



THE NATIONAL CERTIFIED COUNSELOR

THE OFFICIAL NEWSLETTER OF THE NATIONAL BOARD FOR CERTIFIED COUNSELORS

IN THIS ISSUE...

TRICARE Releases Independent Practice Rule for Counselors

After years of lobbying by NBCC, the Department of Defense (DoD) has finally released an interim final rule granting independent practice authority to licensed counselors serving TRICARE beneficiaries. These regulations, published December 27, 2011, are a long-awaited step toward parity with other mental health professions. Counselors were previously required to receive physician referral and supervision in order to provide services under TRICARE, the health care program for uniformed service members, retirees and their families.

The regulations create a new category of independent practitioner called “certified mental health counselor” (CMHC). The rule establishes two sets of criteria for the CMHC, with transitional standards in effect from December 27, 2011, to December 31, 2014, and permanent standards beginning January 1, 2015. Counselors who do not meet the requirements may continue to provide services under physician supervision and referral through December 31, 2014, but there will be no supervised practice level after that date.

During the transition period from December 27, 2011, to December 31, 2014, recognition as a CMHC requires the following:

- A state license for independent practice in mental health counseling issued by the jurisdiction in which the individual is practicing. In jurisdictions with two or more licenses allowing for differing scopes of independent practice, the licensed mental health counselor may only practice within the scope of the license he or she possesses.
- A master’s degree or higher from a mental health counseling education and training program accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP) and a passing score on the National Counselor Examination for Licensure and Certification (NCE),

OR

- A master’s or higher-level degree from a mental health counseling education and training program from either a CACREP-accredited program or a regionally accredited institution, and a passing score on the National Clinical Mental Health Counseling Examination (NCMHCE).
- A minimum of two years of post-master’s degree supervised mental health counseling practice that includes at least 3,000 hours of supervised clinical practice and 100 hours of face-to-face supervision. Required supervision must be provided by a mental health counselor who is licensed for independent practice in mental health counseling in the jurisdiction in which he or she is practicing and must be conducted in

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NCC CORNER

2012 ACA Conference: Come See Us at Booth 311

One of the things that we love about our booth at the annual American Counseling Association (ACA) conference is the fact that we get to see so many NCCs. That is one of the constants that is just as true now as it was back in the 1980s. When NCCs come by our booth to ask questions or meet our staff, it is one of the highlights of our year.

Who Will You Meet if You Come to Our Booth?

Katy Wyatt, credentialing services administrator—Ms. Wyatt has been at NBCC



since 2010 and is a real powerhouse of innovation. She has made big improvements to the certification and recertification procedures. NCCs can now recertify online through MyNBCC. Ms. Wyatt can answer questions from NCCs and prospective applicants. She has a wealth of information and, as an NCC herself, she understands what issues you might feel confused by or concerned about with regard to maintaining or obtaining certification.

Mona Olds, certification coordinator—Dr. Olds has served NBCC as the



coordinator of the NCC for Graduate Students application process for eight years. She has long-standing relationships with faculty from literally hundreds of schools. Dr. Olds will be available to answer questions from faculty and graduate students regarding the NCC for Graduate Students application process and how students can take advantage of the option to apply for national certification and take the National Counselor Examination for Licensure and Certification (NCE) while still enrolled.

Pick up Your Ribbon and Register for the Giveaway!

Get Your Ribbon—Make sure to stop by our booth to pick up your NCC ribbon and another for any NBCC specialty certification (NCSC, CCMHC, MAC, NCGC, NCCC) you hold. When we began offering NCC badge ribbons there were only about 14,000 NCCs. We are now nearing 49,000, so you will see a lot of other NCCs proudly displaying their ribbons in San Francisco. We hope you will take part in this long-standing tradition.

Enter Our Drawing—NBCC partners with Lockton Affinity to offer NCCs and graduate students who have applied for the NCC professional liability insurance at a reduced rate. Lockton invites all NCCs to shop for the best rates in liability insurance because they believe you will see what a great bargain they offer. As a thank-you to NCCs, Lockton sponsors a drawing at the NBCC booth. Stop by to register for your chance to win a NOOK Color!

Don't Get Lost!

Every year, NBCC loses track of NCCs who want to keep their certification active, but forget to give us their new postal or e-mail address. When we don't have up-to-date contact information for you, you may miss out on important messages that can really affect your credentials or practice. Also, if you don't get your bill for the annual fee of \$75, before you know it, there could be late fees applied and, when years go by, the past due amount could become too large to manage and you could lose your NCC certification. Don't let that happen to you. Keep NBCC updated with your current contact information so you can stay abreast of the latest news.

TRICARE Releases Independent Practice Rule for Counselors

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a manner that is consistent with the American Mental Health Counselors Association guidelines for supervision.

Beginning January 1, 2015, recognition as a CMHC requires the following:

- Possession of a state license for independent practice in mental health counseling issued by the jurisdiction in which the individual is practicing. In jurisdictions with two or more licenses allowing for differing scopes of independent practice, the licensed mental health counselor may only practice within the scope of the license he or she possesses.
- Possession of a master's degree or higher from a mental health counseling education and training program accredited by CACREP.
- A passing score on the NCMHCE or its successor as determined by TRICARE.
- A minimum of two years of post-master's degree supervised mental health counseling practice that includes at least 3,000 hours of supervised clinical practice and 100 hours of face-to-face supervision. Required supervision must be provided by a mental health counselor who is licensed for independent practice in mental health counseling in the jurisdiction in which he or she is practicing and must be conducted in a manner that is consistent with the AMHCA guidelines for supervision.

The regulations are the culmination of over a decade of lobbying by NBCC, the American Counseling

Association (ACA) and the American Mental Health Counselors Association (AMHCA). These efforts previously led to several stand-alone bills to provide counselors with independent practice rights, as well as language in multiple defense authorizations. Congress mandated two independent reports to study the issue: a 2005 RAND report and 2009 report by the Institute of Medicine. The initiative finally achieved congressional approval when language was included in the Fiscal Year 2011 National Defense Authorization Act (NDAA), which was signed by the president on January 7, 2011. The law directed the secretary of defense to issue regulations granting counselors independent practice authority by June 20, 2011. While the DoD missed the deadline, regulations were released before the end of 2011, completing a long and hard-fought effort to grant counselors the same practice rights as the other mental health disciplines under TRICARE.

To facilitate the participation of counselors in the military health system, NBCC has created a new registration option for the NCMHCE and is considering a similar process for the NCE. (See "Helping NCCs Meet New TRICARE Requirements," page 9.) Interested candidates can obtain more information at www.nbcc.org/Exams.

