

## Burgos, Alexander N

---

**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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**From:** Melonie Davis <davis@ncblcmhc.org>

**Sent:** Tuesday, January 17, 2023 2:57 PM

**To:** Duke, Lawrence <lawrence.duke@oah.nc.gov>; Robin Colburn <colburn@cce-global.org>

**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>; Balshakova, Alesia M <abalshakova@ncdoj.gov>

**Subject:** Re: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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Lawrence,

Below are the proposed responses for rule .0701. My apologies as they were left off the last email.

Rule .0701:

- Subitems (2)(a) through (c) need to begin with a lower-case letter. Subitems (1)(a) through (i) appear to be the proper noun titles of courses (each letter of the course name is capitalized) and, if this is true, are correctly capitalized. The subitems in (2) only *begin* with capital letters. This indicates that they are merely descriptive of the types of coursework and would not begin with a capital letter. **Done.**
- Regarding the use of “or” at the end of Item (1), page 4, line 20, or “and” at the end of both Subitem (2)(c) and Item (3), page 5, lines 6 and 7, please fix using the attached guidelines. **The Board deleted “and” at the end of Paragraph (3) on p. 5, line 7. It does not appear that the Style Guide addresses a more complex list. However, applying the logic of the Style Guide, the Board is making sure that it is clear to the regulated public that either Paragraphs (1), and (3), and (4), and (5) will apply or Paragraphs (2), and (3), and (4), and (5) will apply for licensure.**

Please let us know if you have additional concerns.

Kindly,

Melonie Davis | M.A., LCMHCA, NCC

Executive Director, North Carolina Board of Licensed Clinical Mental Health Counselors

2C Terrace Way | Greensboro, NC 27403 USA

Phone: [+1 336.217.6007](tel:+1336.217.6007) | Fax: [+1 336.217.9450](tel:+1336.217.9450)

NCBLCMHC.org

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y an authorized state official.

## Burgos, Alexander N

---

**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review  
**Attachments:** 21 NCAC 53 .0701.docx

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**From:** Melonie Davis <davis@ncblcmhc.org>  
**Sent:** Tuesday, January 17, 2023 2:47 PM  
**To:** Duke, Lawrence <lawrence.duke@oah.nc.gov>; Robin Colburn <colburn@cce-global.org>  
**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>; Balshakova, Alesia M <abalshakova@ncdoj.gov>  
**Subject:** RE: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

**CAUTION:** External email. Do not click links or open attachments unless you verify. Send all suspicious email as an attachment to [Report Spam](#).

Hello Lawrence,

Attached you will find the revised version of rule .0701, with your most recent requested updates. We are still reviewing rule .0206. When do we need to have the revised version submitted back to you?

Kindly,

**Melonie Davis** | M.A, LCMHCA, NCC  
Executive Director, North Carolina Board of Licensed Clinical Mental Health Counselors  
2C Terrace Way | Greensboro, NC 27403 USA  
Phone: +1 336.217.6007 | Fax: +1 336.217.9450  
[NCBLCMHC.org](http://NCBLCMHC.org)



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1 21 NCAC 53 .0206 is amended with changes as published in NCR 36:17 1443-1444 as follows:

2  
3 **21 NCAC 53 .0206 GRADUATE COUNSELING EXPERIENCE**

4 ~~(a) Applicants enrolled in master's programs before July 1, 2015, a separate practicum and an internship shall be~~  
5 ~~completed as part of the graduate course of study with at least 17 hours of graduate counseling supervision, as defined~~  
6 ~~in Rules .0210 and .0211 of this Section. Supervised graduate counseling shall be verified by a university faculty~~  
7 ~~member on forms available on the Board's website, www.neblemhc.org, and shall consist of a minimum of 300 hours~~  
8 ~~of supervised graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours~~  
9 ~~of graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling~~  
10 ~~experience shall be direct counseling experience as defined in Rule .0205 of this Section.~~

11 ~~(b)(a) [For] Applicants [applicants] who enroll in a master's program on or after apply prior to July 1, 2015-2022,~~  
12 ~~shall complete a graduate counseling experience experience, which~~ shall consist of the following separate courses:

- 13 (1) one or more courses in practicum totaling at least three semester hours or five quarter hours;
- 14 (2) one or more courses in internship totaling at least three semester hours or five quarter hours; and
- 15 (3) at least 17 hours of graduate counseling supervision as defined in Rules .0210 and .0211 of this  
16 Section.

17 Supervised graduate counseling shall comply with the requirements of Rule .0212 of this Section, shall be verified by  
18 a university faculty member on the Verification of Graduate Counseling Experience Form as described in Section (c)  
19 of this [Rule.] forms available on the Board's website, www.neblpe.org, Rule, and shall consist of a minimum of 300  
20 hours of graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours of  
21 graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling  
22 experience shall be direct counseling experience as defined in Rule .0205 of this Section.

