cannot meet with the supervisee for some other reason.

**Catch 22:**

Group supervision can provide for more efficient scheduling and are acceptable modes of supervision. However, supervisees are required to have a significant portion (at least 75%) of supervised counseling practice to occur through individual or triadic supervision.

Supervision of an LPCA must continue, even if the required minimum of 3,000 hours of supervised counseling experience have been completed, until the supervisee has received official, written notification from the Board that they have been approved as an LPC.

**Summary Statement:**

An LPCS meets requirements set forth by the Board and must receive notification from the Board that they are approved as an LPCS, as well as have an active supervision contract on file with the Board in order to provide supervision to an LPCA. A separate supervision contract must be on file for each supervisee. Supervisors have a responsibility in their role to monitor supervisee/counselor practice and competence as well as protect the clients served by supervisees.