The original release of the interim final rule in the Federal Register can be viewed at www.federalregister.gov/articles/2011/12/27/2011-33109/tricare-certified-mental-health-counselors#p-3. The TRICARE rule was put into effect immediately; however, TRICARE did accept comments through the end of February 2012. NBCC recommended rule

revisions to improve the requirements and increase access to the qualified counselors.

While the rule is currently in effect, TRICARE has informed NBCC that it will take two or more months to modify internal policies and structures to begin credentialing counselors as CMHCs. Counselors interested in independent practice should contact the appropriate regional contractor to determine timing and process, as only TRICARE can determine eligibility. Your region can be found on TRICARE's Web site at <http://tricare.mil/mybenefit/home/overview/Regions/RegionsUS>. Counselors located in the West region should contact Steven Anderson at 602-564-2166 or sanderson@trivest.com, and those in the South region should contact Derrick Gore at 502-301-2410 or derrick.gore@jax.valueoptions.com. Counselors in TRICARE's North Region should call 877-TRICARE and press 4 for provider services.

Two NBCC credentials—the NCC and the MAC—are accredited by the National Commission for Certifying Agencies.



Update of Approved Continuing Education Providers



Newly Approved Continuing Education Providers

Army Substance Abuse Program (ASAP); #6340; Ft. Rucker, AL

Core Learning, Inc.; #6541; Birmingham, MI; www.corelearninginc.com

Karen Ann Quinlan Memorial Foundation; #6539; Newton, NJ; www.karenannquinlanhospice.org

Marworth Treatment Center; #6544; Waverly, PA; www.marworth.org

Mental Health Academy; #6235; Queensland, Australia; www.mentalhealthacademy.net

Mental Health Center of Denver; #6538; Denver; www.mhcd.org

Nancy Lubow; #989; Quakertown, PA; www.nancylubow.com

New Orleans Jungian Seminar; #6537; Crozier, VA

Pasadena Child Development Associates, Inc.; #991; Pasadena, CA

Robin Edwards, Ph.D., MT-BC; #992; Lubbock, TX

Summit Music Therapy Services; #983; Ft. Collins, CO; www.summitmusictherapy.com

Telling Point Music; #984; Lakewood, OH; www.tellingpointmusic.com

University of North Texas at Dallas; #4567; Dallas; <http://dallas.unt.edu/academics/graduate/med-counseling>

Reinstated Approved Continuing Education Providers

American College Counseling Association; #1024; Indiana, PA

University of North Carolina at Pembroke; #4326; Pembroke, NC; www.uncp.edu/soe/sac/index.htm

CE Providers Not Renewing

CE providers that did not renew their NBCC-approved status in 2011 are listed below. Providers interested in reinstating NBCC-approved CE provider status should e-mail continuinged@nbcc.org.

Alliant International University; #4269

Baptist Health Systems; #6077

Catholic Charities; #6111

Catholic Services of Macomb; #6263

CE-NOW.com; #6347

Centennial Area Health Education Center; #5058

CETI (Continuing Education Training Institute); #6409

Chicago Public Schools; #5032

Collaborative Medical Education Institute; #6370

Crisis Center, Inc.; #5832

Fairfield University; #4040

Fern Gorin; #5783

Institute for Integrative Psychotherapy; #5660

Joshua Tree; #6045

Julian M. Ridolphi; #6033

Learning Space, TLC; #6377

Lenore M. Foehrenbach; #6037

MEDS-PDN; #5592

Meritus Medical Center; #5966

Michigan State University; #4541

Mid-South Institute for Neuro Linguistic Programming; #5379

Montgomery County Commission for Women; #5105

National Fibromyalgia Association; #6360

National Multicultural Institute; #5198

Pamela Hayes, ATR-BC, MFT; #6482

PESI, LLC; #5896

Quincy University Counseling Department; #4551

Regional Psychiatric Services of NEA; #5696

Rkids; #6016

Relational Life Institute; #6138

Savannah Family Institute; #5854

Spokane Mental Health; #5795

St. John's Mercy Medical Center; #5289

Syracuse University; #4299

Thomas Hospital; #5910

UAMS-AHEC South Arkansas; #6123

University of Mississippi; #4086

University of Nebraska at Kearney, Counseling and School Psychology Program; #4543

University of North Carolina Chapel Hill; #4097

University of Northern Colorado; #3015

University of the Net.com; #5975

Vista del Mar Child and Family Services; #6308

Voluntary Audits

The NCC listed below has completed and documented a minimum of 130 hours of continuing education activities in the five-year certification cycle. By doing so, she has demonstrated a dedication to excellence and professionalism. NBCC congratulates this outstanding NCC.

Brenda DiModugno

Dallastown, PA

Navigating Private Practice: Free Ways to Increase Your Caseload

Most counselors in private practice will at some point or another be faced with the task of building an initial caseload or increasing a current caseload.

Traditional marketing strategies can be expensive and do not provide a guaranteed return for your money. There are low-cost or free ways you can increase your client volume.

Volunteer to do an in-service for foster parents at your local social services offices. Foster parents often get little support. They face challenges every day with the children in their homes and their individual ability to manage the changes in their homes. Social workers are looking for low-cost resources, and who doesn't like free? If you specialize in children, you can give a basic overview of the common child and adolescent

behavioral and emotional disorders and helpful parenting techniques. If you specialize in adults, you can discuss the importance of coping skills and self-care, and how the parents' ability to manage their feelings directly relates to their ability to help the child they have taken into their home. How does this get you referrals you may wonder? First, once the social workers know you, they are more likely to refer clients to you or call on you in the future for a paid in-service. Second, the social workers are the ones who can write counseling into a treatment plan and ensure compliance. Finally, you will have foster parents at your in-service who have difficult and complex issues in their home, and they will ask questions. This is your opportunity to invite them to a counseling session

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NHSC Loan Repayment Program

The National Health Service Corps (NHSC) Loan Repayment Program (LRP) is currently accepting applications from licensed professional counselors. If accepted, counselors can receive up to \$60,000 in student loan repayment.

The NHSC LRP seeks to recruit and retain medical, nursing, dental and behavioral/mental health professionals in designated health professional shortage areas (HPSAs). Providers that meet the NHSC's qualifications can have their student loans repaid while earning a competitive salary providing health care in an urban, rural or frontier community with limited access to care. Participants serve at one of more than 17,000 NHSC-approved sites located in federally designated HPSAs.