23 (b) Pursuant to N.C. Gen. Stat. 90-336(b2), [For] applicants who apply on or after July 1, 2022, shall complete a  
24 graduate counseling [experience] experience, which shall consist of the following separate courses:

- 25 (1) one or more courses in practicum that meet the standards related to practicum of the current version  
26 of the Council for Accreditation of Counseling and Related Educational Programs (CACREP),  
27 available at www.cacrep.org, at the time of the receipt of application as defined in Rule .0308(a).  
28 The practicum courses shall include graduate counseling supervision as defined by the current  
29 version of the CACREP Standards at the time of application; and
- 30 (2) one or more courses in internship that meet the standards related to internship of the current version  
31 of the Council for Accreditation of Counseling and Related Educational Programs (CACREP),  
32 available at www.cacrep.org, at the time of the receipt of application as defined in Rule .0308(a).  
33 The internship courses shall include graduate counseling supervision as defined by the current  
34 version of the CACREP Standards at the time of application.

35 For applicants who apply on or after July 1, 2025, all [A#] internship experiences shall be in a clinical mental health  
36 setting that provides substantial opportunities to assess, appraise, diagnose, and treat [diagnose, treat, appraise, and  
37 assess] mental health disorders and shall consist of "direct counseling experience" as defined in Rule .0205(a) of this

1 Section. Clinical mental health settings may include private ~~[practices,]~~ practices; college counseling ~~[centers,]~~  
2 ~~centers;~~ community ~~[agencies,]~~ agencies; managed behavioral health care ~~[organizations,]~~ organizations; integrated  
3 delivery systems ~~[hospitals,]~~ hospitals; employee assistance ~~[programs,]~~ programs; ~~[of]~~ specialty treatment ~~[centers,]~~  
4 ~~centers;~~ vocational rehabilitation centers; marriage, couple, and family practices; addiction counseling sites; or school-  
5 based clinical mental health counseling sites. An applicant shall submit a Verification of Graduate Counseling  
6 Experience ~~[Forms,]~~ Form, as described in Paragraph (c) of this Rule, which shall identify the type of clinical mental  
7 health setting ~~[setting-]~~ and describe the counseling experience acquired by an applicant in the following areas:  
8 assessment, appraisal, diagnosis, and treatment of mental health disorders.

9 (c) Verification of Graduate Counseling Experience Form shall contain:

- 10 (1) the name, title, contact information and signature of the person verifying graduate counseling  
11 experience;
- 12 (2) the name of agency where graduate counseling experience occurred;
- 13 (3) information regarding university supervisor for the graduate counseling experience;
- 14 (4) the name, title and credentials of the site supervisor;
- 15 (5) total hours of individual and group clinical supervision received during graduate counseling  
16 experience;
- 17 (6) whether the experience is practicum or internship;
- 18 (7) the beginning and end dates of clinical experience;
- 19 (8) the total number of direct and indirect hours, as defined by CACREP; and
- 20 (9) the total hours of direct and indirect client contact as defined by CACREP.

21 The form is available on the Board's website at [www.ncblcmhc.org](http://www.ncblcmhc.org).

22  
23 *History Note: Authority G.S. 90-332.1(a)(3); ~~90-334(h),(i); 90-334(h); 90-334(i); 90-336(b)(1); 90-336(b1); 90-~~*  
24 *~~336(b2).~~*

25 *Eff. July 1, 1995;*

26 *Amended Eff. July 1, 2014; January 1, 2010;*

27 *Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. April 27,*  
28 *2019.*

29 *Amended Eff. February 1, 2023.*

1 21 NCAC 53 .0701 is amended with changes as published in NCR 36:17 1445-48 as follows:

2  
3 **SECTION .0700 – LICENSED CLINICAL MENTAL HEALTH COUNSELOR ASSOCIATE**

4  
5 **21 NCAC 53 .0701 LICENSED CLINICAL MENTAL HEALTH COUNSELOR ASSOCIATE**

6 The Board shall grant a license as a licensed clinical mental health counselor associate shall be granted by the Board  
7 to persons preparing for the practice of counseling who have:

8 (1) if applied before July 1, [2022,] 2025, completed graduate training as defined in G.S. 90-336(b)(1);  
9 G.S. 90-336(b1) or (b2), as applicable; and

10 ~~(2) — completed a minimum of three semester hours or five quarter hours in each of the required~~  
11 coursework areas of study as follows:

12 (a) Coursework in Helping Relationships in Counseling. Studies in this area provide an  
13 understanding of counseling and consultation processes, including the following:

14 (i) counseling and consultation theories, including both individual and systems  
15 perspectives, as well as coverage of relevant research and factors considered in  
16 applications;

17 (ii) basic interviewing, assessment, and counseling skills;

18 (iii) counselor or consultant characteristics and behaviors that influence mental health  
19 counseling relationships, including age, gender, and ethnic differences; verbal and  
20 nonverbal behaviors; personal behaviors; and personal characteristics,  
21 orientations, and skills;

22 (iv) client or consultee characteristics and behaviors that influence mental health  
23 counseling relationships, including age, gender, and ethnic differences; verbal and  
24 nonverbal behaviors; and personal behaviors; personal characteristics,  
25 orientations and skills; and

26 (v) ethical considerations.

27 (b) Coursework in Practicum and Internship. Practicum and internship experience should shall  
28 be provided in a supervised graduate counseling experience in a regionally accredited  
29 program of study. This graduate counseling experience shall be completed as defined in  
30 Rule .0206 of this Chapter.

