DEPARTMENT OF PSYCHOLOGY

BSOS FELLER CENTER
ADVISING & CAREER PLANNING

COUNSELING LICENSURE PANEL, TIPS FROM PSYC ALUMNI

Review the tips below to learn about counseling licensures including LMHC, LCPC & BH-TMH, LICSW, and LPC as well as distinctions between different master's level programs in the Counseling and Social Work Fields.

Hosted by the UMD Psychology Department and the Joel and Kim Feller BSOS Advising & Career Planning office.

Educational/work experience:

Sonya Frazier '06 LMHC, Owner/Psychotherapist/Clinical Supervisor | living in FL s_frazier1@yahoo.com

- M.A., Counselor Education, 2009- University of South Florida
- B.A., Psychology, 2006- UMD

Sonya prides herself on providing individualized therapeutic services to children, adults, couples and families. Her counseling philosophy is that change happens by meeting the individual where they are with an unbiased and non-judgmental mindset. She takes pride in assisting people in identifying, exploring and acting on the infinite possibilities for their lives within a multicultural context. Sonya met the professional criteria to become a Licensed Mental Health Counselor (LMHC) in the State of Florida. She was trained as a Florida Supreme Court Family Mediator.

Adesuwa Izevbigie '08, LCPC & BC-TMH (Licensed Clinical Professional Counselor, Certified Clinical Trauma Professional, Board Certified Telemental Health provider, and Board Approved Clinical Supervisor), Psychotherapist and Clinical Supervisor | living in MD amizevbigie@gmail.com

- MA, Christian Counseling & Discipleship, 2011- Capital Bible Seminary
- BS, Biological Sciences: General Biology, 2008- UMD

I am a Licensed Clinical Professional Counselor (LCPC), Certified Clinical Trauma Professional (CCTP), Board Certified TeleMental Health Provider (BC-TMH), and Board Approved Clinical Supervisor with over seven years of clinical experience assessing and providing treatment for children, adolescents, and adults with mood, psychotic, substance use, and personality disorders. I am also an experienced leader with strong communication skills and the ability to work in concert with diverse individuals across assorted disciplines at various organizational levels. I am a dedicated, self-motivated, and hardworking professional with a passion for service and commitment to excellence.

Samuel Schor, LICSW, MSW, LICSW, Psychotherapist | Lives in DC sam@dta.email

- MA, Social Work, 2017- The Catholic University of America
- B.A., Psychology, 2006- UMD

Licensed Independent Clinical Social worker with a demonstrated history of working in the DC school system. Strong community and social services professional, graduated from The Catholic University of America. Skilled in child and adolescent therapy, adult therapy, couples therapy, and case management services. Strong collaborator and communicator. Extremely strong organizational and leadership skills.

Heather L. Narcum Ward, LPC '96, LPC Licensed Professional Counselor | Lives in NC heather.lpc.ward@gmail.com

- Masters, Social Work, 2019- Idaho
- B.A., Psychology, 1996- UMD

Military Spouse and Licensed Professional Counselor with over 21 years of experience in navigating the challenges of military life. Current roles: Red Cross Service to the Army Forces (SAF) Resilience Workshop Facilitator, virtual and in-person. Master Resilience Trainer (MRT) proficient in delivering a resilience curriculum developed by the University of Pennsylvania. Previous roles: Family Resilience Trainer with the FOCUS (Families OverComing Under Stress) Program. School Counselor in a K-8 school on a military post. My goal is to support and empower military families and Veterans with my extensive knowledge of resilience skills and license as a professional counselor.

Discuss Your Counseling Licensure. (i.e. courses/exam, # of hours, state or multi-state licensure):

- Have to be a lifelong learner. You are required to complete CEUs each year. HN
- In Maryland- During school, must complete an internship and complete 1,000 hours of clinical work. At Least 50 have to be with a board certified supervisor. LG- Licensed Graduate Professional Counselor. Renewal is every 2 years. AI
- DC- graduate with a MSW, which you can work with. Talk to your employers to ask if they will pay for some of the fees if you are working and pushing for a licensure. SS
- I am always learning and checking in with others to stay up to date.

What career position (s) does your Counseling Licensure qualify one for?

- Self employed working with personality disorders as well as a clinical supervisor. I also work in a mobile crisis center. I am trained in EMDR. My program in Christian Counseling prepared me for the certifications and licensure. In my clinic I do not include spirituality unless the client requests it. AI
- As an LCC we see it all. A counseling mental health center would be the best place to start. I started with in-home counseling centers. Currently, I work for a managed care company and it is not widely known. Consider looking into healthcare or medical care to get started. SF

Positions for BA/BS students?

You can't do counseling directly with a bachelor degree only, but the positions below offer insight into what the field might be like to work in.

- Psychiatric rehabilitation centers would offer entry level positions.
- Consider looking at non-profits to find positions working with the population you are interested in working with.
- In DC, the charter schools will hire professionals with a LGSW.
- Bachelor level job titles: Peer recovery specialist, phone crisis counselor positions, peer mentor, mental health tech, case manager (state or a non-profit), ABA therapist, view more options from UMD BA/BA graduates.
- I took a year off and worked in a call center before I decided what I wanted to do. Take your time to figure your path out. There is no rush! AI

Clinical vs counseling?