Counselors may be eligible for NHSC loan repayment if they:

- Are a U.S. citizen or U.S. national.
- Work at an NHSC-approved site.
- Are licensed as a professional counselor.

Among other requirements, counselors must hold the National Certified Counselor (NCC) certification in order to qualify.

NCCs are encouraged to apply early, as there is stiff competition for these funds. For more information or to apply, go to <http://nhsc.hrsa.gov/loanrepayment>. The Application and Program Guidance document includes details on eligibility criteria and funding preferences. Questions can be directed to the NHSC call center by e-mail at CallCenter@hrsa.gov or by telephone at 800-221-9393.

A completed online application must be submitted by 5 p.m. EDT on **May 15, 2012**.

Display Your Credentials

NBCC continues to work to advance the counseling profession both in the United States and around the globe, and you are a part of our efforts. As an NCC, you can market yourself to clients as a counselor who has voluntarily met quality standards established by counseling professionals. The National Certified Counselor (NCC) certification mark is for you to use in conjunction with your name:

Jane Doe, M.A., NCC, LPC

or

**Jane Doe, M.A.
National Certified Counselor**

or

**Jane Doe, M.A.
NCC**

We hope that you will continue to use your national certification to promote yourself, and the counseling profession.

Counseling Conferences in Latin America

In the fall of 2011, members of the NBCC Board of Directors and staff from NBCC and NBCC International were invited to attend two events in Latin America.

The first was the **III International Encounter of the Asociación Mexicana de Orientación Psicológica y Psicoterapia** (Mexican Association for Counseling and Psychotherapy; AMOPP), which was celebrated October 13–14 in Leon, Mexico. The theme of the encounter was “Dilemmas in the Counseling Exercise: The Art of a Good Practice,” which had a strong emphasis in the counseling ethical practices. Staff members were honored to be invited to participate as speakers. Among those in attendance were professionals from diverse mental health fields, educators and students, as well as representatives from Canada and the United States. The encounter, hosted by the Universidad Iberoamericana of Leon, was sponsored by that university, AMOPP, the Universidad Iberoamericana of Mexico City (home of NBCC Mexico), and NBCC International. AMOPP announced its next international encounter will be celebrated October 12-13, 2012, in Mexico City.

The second was a joint event held November 30–December 2, 2011, in Maracaibo, Venezuela, that was organized by the Federación de Asociaciones Venezolanas de Orientadores (Federation of Venezuelan Counselor Associations; FAVO) to celebrate the **VII Counseling Congress of the Americas** and **VIII Venezuelan Interdisciplinary Counseling Congress**. The event was sponsored by La



Presentation of a plaque to the FAVO congress president during the closing ceremony

Universidad del Zulia (The University of Zulia), the Asociación de Orientadores del Estado Zulia (Zulia State Counseling Association) and NBCC International. The theme was “Challenges in the Versatility of Counseling: Wellbeing, Inclusion, Equity and Social Justice.” Attendees, including counselors, government representatives, multidisciplinary professionals and students, as well as representatives from Argentina, Cuba and the U.S., had the opportunity to attend presentations and a variety of round tables, which generated

engaging discussions among the group. Dr. Keith Davis, a member of the NBCC Board of Directors, delivered the keynote speech during the opening celebration. He spoke about NBCC International’s approach for collaborating with diverse partners worldwide. This year, the IX Venezuelan Interdisciplinary Counseling Congress will be in San Felipe, Yaracuy state, July 30–August 3. Also, the location of the VIII Counseling Congress of the Americas was announced during the closing ceremony. It will be held September 6–8, 2012, in San Isidro, Argentina.

NBCC and NBCC International continue to participate in opportunities like these to learn about counseling in other countries and to establish and further develop professional relations with international colleagues. NBCC International looks forward to participating in more international events promoting counseling in 2012.



Dear NCCs,

Thank you very much to those of you who sent us books in response to our article in the last newsletter, “NCC Book and Journal Donations Shipped Worldwide.” Your generosity is allowing NBCC-I to expand this program to other countries that request much-needed counseling resources.

Sincerely,

Wendi Schweiger
Associate Vice President
NBCC International

Mental Health Facilitator (MHF) Update



The expansion and sustainability of NBCC-I's Mental Health Facilitator (MHF) program is one of the priorities of the individual MHF partners. As our partners conduct more MHF trainings, the positive effects brought about by MHFs

will continue to increase in local communities. One of our most active partners is the Asociación Mexicana de Orientación Psicológica y Psicoterapia (Mexican Association of Counselors and Psychotherapists; AMOPP). This partner conducted four MHF trainings in 2011, adding 74 MHFs for a total of 168. These MHF trainees are professionals, students and lay people who care about the mental well-being of their communities. In response to an AMOPP request and due to the needs of the expanding program, NBCC-I conducted a master training in Leon, Mexico, in October 2011, increasing the program's ability to expand to more areas of the country. NBCC-I welcomes the following group of master trainers:

- Ms. Olga del Carmen Alonso Peralta
- Ms. Marina Contreras Moreno
- Ms. Christian Ana Corona Carmona
- Ms. Viviana Demichelis Machorro
- Ms. Ana Luisa Barron Rodriguez
- Ms. Graciela Flores Alcocer
- Dr. Olga Jessica Gutierrez Castillo
- Mr. Eitan Kleinberg Druker
- Ms. Jennifer Legorreta Legorreta
- Dr. Robert Eugene Martinez Frias
- Dr. Maria de la Salud Naranjo Ruiz
- Dr. Elsa Sanchez-Corral Fernandez
- Ms. Maria Amparo Oliver Garza
- Ms. Ameyalli Mariana Rodriguez Cano
- Ms. Laura Sendra Torroella

This is the third master training that NBCC-I has conducted abroad.

In February 2012, NBCC-I conducted its sixth master training at NBCC headquarters. NBCC-I is pleased to host the following participants for this training:

- From Bhutan: Mr. Rinchen Wangyel
- From Malawi: Mr. Kenneth Hamwaka
- From Nigeria: Prof. Ibrahim Kolo and Dr. Charles Ugwuegbulam
- From Turkey: Ms. Gulsah Kemer
- From Uganda: Mr. Ronald Kaluya
- From the United States: Dr. Barbara Andrews, Ms. Michelle Gross, Ms. Anita Jones, Dr. John McCarthy, Dr. Rhonda Paul, Dr. Brock Reiman and Dr. Barry Stephens

The presence of international participants in this group led to an interesting discussion on the program's implementation and how it could be expanded in Africa and other regions of the world. There are plans to have another master training this year.