31 (c) Coursework in Professional Orientation to Counseling. Studies in this area provide an  
32 understanding of all aspects of professional functioning, including history, roles,  
33 organizational structures, ethics, standards, and credentialing, including the following:

34 (i) history of the counseling profession, including significant factors and events;

35 (ii) professional roles and functions of counselors, including similarities and  
36 differences with other types of professionals;

- 1 (iii) professional organizations (primarily the ACA, its divisions, branches and  
2 affiliates), including membership benefits, activities, services to members, and  
3 current emphases;
- 4 (iv) ethical standards of the National Board for Certified Counselors (NBCC) or ACA  
5 and related ethical and legal issues, and their applications to various professional  
6 activities (e.g., appraisal, group work);
- 7 (v) clinical mental health counselor preparation standards, their evolution, and current  
8 applications;
- 9 (vi) clinical mental health counselor credentialing, including counselor certification,  
10 licensure and accreditation practices and standards, and the effects of public  
11 policy on these issues;
- 12 (vii) public policy processes, including the role of the clinical mental health counselor  
13 advocating on behalf of the profession and its clientele; and
- 14 (viii) ethical considerations.
- 15 (d) Coursework in Human Growth and Development Theories in Counseling. Studies in this  
16 area provide an understanding of the nature and needs of individuals at all developmental  
17 levels, relevant to counseling practice, including the following:
- 18 (i) theories of individual and family development, and transitions across the life span;  
19 (ii) theories of learning and personality development;
- 20 (iii) human behavior, including an understanding of developmental crises, disability,  
21 addictive behavior, psychopathology, and environmental factors as they affect  
22 both normal and abnormal behavior;
- 23 (iv) counseling strategies for facilitating development over the life span; and  
24 (v) ethical considerations.
- 25 (e) Coursework in Social and Cultural Foundations in Counseling. Studies in this area provide  
26 an understanding of issues and trends in a multicultural and diverse society that impact  
27 clinical mental health counselors and the counseling profession, including, the following:
- 28 (i) multicultural and pluralistic trends, including characteristics and concerns of  
29 counseling individuals from diverse groups;
- 30 (ii) attitudes and behavior based on factors such as age, race, religious preferences,  
31 physical disability, sexual orientation, ethnicity and culture, family patterns,  
32 gender, socioeconomic status, and intellectual ability;
- 33 (iii) individual, family, and group counseling strategies with diverse populations; and  
34 (iv) ethical considerations.
- 35 (f) Coursework in Group Counseling Theories and Processes. Studies in this area provide an  
36 understanding of group development, dynamics, and counseling theories; group counseling  
37 methods and skills; and other group work approaches, including the following:

- 1 (i) principals of group dynamics, including group counseling components,  
2 developmental stage theories, and group members' roles and behaviors;
- 3 (ii) group leadership styles and approaches, including characteristics of various types  
4 of group leaders and leadership styles;
- 5 (iii) theories of group counseling, including commonalities, distinguishing  
6 characteristics, and pertinent research and literature;
- 7 (iv) group counseling methods, including group counselor orientations and behaviors,  
8 ethical standards, appropriate selection criteria, and methods of evaluation of  
9 effectiveness;
- 10 (v) approaches used for other types of group work in counseling, including task  
11 groups, support groups, and therapy groups; and
- 12 (vi) ethical considerations.
- 13 (g) Coursework in Career Counseling and Lifestyle Development. Studies in this area provide  
14 an understanding of career counseling, development, and related life factors, including the  
15 following:
- 16 (i) career-counseling theories and decision-making process;
- 17 (ii) career, avocational, educational, and labor market information resources; visual  
18 and print media; and computer-based career information systems;
- 19 (iii) career-counseling program planning, organization, implementation,  
20 administration, and evaluation;
- 21 (iv) interrelationships among work, family, and other life roles and factors, including  
22 multicultural and gender issues as related to career counseling;
- 23 (v) career and educational placement counseling, follow-up, and evaluation;
- 24 (vi) assessment instruments and techniques relevant to career counseling;
- 25 (vii) computer-based career-development applications and strategies, including  
26 computer-assisted career-counseling systems;
- 27 (viii) career-counseling processes, techniques and resources, including those applicable  
28 to specific populations; and
- 29 (ix) ethical considerations.
- 30 (h) Coursework in Assessment in Counseling. Studies in this area provide an understanding of  
31 individual and group approaches to assessment and evaluation in counseling practice,  
32 including the following:
- 33 (i) theoretical and historical bases for assessment techniques in counseling;
- 34 (ii) validity, including evidence for establishing content, construct, and empirical  
35 validity;
- 36 (iii) reliability, including methods of establishing stability, internal, and equivalence  
37 reliability;

- (iv) appraisal methods, including environmental assessment, performance assessment, individual and group test and inventory methods, behavioral observations, and computer-managed and computer-assisted methods;
  - (v) psychometric statistics, including types of assessment scores, measures of central tendency, indices of variability, standard errors, and correlations;
  - (vi) age, gender, ethnicity, language, disability, and cultural factors related to the use of assessment and evaluation in counseling services;
  - (vii) strategies for selecting, administering, interpreting, interpreting and using *assessment and evaluation* instruments, and techniques in counseling; and
  - (viii) ethical considerations.
- (i) Coursework in Research and Program Evaluation. Studies in this area provide an understanding of types of research methods, basic statistics, and ethical and legal consideration in research, including the following:
- (i) basic types of research methods to include qualitative and quantitative research designs;
  - (ii) basic parametric and nonparametric statistics;
  - (iii) principles, practices, and applications of needs assessment and program evaluation;
  - (iv) uses of computers for data management and analysis; and
  - (v) ethical and legal ~~considerations~~; considerations; or