- My masters is in counseling and it is very versatile. I work with cognitive behavioral therapy. Tele-mental health is an option. HW

Multi-state licensure/Endorsement? Endorsement- states have an agreement to allow you to practice in their state if your current standing is good. If you are interested in multi-state, find out which one is the most difficult, get that one first and then you can apply for the other states. FYI- DC is a little difficult.

Can you get multiple licensure? Yes- you just have to pay for them! I have to pay for VA, DC, EMDR, trama, Tele-health. AI

Graduate school: Degrees, etc.

- Masters level- you can not practice with a masters in psychology.
- PsyD- more client based.
- PhD- more researched based.
- **Licensure is not always worked into the program.** It depends on the program and their relationship with the governing board in that state.
- Look for programs and schools that are accredited! Choose from the CACREP accredited programs.
- MSW- you can take the LGSW exam 3 months before you graduate, but you do not have to have a license for all jobs.
    - 1. LG, Licensed Graduate (completed graduate school and completed the license)
    - 2. 100 hours of supervision and 3,000 hours (2 years) of clinic
    - 3. Then you can sit for the Independent licensure exam
- When do you start seeing clients in graduate school?
    - During my practicum as well as volunteering. HW
    - During my practicum- it was 500 hours, in my second year. That was followed by a 1,000 hour internship. It is under supervision. SF

Advice:

- Jobs: References and relationships matter. SS
- Develop skills like communication, helping skills through internships so that you can demonstrate skills on your resume for your next opportunity.
- This field requires professionals who are lifelong learners. You are required to complete CEUs each year.

RESOURCES:

- Use Terrapins Connect to connect with alumni to learn more about graduate school, etc.
- APA: https://www.apa.org/
- NBCC: https://www.nbcc.org/
- BC-TMH: Board Certified-TeleMental Health Provider information, https://www.cce-global.org/credentialing/bctmh
- Association of Social Work Boards: https://www.aswb.org/
- LinkedIn- Great way to connect to professionals you don't know and request informational interviews- we will respond as therapist
- Licensure requirements for professional counselors, a state by state report

Additional Resources for graduate school:

- Accredited Graduate Programs in Counseling (from CACREP)
- Choosing Between the PsyD and PhD Psychology Graduate Degree
- Psychology degree specialties

- Types of Psychology Degrees

Learn about the licensing process:

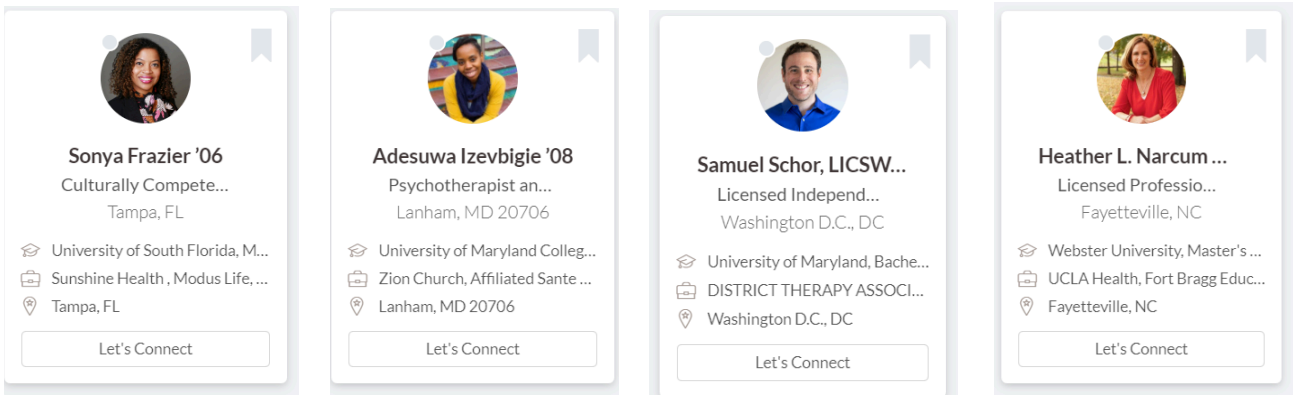
Types of Counseling Licensure in Maryland & Requirements

- Professional Counselor
- Licensed Graduate Professional Counselors (LGPC)
- Marriage and Family Therapy
- Licensed Graduate Marriage & Family Therapy (LGMFT)
- Licensed Clinical Alcohol & Drug Counselor
- Licensed Graduate Alcohol and Drug Counselor (LGADC)
- Out of State Alcohol and Drug
- Licensed Clinical Professional Art Therapists (LCPAT)
- Licensed Graduate Professional Art Therapists (LGPAT)

Licensure information by state

Fully Funded Master's Programs in Psychology by ProFellow

Use Terrapins Connect to connect with our panelist one-on-one:



Review more career exploration information on the Feller Center's website.