MHF-Mexico's new master trainers

In addition to continuing to develop partnerships in other countries, NBCC-I is exploring the possibility of developing partnerships in the U.S. The University of Phoenix and NBCC-I are working to implement the MHF curriculum into the human services bachelor's degree offered by the university. This MHF partnership would have the potential to create a large group of MHFs that could complement the mental health services in their local communities in the future.

White House Joining Forces Initiative

On January 10, 2012, NBCC participated in a roundtable hosted by the White House Joining Forces initiative. First Lady Michelle Obama and Dr. Jill Biden created Joining Forces to improve the lives of service members, veterans and their families. NBCC was invited to the roundtable along with the leadership for more than 30 major health care associations.

The roundtable was a forum to discuss health care issues, with a focus on post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). Joining Forces teamed with the Joint Chiefs of Staff to address short-term opportunities for expanding collaborative partnerships between the Department of Defense (DoD), the Department of Veterans Affairs (VA) and the private sector. The meeting was preceded by a tour of the National Intrepid Center of Excellence (NICoE) located in Bethesda, Maryland. NICoE is DoD's world-class facility for wounded care, and a leader in advancing TBI and psychological health treatment research and education. Among the distinguished speakers at the event was Admiral James Winnefeld Jr., vice chairman of the Joint Chiefs of Staff.

First Lady Michelle Obama opened the roundtable with a passionate discussion of the need to honor our service members and veterans. Dr. Robert Petzel, VA undersecretary for health, and Dr. Jonathan Woodson, assistant secretary of defense for health affairs, also spoke of their departments' commitments to this cause. NBCC is committed to the White House initiative and to ensuring that counselors are properly trained in the treatment of PTSD, TBI and other issues affecting military personnel.

OPM Occupational Series

On November 1, 2011, NBCC, along with the American Counseling Association (ACA), the American Mental Health Counselors Association (AMHCA), the American Association for Marriage and Family Therapy (AAMFT), and the California Association of Marriage and Family Therapists (CAMFT), met with staff from the U.S. Office of Personnel Management (OPM). The meeting was with the Manager of Classification and Assessment Policy to discuss the creation of occupational series for the counseling and MFT professions. Without their own occupational series, counselors and MFTs employed by the federal government are often limited in pay and promotion, and hold titles that do not accurately reflect their professional identity, training and education.

The meeting was requested in response to a May 31 letter from OPM to the Department of Veterans Affairs (VA) indicating that the agency would not be immediately creating an occupational series for our professions. OPM indicated that it is in the process of reviewing occupational groups and would consider development of new series when the 100 series is reviewed. Seeking clarity and a stronger commitment, the coalition of counseling and MFT organizations contacted the House Oversight and Government Reform Committee and the Senate Homeland Security and Government Affairs Committee. Committee staff helped facilitate a meeting between the coalition and OPM.

The meeting was very productive and helped educate OPM about the counseling and MFT professions. While there was no formal commitment to create new occupational series, there seemed to be an inclination to at least explore it. The coalition will continue to work with the OPM to facilitate the process and encourage the development of new series.

Veterans

On November 15, 2011, the coalition of counseling and MFT organizations met with Dr. Robert Zeiss from the VA Office of Academic Affiliations. The meeting was to discuss inclusion of counselors and MFTs in the VA trainee support program that provides funding for associated health professions serving in VA facilities. Neither counselors nor MFTs are currently eligible to participate in the funded program.

The meeting was informative and provided background on the program and process. The VA confirmed that counselors and MFTs are eligible for unpaid internships in VA facilities, but are not eligible for trainee funds. The trainee funds are limited to certain professions, including psychology and social work. While the organizations urged a change in policy to include the two disciplines, the VA declined to take that step, citing a lack of funding and limited demand for counselors and MFTs. The coalition was dissatisfied with the VA response and will be seeking congressional support for a change in policy.

The coalition also met with Dr. Madhulika Agarwal, the deputy undersecretary for health for health policy and services, on November 29. Discussion was focused on three issues: utilization of counselors and MFTs in the Readjustment Counseling Service that oversees vet centers,

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the slow pace of hiring, and the VA trainee support program. The coalition will maintain communication with Dr. Agarwal to address these ongoing issues.

Medicare

Medicare recognition of counselors and MFTs remains mired in the politics of debt and jobs. While the cost of the proposal is modest in the context of the overall budget, every expense is highly scrutinized by legislators. Consequently, moving Medicare legislation has been a challenge.

While there is a bipartisan Senate bill providing Medicare recognition of counselors and MFTs (S. 604), the coalition continues to search for a House sponsor of a stand-alone bill. Having

a sponsor from the majority party is critical to moving through that chamber, so the coalition has met with almost every House Republican on the committees of jurisdiction, as well as almost every Republican freshman. While there is interest and support from many, no representative has yet offered to sponsor. The coalition will continue to seek a champion and position the issue for inclusion in any viable health care proposal.

Indian Health Service

Presently, counselors are not recognized as health care providers by the Indian Health Service (IHS) and are not eligible for funding

through the IHS Scholarship Program. NBCC decided to take action on this issue after a report was released in September 2011 showing a shortage of mental health professionals in American Indian and Alaska Native (AI/AN) communities and revealing a hodgepodge of “counselors” (licensed and unlicensed) serving this population.

While the issue is new, NBCC has had meetings with the offices of several members from the Senate Indian Affairs Committee. The Senate meetings were productive and uncovered some early interest and support. However, because the IHS is no longer reauthorized every six years, the language must move through a stand-alone bill or some other omnibus bill that includes this type of provision.

NBCC has invited the American Counseling Association (ACA) and the American

Mental Health Counselors Association (AMHCA) to participate in the initiative, and the three groups are collaborating on a strategy for success. The issue will take some time to develop and mature, but the foundation is being laid to allow American Indians increased access to the behavioral health services of professional counselors.

National Certified Counselors who are interested in advocating for the counseling profession and receiving more communications on government relations activities are encouraged to join the NBCC grassroots network. To sign up, send an e-mail to advocacy@nbcc.org with “Grassroots” in the subject line and your contact information with NCC ID in the text.

Helping NCCs Meet New TRICARE Requirements

In early January 2012, NBCC sent an e-mail alert to current NCCs to provide information about NBCC’s efforts to help NCCs meet the new TRICARE requirements. This alert followed the Department of Defense’s release of the interim final rule regarding the independent practice of licensed counselors providing services to TRICARE beneficiaries.