(2) If applied on or after July 1, ~~2022~~, 2025, completed graduate training as defined in G.S. 90-336(b2) and the required [courses] content areas of study of the current version of the Council for Accreditation of Counseling and Related Educational Programs (CACREP), that is hereby incorporated by reference, including subsequent versions, available at [www.cacrep.org](http://www.cacrep.org), at the time of the receipt of application as defined in Rule .0308(a). The graduate coursework shall also include ~~[include, but is not limited to, a minimum of-]~~ three semester hours or five quarter hours in each of the required [coursework] content areas of study as follows:

- [(a) — Theories of counseling and psychotherapy;
- (b) — Evaluation and appraisal procedures;
- (c) — Group dynamics, theories, [theories] and techniques;
- (d) — Counseling techniques and helping skills;
- (e) — Multicultural counseling;
- (f) (a) [Professional issues and ethics;] introduction to clinical mental health counseling with professional issues and ethics;
- [(g) — Research;
- (h) — Career counseling;
- (i) — Psychosocial and human development across the lifespan;]



1 ~~[(j)]~~ (b) Clinical practicum practicum and clinical mental health internship; and  
2 ~~[(k)]~~ (c) appraisal and assessment of mental health disorders with use ~~[Use]~~ and application of the  
3 current version of Diagnostic and Statistical Manual of Mental Disorders (DSM),  
4 ~~[appraisal and assessment of mental health disorders, psychopathology, diagnosis,~~  
5 ~~treatment and treatment planning, and evidence based intervention and practice;]~~ to include  
6 psychopharmacology and differential diagnosis; and

7 (3) passed an examination as defined in Rule .0305 of this Chapter; ~~and~~

8 (4) submitted a complete application for licensed clinical mental health counselor ~~[associate.]~~ associate;  
9 and

10 (5) earned 60 semester hours or 90 quarter hours of graduate training in counseling or related field from  
11 a program that is accredited by the Council for Accreditation of Counseling and Related Educational  
12 Programs (CACREP).

13 To prevent a lapse in licensure, licensed clinical mental health counselor associates who desire to become licensed  
14 clinical mental health counselors shall complete the application process for the licensed clinical mental health  
15 counselor licensure no earlier than 60 days prior to expiration of their licensed clinical mental health counselor  
16 associate license or upon completion of the supervised professional practice hours as set forth in Rule .0208 of this  
17 Chapter to allow for administrative processing and Board action.

18  
19 *History Note:* Authority G.S. 90-334(h); 90-336(a); ~~90-336(b)~~; 90-336(b1); 90-336(b2).

20 *Eff. January 1, 2010;*

21 *Amended Eff. July 1, 2014; January 1, 2010;*

22 *Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. April 27,*  
23 *2019;*

24 *Amended Eff. January 1, 2020 (S.L. 2019-240, s. 3.(k)).*

25 *Amended Eff. February 1, 2023*

## Burgos, Alexander N

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**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review  
**Attachments:** Administrative Rule Style Guide - Chpt 14.1 Lists.pdf

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**From:** Duke, Lawrence <lawrence.duke@oah.nc.gov>  
**Sent:** Tuesday, January 17, 2023 12:33 PM  
**To:** Melonie Davis <davis@ncblcmhc.org>; Robin Colburn <colburn@cce-global.org>  
**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>  
**Subject:** RE: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

Ms. Davis,

I have reviewed the Board's responses. There are a few remaining issues.

**Rule .0206:**

- Paragraph (b): G.S. 90-336(b2) only states that the required courses be taken at "an institution of higher education that is accredited by" CACREP. The Rule appears to be incorporating standards set by CACREP. Accreditation and standards are not the same thing. Standards must be incorporated by reference. The accreditation of a school is something that either exists or does not exist at the time an applicant applies for a license, and this is relatively unlikely to change often or at all. However, standards change and are more likely to change between graduation from an accredited school and application for a license, in which case the applicant is going to have to figure out how to go back to the institution of higher education and take more courses that now meet the standard, even though the applicant has graduated. The Rule as written does not reflect the statute as they are addressing two separate issues related to CACREP.
- The text that follows Subparagraph (b)(2) needs to be its own subparagraph to mirror (a) and (b). Each should start: "For applicants who apply on or after..." This is a new and different requirement that is not related to applicants who apply after July 1, 2022. Furthermore, all requirements of the form should be in its own paragraph that should read more like: "The Verification of Graduate Counseling Experience Form shall be filed with an application for a license. It requires [or: shall contain] the following:" and then list the required items. This list should also contain the requirements an applicant must "identify", as currently stated at the end of Paragraph (b). Also, "as defined by CACREP" is the inclusion of a standard which must be incorporated by reference to be used.