This interim final rule creates a new category of health professionals authorized to practice independently under TRICARE. These professionals will be known as certified mental health counselors (CMHCs). Please note this new category is not NBCC’s voluntary credential, the certified clinical mental health counselor (CCMHC). As a part of these new regulations NCCs may be required to take the National Counselor Examination for Licensure and Certification (NCE) or the National Clinical Mental Health Counseling Examination (NCMHCE). Because of these requirements, NBCC is offering an expedited registration for the exams, as well as a reduced fee for NCCs in good standing.

For NCMHCE registration, please download and submit the form posted on the NBCC Web site: <http://www.nbcc.org/Assets/RegistrationForm/NCMHCERegistrationForm.pdf>
For NCE registration, please download and submit the form posted on the NBCC Web site: <http://www.nbcc.org/Assets/RegistrationForm/NCERegistrationForm.pdf>

CCE UPDATE

The Center for Credentialing & Education (CCE) offers several credentials that can help counselors carve out new niche practices. Recently, we have seen tremendous growth in professional coaching, career development, human services and distance counseling. Below is a brief recap of other recent developments.

BCC (Board Certified Coach)



CCE introduced the BCC, a new

international coaching certification, and credentialed the first applicants under the inaugural application process in November 2010. More than 2,000 coaches will be sitting for the required examination and completing their application process over the next few months. Information derived from the examination performance of these applicants will be instrumental in the norming of the examination. Following completion of the norming period, the postinaugural application will be posted at www.cce-global.org/BCC/Application.

HS-BCP (Human Services-Board Certified Practitioner)



As part of CCE's continuing efforts to promote the dynamic and growing field of

human services, we have cooperated with the National Organization for Human Services (NOHS) and the Council for Standards in Human Service Education (CSHSE) to create a comprehensive online directory of human services and related education programs. This resource enables students to see the full range of educational options in human services and related fields and compare them all on one Web site. Program representatives are

able to add and edit their listings so that prospective students have the most up-to-date information as they make decisions about their education. The directory can be found at www.jobdelineation.com/HS-BCP/Directory/. For more information, please contact CCE at cce@cce-global.org.

CCE has introduced a new student application for the HS-BCP credential that allows students to begin the credentialing process and sit for the required examination while still in school. This application option is available to individuals enrolled in degree and certificate programs that hold accreditation or member status with the Council for Standards for Human Service Education (CSHSE). Participating programs must be approved by CCE. A faculty member from each participating program will serve as the campus coordinator, assisting students with the application process and submitting completed applications to CCE on behalf of students. A listing of participating degree programs can be found on CCE's Web site at www.cce-global.org/HSBCP/Student. For more information, please contact CCE at cce@cce-global.org.

i-counseling



i-COUNSELING®

In 2011, the North Carolina Board of Licensed Professional Counselors began offering its jurisprudence

examinations via CCE's i-counseling Web site. In addition to laws and rules examinations for state licensure boards, i-counseling also provides NBCC-approved continuing education via an online platform. More information regarding i-counseling is available at www.i-counseling.net.

Management Services

As part of its management services for the Art Therapy Credentials Board (ATCB), CCE recently completed the application process for the accreditation of ATCB's board certification (ATR-BC) process through the National Commission for Certifying Agencies (NCCA). NCCA accredited the ATR-BC credential on January 24, 2012. Accreditation assures the public and stakeholders, including employers, clients and state licensing boards, that an ATR-BC's professional competence has been assessed through an examination process and a certification process that meet national standards.



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Helping NCCs Meet New TRICARE Requirements

Continued from page 9

NBCC continues to be a resource to answer your questions and make this transition as seamless as possible. Below are some common questions we have received with respect to the new exam applications. Because NBCC is not affiliated with TRICARE, we are unable to answer specific provider questions or questions related to the etiology of this new regulation. Those questions should be directed to the TRICARE provider representative in your region.

Do I have to be a current TRICARE provider to register for the exam?

No, if you hold a license to practice counseling in any state, you are eligible to register for the NCE or NCMHCE. **Note:** Associate-level, limited, provisional or intern licensure is not sufficient for this registration.

Where can I find more information about the new requirements?

To read the original release in the Federal Register, go to www.federalregister.gov/articles/2011/12/27/2011-33109/tricare-certified-mental-health-counselors#p-3.

When can I take the exam?

You may sit for the exam as soon as your registration has been processed.

What is the registration processing time?

The registration process takes approximately four weeks. Once you are notified by NBCC that your registration is complete, you can schedule your exam through our testing partner, Applied Measurement Professionals Inc. (AMP). You are able to test at any of the more than 170 AMP assessment centers across the United States. If you need to test outside the United States, please contact NBCC at militaryexaminee@nbcc.org.

What is the registration fee?

NCCs in good standing can register for the NCMHCE or the NCE for a reduced fee of \$100.

Where can I find study materials?

Please visit www.nbcc.org/study for information on study materials.

Whom at NBCC should I contact if I have additional questions about the exam registration process?

If you have questions about exam registration, please e-mail us at militaryexaminee@nbcc.org.

If you have questions about NBCC advocacy efforts, please e-mail us at advocacy@nbcc.org.

For more information about the history of this advocacy effort, please visit www.nbcc.org/About/AdvocacyUpdates.

NBCC on the Move

NBCC is committed to advancing professional standards and annually attends, exhibits and/or presents at national and international counseling conferences. An additional bonus to attending these conferences is the opportunity to meet and share with our certificants, and other credentialing organizations and associations. Please visit with us at an upcoming event:

American Counseling Association (ACA) Annual Conference & Exposition

San Francisco

March 21–25, 2012

Conference Web site: www.counseling.org/convention/

American Mental Health Counselors Association (AMHCA) Annual Conference

Orlando, FL

July 19–21, 2012

Conference Web site: www.amhca.org/member/annual_conference.aspx



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The Royal University of Bhutan, in collaboration with NBCC International, is establishing one- and two-semester teaching and clinical opportunities in beautiful Thimphu, Bhutan.



Bhutan is a small Asian country nestled in the Himalayas. Academic and clinical settings include public schools, counseling centers, psychiatric hospital units and substance abuse centers, as well as a university setting.

For more information, contact Dr. J. Scott Hinkle at hinkle@nbcc.org.

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- Ethics in Professional Practice

Presentations may be viewed free of charge or at a minimal cost with continuing education credits for NBCC counselors, psychologists, social workers, addiction counselors, educators, and others for a small fee.

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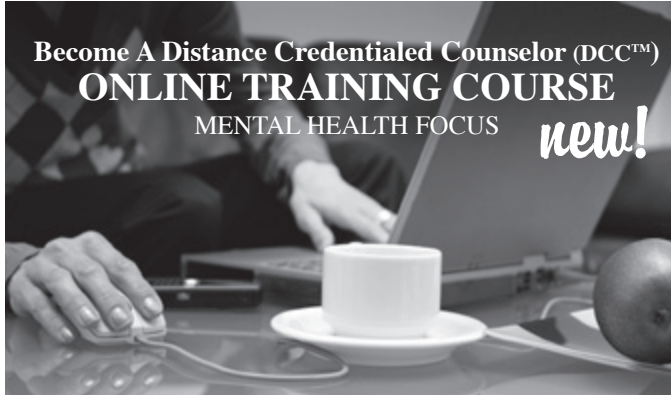
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NBCC Foundation Is Catching On

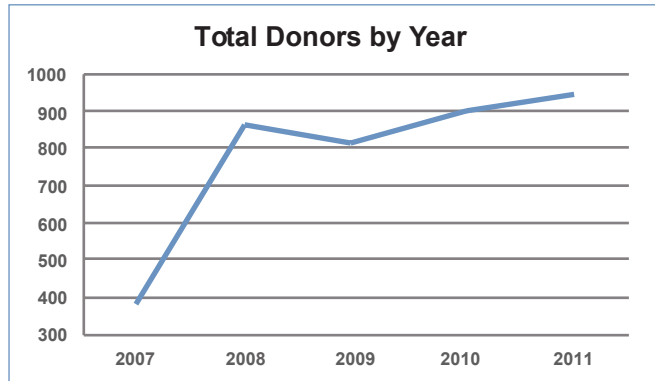
A growing number of National Certified Counselors (NCCs) are choosing the Foundation as a means for making a difference beyond the hard won accomplishments in their daily practice. If you are one of those friends, read on to learn what your contributions are accomplishing. If you are not, read on to learn why you want to be a part of this collective effort.

The NBCC Foundation recently produced three four-minute videos highlighting the good works that donors accomplish through the Foundation. (Watch them at <http://youtube.com/O4gxpKLOmGA> or at the NBCC booth at the ACA conference). In one video, David Weisenhorn, a 2010 military scholarship recipient, described the NBCC Foundation by saying, "This is OUR Foundation. This is our alma mater as far as counseling goes."

We could not have said it any better ourselves. The NBCC Foundation is every NCC's philanthropic tool for advancing the counseling profession while increasing the counseling and mental health resources to the underserved and never-served.

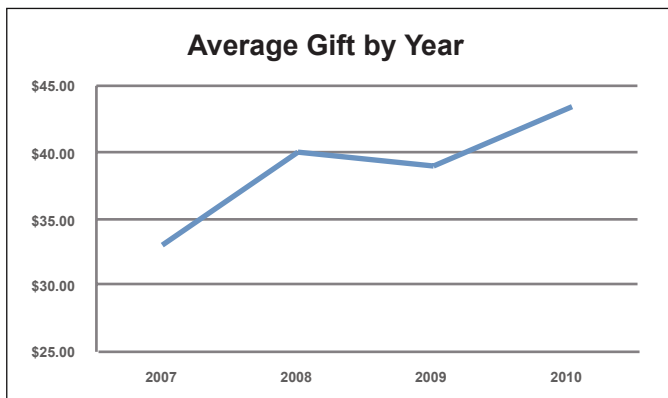
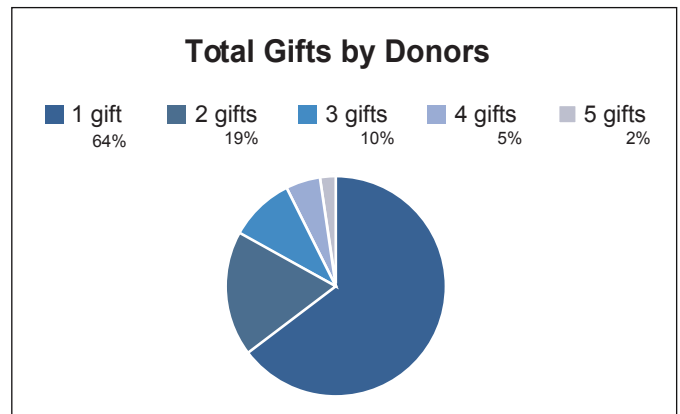
NCCs can make a difference through donations, whether annually with the NCC maintenance form or anytime via personal check or the online donation portal (www.nbccf.org/donate). The Foundation recently joined the online fundraising site FirstGiving (www.firstgiving.com/nbccf). Through this site, NCCs can establish a page in honor or memory of a special person or occasion, and enable family, friends and colleagues to give in lieu of flowers or other gifts. It's a great way to show support for the person while also making a tax-deductible gift.

There are many other ways to shape and use the Foundation. Want to help determine the



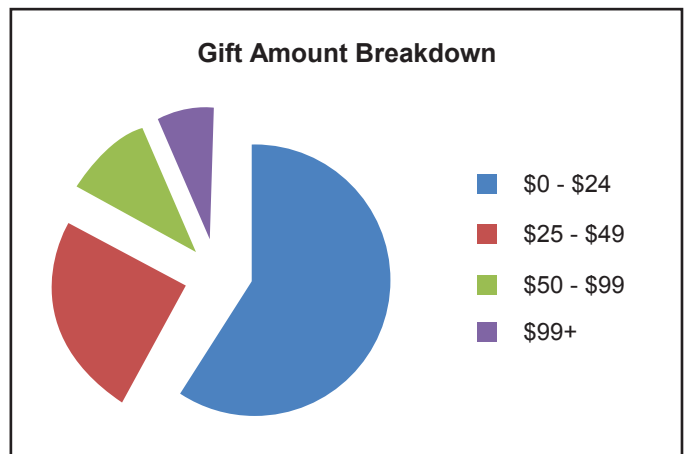
The NBCC Foundation has seen an increased number of donors over the last five years, and we're grateful that the number of repeat donors has grown as well.

Over one-third of our donors have given more than one gift. As time progresses, we expect to find that the majority of our donors are repeat givers.



We've seen the average gift increase steadily over the years, which we take as a thumbs-up from our supporters.

We appreciate all gifts, and hope to grow the \$25 or more contributions over time by effectively communicating the success of our mission and its positive impact.



2010 NBCCF SCHOLARSHIP RECIPIENT CLOSE-UPS



A graduate of Ashford University, **Jonathan Harold** is enrolled in the master's in higher education counseling program at West Chester University. Mr. Harold is currently pursuing his passion to serve veterans through his work at the Pennsylvania Department of Labor and Industry, where he helps veterans find employment.