**Rule .0701:**

- Subitems (2)(a) through (c) need to begin with a lower-case letter. Subitems (1)(a) through (i) appear to be the proper noun titles of courses (each letter of the course name is capitalized) and, if this is true, are correctly capitalized. The subitems in (2) only *begin* with capital letters. This indicates that they are merely descriptive of the types of coursework and would not begin with a capital letter.
- Regarding the use of "or" at the end of Item (1), page 4, line 20, or "and" at the end of both Subitem (2)(c) and Item (3), page 5, lines 6 and 7, please fix using the attached guidelines.

If you have any questions, please let me know.

**Lawrence Duke**

Counsel, NC Rules Review Commission  
Office of Administrative Hearings  
(984) 236-1938

## **Burgos, Alexander N**

---

**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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**From:** Duke, Lawrence <lawrence.duke@oah.nc.gov>

**Sent:** Tuesday, January 17, 2023 9:52 AM

**To:** Melonie Davis <davis@ncblcmhc.org>; Robin Colburn <colburn@cce-global.org>

**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>

**Subject:** RE: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

Ms. Davis,

I apologize for just now confirming receipt of that email correspondence. I am reviewing the Board's responses and will be in touch soon.

Thank you for getting these to me by the deadline.

**Lawrence Duke**

Counsel, NC Rules Review Commission

Office of Administrative Hearings

(984) 236-1938

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## Burgos, Alexander N

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**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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**From:** Melonie Davis <davis@ncblcmhc.org>

**Sent:** Friday, January 13, 2023 4:58 PM

**To:** Duke, Lawrence <lawrence.duke@oah.nc.gov>; Robin Colburn <colburn@cce-global.org>

**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>

**Subject:** [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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Hello Lawrence,

The revised rules were sent today at 4:41pm. I would kindly ask that you please confirm receipt of that correspondence.

Thank you,

**Melonie Davis** | M.A, LCMHCA, NCC

Executive Director, North Carolina Board of Licensed Clinical Mental Health Counselors

2C Terrace Way | Greensboro, NC 27403 USA

Phone: +1 336.217.6007 | Fax: +1 336.217.9450

[NCBLCMHC.org](http://NCBLCMHC.org)



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ed state official.

## Burgos, Alexander N

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**From:** Melonie Davis <davis@ncblcmhc.org>  
**Sent:** Friday, January 13, 2023 4:41 PM  
**To:** Duke, Lawrence; Robin Colburn  
**Cc:** Burgos, Alexander N  
**Subject:** [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review  
**Attachments:** 21 NCAC 53 .0206.docx; 21 NCAC 53 .0701.docx; Brd. of Mental Health Counselors - 01.2023 - 21 NCAC 53 Change Requests Responses.docx

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Hello Lawrence,

Attached you will find the revised rules, along with the responses to your revision requests. Please let me know if you have any questions, or if I can be of further assistance.

Also, if the following individuals could please be sent links to attend the hearing on Thursday, that would be great.

Alesia Balshakova- [ABalshakova@ncdoj.gov](mailto:ABalshakova@ncdoj.gov)  
Robin Colburn- [colburn@cce-global.org](mailto:colburn@cce-global.org)  
Brandice Bell- [bell@ncblcmhc.org](mailto:bell@ncblcmhc.org)

Thank you,

**Melonie Davis** | M.A, LCMHCA, NCC

Executive Director, North Carolina Board of Licensed Clinical Mental Health Counselors  
2C Terrace Way | Greensboro, NC 27403 USA  
Phone: +1 336.217.6007 | Fax: +1 336.217.9450  
[NCBLCMHC.org](http://NCBLCMHC.org)



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**From:** Duke, Lawrence <lawrence.duke@oah.nc.gov>  
**Sent:** Monday, January 9, 2023 6:26 PM

**To:** Melonie Davis <davis@ncblcmhc.org>; colurn@cce-global.org  
**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>  
**Subject:** Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

**[EXTERNAL EMAIL]** DO NOT CLICK links or attachments unless you recognize the sender and know the content is safe.

Good afternoon,

I'm the attorney who reviewed the Rules submitted by the NC Board of Licensed Clinical Mental Health Counselors for the January 2023 Rules Review Commission meeting. The RRC will formally review these Rules at its meeting on Thursday, January 19, 2022, at 9:00 a.m. The meeting will be a hybrid of in-person and WebEx attendance, and an evite should be sent to you as we get closer to the meeting. If there are any other representatives from your agency who will want to attend virtually, let me know prior to the meeting, and we will get evites out to them as well.

I have attached my requests for changes. Please submit the revised Rule and form to me via email, no later than 5:00 p.m. on Monday, January 16, 2023. In the meantime, please let me know if you have any questions or concerns.

Thank you,

**Lawrence Duke**



**Counsel to the North Carolina Rules Review Commission**  
**Office of Administrative Hearings**  
[Lawrence.Duke@oah.nc.gov](mailto:Lawrence.Duke@oah.nc.gov)  
(919) 236-1938

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1 21 NCAC 53 .0206 is amended with changes as published in NCR 36:17 1443-1444 as follows:

2  
3 **21 NCAC 53 .0206 GRADUATE COUNSELING EXPERIENCE**

4 ~~(a) Applicants enrolled in master's programs before July 1, 2015, a separate practicum and an internship shall be~~  
5 ~~completed as part of the graduate course of study with at least 17 hours of graduate counseling supervision, as defined~~  
6 ~~in Rules .0210 and .0211 of this Section. Supervised graduate counseling shall be verified by a university faculty~~  
7 ~~member on forms available on the Board's website, www.neblemhc.org, and shall consist of a minimum of 300 hours~~  
8 ~~of supervised graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours~~  
9 ~~of graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling~~  
10 ~~experience shall be direct counseling experience as defined in Rule .0205 of this Section.~~

11 ~~(b)(a) [For] Applicants [applicants] who enroll in a master's program on or after apply prior to July 1, 2015-2022,~~  
12 ~~shall complete a graduate counseling experience experience, which~~ shall consist of the following separate courses:

- 13 (1) one or more courses in practicum totaling at least three semester hours or five quarter hours;
- 14 (2) one or more courses in internship totaling at least three semester hours or five quarter hours; and
- 15 (3) at least 17 hours of graduate counseling supervision as defined in Rules .0210 and .0211 of this  
16 Section.

17 Supervised graduate counseling shall comply with the requirements of Rule .0212 of this Section, shall be verified by  
18 a university faculty member on the Verification of Graduate Counseling Experience Form as described in Section (c)  
19 of this [Rule.] forms available on the Board's website, www.neblpe.org, Rule, and shall consist of a minimum of 300  
20 hours of graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours of  
21 graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling  
22 experience shall be direct counseling experience as defined in Rule .0205 of this Section.

23 (b) Pursuant to N.C. Gen. Stat. 90-336(b2), [For] applicants who apply on or after July 1, 2022, shall complete a  
24 graduate counseling [experience] experience, which shall consist of the following separate courses:

- 25 (1) one or more courses in practicum that meet the standards related to practicum of the current version  
26 of the Council for Accreditation of Counseling and Related Educational Programs (CACREP),  
27 available at www.cacrep.org, at the time of the receipt of application as defined in Rule .0308(a).  
28 The practicum courses shall include graduate counseling supervision as defined by the current  
29 version of the CACREP Standards at the time of application; and
- 30 (2) one or more courses in internship that meet the standards related to internship of the current version  
31 of the Council for Accreditation of Counseling and Related Educational Programs (CACREP),  
32 available at www.cacrep.org, at the time of the receipt of application as defined in Rule .0308(a).  
33 The internship courses shall include graduate counseling supervision as defined by the current  
34 version of the CACREP Standards at the time of application.

35 For applicants who apply on or after July 1, 2025, all [A#] internship experiences shall be in a clinical mental health  
36 setting that provides substantial opportunities to assess, appraise, diagnose, and treat [diagnose, treat, appraise, and  
37 assess] mental health disorders and shall consist of "direct counseling experience" as defined in Rule .0205(a) of this

1 Section. Clinical mental health settings may include private ~~[practices,]~~ practices; college counseling ~~[centers,]~~  
2 ~~centers;~~ community ~~[agencies,]~~ agencies; managed behavioral health care ~~[organizations,]~~ organizations; integrated  
3 delivery systems ~~[hospitals,]~~ hospitals; employee assistance ~~[programs,]~~ programs; ~~[of]~~ specialty treatment ~~[centers,]~~  
4 ~~centers;~~ vocational rehabilitation centers; marriage, couple, and family practices; addiction counseling sites; or school-  
5 based clinical mental health counseling sites. An applicant shall submit a Verification of Graduate Counseling  
6 Experience ~~[Forms,]~~ Form, as described in Paragraph (c) of this Rule, which shall identify the type of clinical mental  
7 health setting ~~[setting,]~~ and describe the counseling experience acquired by an applicant in the following areas:  
8 assessment, appraisal, diagnosis, and treatment of mental health disorders.

9 (c) Verification of Graduate Counseling Experience Form shall contain:

- 10 (1) the name, title, contact information and signature of the person verifying graduate counseling  
11 experience;
- 12 (2) the name of agency where graduate counseling experience occurred;
- 13 (3) information regarding university supervisor for the graduate counseling experience;
- 14 (4) the name, title and credentials of the site supervisor;
- 15 (5) total hours of individual and group clinical supervision received during graduate counseling  
16 experience;
- 17 (6) whether the experience is practicum or internship;
- 18 (7) the beginning and end dates of clinical experience;
- 19 (8) the total number of direct and indirect hours, as defined by CACREP; and
- 20 (9) the total hours of direct and indirect client contact as defined by CACREP.