Upon graduation, he plans

to continue serving veterans by moving to the Office of Vocational Rehabilitation and running an evening veterans group where he can offer not only his counseling skills, but resources and knowledge gained by working in state government.

What are your short- and long-term goals as a professional counselor? For the community/population you've committed to serve?

Currently, I've been working in the career counseling role [at Pennsylvania CareerLink]. My short-term goal is to keep getting knowledge about many of the different job industries out there. Learning more about these different industries will help me to better connect with my clients in the long run. As a career counselor . . . I can help clients work through the emotions of job loss, and we can show [them] great interview techniques, how to write an effective résumé, how to change careers with the skills they already have, but I am most satisfied when I see a client obtain a job that they find [personally] meaningful.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally?

I am honored that I received a scholarship. . . . I feel great that I have an organization such as NBCC rooting for me to obtain my master's in counseling. One thing I am really interested in doing is . . . to run groups for veterans. . . . When I first got out of the military and started my first semester at West Chester, I joined a group. I joined the group for two reasons. One was because I knew that I was going to be a future counselor and I had to understand the workings of a group. The second reason that I joined a group was because I needed some help readjusting from life [in] the military. . . . At first, I didn't really feel anything, and then one day after three months, a vibrant spirit woke up inside of me. I can't really explain what it was, but I would like to offer veterans that same safe place to work out those feelings.



Kristen Keim is a graduate of Lock Haven University and is enrolled in Pennsylvania State University's master's in elementary school counseling program. Possessing a natural talent for working with children and recognizing the need for quality mental health care in her rural hometown, Ms. Keim realized that school counseling was the path for her. Upon graduation, she plans to work as

a counselor and child advocate, addressing the behavioral, emotional and academic needs of children experiencing both the benefits and hardships of living in a rural area.

What led you to pursue a career in counseling?

I have always known that I love working with children, and I feel that I have a natural talent for interacting and engaging with kids. After college, I became employed as a therapeutic support staff (TSS) working in school, home and community settings. I especially enjoyed working in a school setting and found that I had a talent for working with elementary-age children. While working in a kindergarten classroom, I found so many of the kids opening up to me. I decided that I wanted a job helping not just one child in the school, but all of them. I wanted to be an elementary school counselor.

What does becoming a National Certified Counselor (NCC) mean to you personally? Professionally?

Becoming a National Certified Counselor was something that I didn't even really consider not doing because I want to be the best counselor I can be, and being certified, to me, is one of the highest counselor achievements that I can strive for.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally?

Winning the NBCCF scholarship has allowed me to be the best counselor-in-training that I could be. . . . With the scholarship, I was able to focus fully on my classes and internship experience without the stress of working part-time or taking out even more loans. I was so thankful to the NBCC Foundation when I found out I that I won this scholarship.

2011 NBCCF SCHOLARSHIP RECIPIENTS

The NBCC Foundation recently awarded 10 \$3,000 scholarships to counseling students who are dedicated to serving rural or military communities. The purpose of the scholarships is to increase the availability of much-needed counseling services for these two groups. Five of each type of scholarship were awarded.

Rural Scholarship Recipients

Paula Davis is both a student and a graduate of Mississippi State University where she is pursuing a master's in community counseling. Ms. Davis currently operates a nonprofit organization that mentors, educates and empowers women to excellence, and plans to expand its operations to include a private practice targeted toward African American women and serving their particular needs. She plans to carry out these goals as a counselor in Waynesboro, a rural community in Mississippi.

Katherine Failing is a graduate of Sewanee: the University of the South and is enrolled in Delta State University's master's in counselor education program. A former teacher, Ms. Failing observed the help children needed in rural parts of Mississippi. This experience led her to a career in counseling, and she plans on serving the delta region of Mississippi and its children as a counselor.

Tara Jackson is a graduate of Fort Lewis College and is enrolled in Adams State College's master's in clinical counseling program. A single mother of two, Ms. Jackson is dedicated to her rural Colorado town of Durango and has been for nearly 20 years. She currently interns with a local mental health care organization serving young single mothers, local immigrant families and other members of her community in need, and she plans to continue her work there as a counselor after graduation.

Anna Kirkley is both a student and graduate of Southeast Missouri State University where she is pursuing a master's in mental health counseling. A native of rural southeast Missouri, Ms. Kirkley always knew she had a skill for helping others. Her path to counseling was initiated by her experiences working at Head Start and as a case manager, where she worked to help those in need, but longed to be able to do more. She plans to work in the Cape Girardeau county area after graduation.

Lee Lapham is a graduate of Western Michigan University and is enrolled in Walden University's master's in mental health counseling program. She was born and raised in the small, rural town of Harrison, Michigan, and after college, she moved to the even smaller community

of Martin. Ms. Lapham's own experience with oppression led her to become a counselor and an advocate for her community. She has plans to develop community-based obesity projects, a problem that affects many rural towns, and fight against bullying as a part of a local antibullying program, in addition to serving her town as a counselor.

Military Scholarship Recipients

Sybil Allison is both a student and graduate of the University of Texas at San Antonio where she is pursuing a master's in community counseling. During her deployment to Iraq in support of Operation Iraqi Freedom, Ms. Allison learned firsthand of the need for mental health professionals in the military. Since that point, she has been pursuing education in the mental health field and is currently working with faculty to establish a counseling facility at the University of Texas at San Antonio. She plans to serve the military population as a counselor after graduation, and is extremely dedicated to helping this population with their mental health needs.

Shannon Ayres is both a student and graduate of Wilmington University where she is pursuing a master's in community counseling. A daughter of a naval aviator, Ms. Ayres followed in her father's footsteps and joined the U.S. Air Force at age 19. A desire awoke to help her fellow men and women in uniform cope with trauma and transition when she lost a friend in the service to suicide. Ms. Ayres plans to work with service members and veterans as a counselor through Veterans Affairs (VA) or at a local veteran center.

Jeffrey Hensley is a graduate of the University of Texas and is enrolled in the University of North Texas's master's in clinical mental health counseling program. Following his return from service in Iraq, Mr. Hensley sought the help of a professional counselor. This valuable and beneficial experience led to a decision to join the profession of counseling so that he could help others as he had been helped. He plans to use his own military experience as a tool in counseling service members and veterans.

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NBCC Foundation Is Catching On

Continued from page 16

giving priorities? Join The Counselors' Voice project. Want to expand your fundraising skills and influence? Be a part of the President's Circle. Want national and international leadership opportunities? Apply for a position on the Board of Trustees. For more information about these and other offerings, visit www.nbccf.org/donate/beinvolved.

The NBCC Foundation Board and staff are thinking BIG. What if the Foundation could provide a scholarship for a student in every counseling department nationwide? What if the Foundation could provide seed money or matching funds for counseling practices in communities throughout the world where there is none? Even modest donations from the more than 48,000 NCCs around the world can accomplish this and more. Join the growing number of NCCs who are making the Foundation their own and make these and other big ideas a reality. NBCC Foundation, www.nbccf.org.

2011 NBCCF SCHOLARSHIP RECIPIENTS

Continued from page 18

Aaron Smith is both a student and graduate of the University of New Mexico where he is pursuing a master's in clinical mental health counseling. A Marine Corps reservist, Mr. Smith experienced several deployments and struggled with the challenges of military service. He has a particular interest in treating post-traumatic stress disorder (PTSD), a problem he witnessed in many of his fellow service members. As a counselor, he hopes to provide relief for the military population dealing with the rigors of deployment and military life.

Craig Wells is both a student and graduate of Clemson University where he is pursuing a master's in clinical mental health counseling. A disabled army veteran who did multiple tours of combat duty, Mr. Wells served in support of Operation Desert Shield/Desert Storm and in Iraq developing critical infrastructure projects, such as clean water distribution. These experiences shaped his desire to serve military personnel as a counselor, and he is currently interning at a local veteran's center in preparation for this goal.

Why Scholarships?

NBCC Foundation staff members recently completed a study of the amount of tuition required to obtain the equivalent of a 60-semester hour master's degree in counseling. An analysis of 2011 tuition rates for 163 public and private institutions revealed the average tuition without consideration of out-of-state tuition to be **\$26,818** and with consideration of out-of-state tuition to be **\$32,212**. At the same time, the Bureau of Labor Statistics (BLS) estimates the mean annual wage for mental health counselors to be **\$41,360**. The BLS's *Occupation Outlook Handbook* also shows a projected job growth rate for counselors outstripping the expected number of graduates from counseling programs. Because of this, scholarships are needed to encourage good candidates to seek counseling degrees. The NBCC Foundation invites you to help us grow the number and size of scholarships available. Visit www.nbccf.org/donate.



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Navigating Private Practice: Free Ways to Increase Your Caseload

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to address their specific concerns. In many cases, a child in foster care may not automatically have a counselor and the foster parent, as the frontline caregiver, has the option of seeking those services.

Focus on physicians. Write a letter to a targeted group of physicians, introducing yourself and your practice. Highlight your specialties and clearly outline the population you serve. Let them know that you have immediate openings (if you do) and that if they have a patient who needs urgent support, you can help. Once you get a referral and a signed release of information from your client, follow up by sending the physician a thank-you note, and maintain regular coordination of care. Increasing coordination of care with physicians creates a direct referral line. All it takes is a couple of physicians for whom you are the “go-to” counselor, and the referrals will start coming through your door. Additionally, once you have a relationship with a physician, they are more likely to allow you to put brochures or business cards in their waiting rooms, increasing self-referrals.

Identify local Employment Assistance Programs (EAPs).

Contact the human resources office of larger organizations in your area and find out who provides their employment assistance program. (Sometimes this information can be found on their Web site.) It will likely be a national provider, but that national provider needs to contract with local counseling professionals to meet the need. You can then apply to be an approved provider with the larger EAP organization. A benefit to being an EAP provider is that it is often brief therapy—two to six sessions. This can be helpful during slow times of the year. You can take on new clients knowing that it is a short-term commitment. A second benefit is that working with EAP companies tends to be less of a challenge than large insurance companies. Their credentialing applications are less intimidating and you bill the EAP directly.

As insurance reimbursement rates decrease and the cost of living and operating a business increases, counselors have to get creative. Get your name out there and become your community’s “go-to” counselor.

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NCC NETWORK

Daniel L. Araoz, NCC, LMHC, of the C.W. Post Campus of Long Island University in Brookville, New York, is celebrating the fifth year of his 12th published book. *The Symptom Is Not the Whole Story: Psychoanalysis for Non-Psychoanalysts* was written for psychotherapists who had no specific training in psychodynamic therapy (PDT), but recognize their need to assist clients to develop and enjoy a mentally rich life once the presenting symptom is out of the way. Dr. A. Scott McGowan, the well-known and highly respected former editor of the *Journal of Counseling and Development*, stated in his review of the book that it “demonstrates how to increase our therapeutic repertoire with psychoanalytic principles and techniques—no matter what one’s primary philosophy of counseling and therapy... (it) provides tools that go beyond symptom removal to an in-depth knowledge of the client’s life-inhibiting problems.”

Judy Belmont, NCC,

LPC, of Allentown, Pennsylvania, is the

coauthor of a recently released self-help book, *The Swiss Cheese Theory of Life: How to Get Through Life’s Holes Without Getting Stuck in Them!* She uses the analogy that life is more like Swiss than American. It is not predictable and smooth, and it is the holes in our lives that make us stronger and more resilient. It is published by PESI, the mental health publisher that also published Ms. Belmont’s two other books for counselors (which include reproducible handouts and worksheets for use with clients): *86 Tips and Tools For the Therapeutic Toolbox* and *103 Group Activities and TIPS!* Ms. Belmont has also been a national seminar trainer for PESI. All books are available on PESI’s Web site (www.pesi.com), Amazon.com and at www.judybelmont.com. Early next year, PESI will be publishing an accompanying workbook and clinician guide to *The Swiss Cheese Theory of Life*.

Tracy Gillette, NCC, LPC, LMHC of Warrenton, South Carolina, was awarded the 2011 Andre Francois Award from Union Institute & University (UI & U). Dr. Gillette was chosen for her contributions to the field of psychology, her history of academic excellence, and the socially relevant subject of her dissertation on treatment of binge eating disorder. A committee of UI & U faculty and administrators nominated and selected her for the award, which included a monetary component of \$1,000.

Dr. Gillette is in private practice at Gillette Psychotherapy & Retreats. She is also associated with her local public school district. She has been an educator and a therapist for 20 years.

David Schell, NCC, LPC, LMFT of Selma, Alabama, recently published *Holy Cow, I Have Cancer! Now What?* in which the author chronicles his physical, emotional, spiritual and mental health journey from rage to resolution. An excellent resource and adjunct to therapy, the book can be ordered through Amazon.com.

GOT NEWS?

If you would like to submit an item for NCC Network, refer to the guidelines and deadlines on our Web site: www.nbcc.org/Newsletter/Submissions