21 The form is available on the Board's website at [www.ncblcmhc.org](http://www.ncblcmhc.org).

22  
23 *History Note: Authority G.S. 90-332.1(a)(3); ~~90-334(h),(i); 90-334(h); 90-334(i); 90-336(b)(1); 90-336(b1); 90-~~*  
24 *~~336(b2).~~*

25 *Eff. July 1, 1995;*

26 *Amended Eff. July 1, 2014; January 1, 2010;*

27 *Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. April 27,*  
28 *2019.*

29 *Amended Eff. February 1, 2023.*



1 21 NCAC 53 .0701 is amended with changes as published in NCR 36:17 1445-48 as follows:

2  
3 **SECTION .0700 – LICENSED CLINICAL MENTAL HEALTH COUNSELOR ASSOCIATE**

4  
5 **21 NCAC 53 .0701 LICENSED CLINICAL MENTAL HEALTH COUNSELOR ASSOCIATE**

6 The Board shall grant a license as a licensed clinical mental health counselor associate shall be granted by the Board  
7 to persons preparing for the practice of counseling who have:

8 (1) if applied before July 1, [2022,] 2025, completed graduate training as defined in G.S. 90-336(b)(1);  
9 G.S. 90-336(b1) or (b2), as applicable; and

10 ~~(2) — completed a minimum of three semester hours or five quarter hours in each of the required~~  
11 ~~coursework areas of study as follows:~~

12 (a) Coursework in Helping Relationships in Counseling. Studies in this area provide an  
13 understanding of counseling and consultation processes, including the following:

14 (i) counseling and consultation theories, including both individual and systems  
15 perspectives, as well as coverage of relevant research and factors considered in  
16 applications;

17 (ii) basic interviewing, assessment, and counseling skills;

18 (iii) counselor or consultant characteristics and behaviors that influence mental health  
19 counseling relationships, including age, gender, and ethnic differences; verbal and  
20 nonverbal behaviors; personal behaviors; and personal characteristics,  
21 orientations, and skills;

22 (iv) client or consultee characteristics and behaviors that influence mental health  
23 counseling relationships, including age, gender, and ethnic differences; verbal and  
24 nonverbal behaviors; and personal behaviors; personal characteristics,  
25 orientations and skills; and

26 (v) ethical considerations.

27 (b) Coursework in Practicum and Internship. Practicum and internship experience should shall  
28 be provided in a supervised graduate counseling experience in a regionally accredited  
29 program of study. This graduate counseling experience shall be completed as defined in  
30 Rule .0206 of this Chapter.

31 (c) Coursework in Professional Orientation to Counseling. Studies in this area provide an  
32 understanding of all aspects of professional functioning, including history, roles,  
33 organizational structures, ethics, standards, and credentialing, including the following:

34 (i) history of the counseling profession, including significant factors and events;

35 (ii) professional roles and functions of counselors, including similarities and  
36 differences with other types of professionals;

- 1 (iii) professional organizations (primarily the ACA, its divisions, branches and  
2 affiliates), including membership benefits, activities, services to members, and  
3 current emphases;
- 4 (iv) ethical standards of the National Board for Certified Counselors (NBCC) or ACA  
5 and related ethical and legal issues, and their applications to various professional  
6 activities (e.g., appraisal, group work);
- 7 (v) clinical mental health counselor preparation standards, their evolution, and current  
8 applications;
- 9 (vi) clinical mental health counselor credentialing, including counselor certification,  
10 licensure and accreditation practices and standards, and the effects of public  
11 policy on these issues;
- 12 (vii) public policy processes, including the role of the clinical mental health counselor  
13 advocating on behalf of the profession and its clientele; and
- 14 (viii) ethical considerations.
- 15 (d) Coursework in Human Growth and Development Theories in Counseling. Studies in this  
16 area provide an understanding of the nature and needs of individuals at all developmental  
17 levels, relevant to counseling practice, including the following:
- 18 (i) theories of individual and family development, and transitions across the life span;  
19 (ii) theories of learning and personality development;
- 20 (iii) human behavior, including an understanding of developmental crises, disability,  
21 addictive behavior, psychopathology, and environmental factors as they affect  
22 both normal and abnormal behavior;
- 23 (iv) counseling strategies for facilitating development over the life span; and  
24 (v) ethical considerations.
- 25 (e) Coursework in Social and Cultural Foundations in Counseling. Studies in this area provide  
26 an understanding of issues and trends in a multicultural and diverse society that impact  
27 clinical mental health counselors and the counseling profession, including, the following:
- 28 (i) multicultural and pluralistic trends, including characteristics and concerns of  
29 counseling individuals from diverse groups;
- 30 (ii) attitudes and behavior based on factors such as age, race, religious preferences,  
31 physical disability, sexual orientation, ethnicity and culture, family patterns,  
32 gender, socioeconomic status, and intellectual ability;
- 33 (iii) individual, family, and group counseling strategies with diverse populations; and  
34 (iv) ethical considerations.
- 35 (f) Coursework in Group Counseling Theories and Processes. Studies in this area provide an  
36 understanding of group development, dynamics, and counseling theories; group counseling  
37 methods and skills; and other group work approaches, including the following:

- 1 (i) principals of group dynamics, including group counseling components,  
2 developmental stage theories, and group members' roles and behaviors;
- 3 (ii) group leadership styles and approaches, including characteristics of various types  
4 of group leaders and leadership styles;
- 5 (iii) theories of group counseling, including commonalities, distinguishing  
6 characteristics, and pertinent research and literature;
- 7 (iv) group counseling methods, including group counselor orientations and behaviors,  
8 ethical standards, appropriate selection criteria, and methods of evaluation of  
9 effectiveness;
- 10 (v) approaches used for other types of group work in counseling, including task  
11 groups, support groups, and therapy groups; and
- 12 (vi) ethical considerations.
- 13 (g) Coursework in Career Counseling and Lifestyle Development. Studies in this area provide  
14 an understanding of career counseling, development, and related life factors, including the  
15 following:
- 16 (i) career-counseling theories and decision-making process;
- 17 (ii) career, avocational, educational, and labor market information resources; visual  
18 and print media; and computer-based career information systems;
- 19 (iii) career-counseling program planning, organization, implementation,  
20 administration, and evaluation;
- 21 (iv) interrelationships among work, family, and other life roles and factors, including  
22 multicultural and gender issues as related to career counseling;
- 23 (v) career and educational placement counseling, follow-up, and evaluation;
- 24 (vi) assessment instruments and techniques relevant to career counseling;
- 25 (vii) computer-based career-development applications and strategies, including  
26 computer-assisted career-counseling systems;
- 27 (viii) career-counseling processes, techniques and resources, including those applicable  
28 to specific populations; and
- 29 (ix) ethical considerations.
- 30 (h) Coursework in Assessment in Counseling. Studies in this area provide an understanding of  
31 individual and group approaches to assessment and evaluation in counseling practice,  
32 including the following:
- 33 (i) theoretical and historical bases for assessment techniques in counseling;
- 34 (ii) validity, including evidence for establishing content, construct, and empirical  
35 validity;
- 36 (iii) reliability, including methods of establishing stability, internal, and equivalence  
37 reliability;

- (iv) appraisal methods, including environmental assessment, performance assessment, individual and group test and inventory methods, behavioral observations, and computer-managed and computer-assisted methods;
  - (v) psychometric statistics, including types of assessment scores, measures of central tendency, indices of variability, standard errors, and correlations;
  - (vi) age, gender, ethnicity, language, disability, and cultural factors related to the use of assessment and evaluation in counseling services;
  - (vii) strategies for selecting, administering, interpreting, interpreting and using *assessment and evaluation* instruments, and techniques in counseling; and
  - (viii) ethical considerations.
- (i) Coursework in Research and Program Evaluation. Studies in this area provide an understanding of types of research methods, basic statistics, and ethical and legal consideration in research, including the following:
- (i) basic types of research methods to include qualitative and quantitative research designs;
  - (ii) basic parametric and nonparametric statistics;
  - (iii) principles, practices, and applications of needs assessment and program evaluation;
  - (iv) uses of computers for data management and analysis; and
  - (v) ethical and legal ~~considerations~~; considerations; or

(2) If applied on or after July 1, ~~2022,~~ 2025, completed graduate training as defined in G.S. 90-336(b2) and the required [courses] content areas of study of the current version of the Council for Accreditation of Counseling and Related Educational Programs (CACREP), that is hereby incorporated by reference, including subsequent versions, available at [www.cacrep.org](http://www.cacrep.org), at the time of the receipt of application as defined in Rule .0308(a). The graduate coursework shall also include ~~[include, but is not limited to, a minimum of-]~~ three semester hours or five quarter hours in each of the required [coursework] content areas of study as follows:

- [(a) — Theories of counseling and psychotherapy;
- (b) — Evaluation and appraisal procedures;
- (c) — Group dynamics, theories, [theories] and techniques;
- (d) — Counseling techniques and helping skills;
- (e) — Multicultural counseling;
- (f) (a) [Professional issues and ethics;] Introduction to clinical mental health counseling with professional issues and ethics;
- [(g) — Research;
- (h) — Career counseling;
- (i) — Psychosocial and human development across the lifespan;]

1 ~~[(j)]~~ (b) ~~[Clinical practicum]~~ Practicum and clinical mental health internship; and  
2 ~~[(k)]~~ (c) Appraisal and assessment of mental health disorders with use ~~[Use]~~ and application of the  
3 current version of Diagnostic and Statistical Manual of Mental Disorders (DSM),  
4 ~~[appraisal and assessment of mental health disorders, psychopathology, diagnosis,~~  
5 ~~treatment and treatment planning, and evidence based intervention and practice;]~~ to include  
6 psychopharmacology and differential diagnosis; and

7 (3) passed an examination as defined in Rule .0305 of this Chapter; and

8 (4) submitted a complete application for licensed clinical mental health counselor ~~[associate.]~~ associate;  
9 and

10 (5) earned 60 semester hours or 90 quarter hours of graduate training in counseling or related field from  
11 a program that is accredited by the Council for Accreditation of Counseling and Related Educational  
12 Programs (CACREP).

13 To prevent a lapse in licensure, licensed clinical mental health counselor associates who desire to become licensed  
14 clinical mental health counselors shall complete the application process for the licensed clinical mental health  
15 counselor licensure no earlier than 60 days prior to expiration of their licensed clinical mental health counselor  
16 associate license or upon completion of the supervised professional practice hours as set forth in Rule .0208 of this  
17 Chapter to allow for administrative processing and Board action.

18  
19 *History Note: Authority G.S. 90-334(h); 90-336(a); ~~90-336(b)~~; 90-336(b1); 90-336(b2).*

20 *Eff. January 1, 2010;*

21 *Amended Eff. July 1, 2014; January 1, 2010;*

22 *Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. April 27,*  
23 *2019;*

24 *Amended Eff. January 1, 2020 (S.L. 2019-240, s. 3.(k)).*

25 *Amended Eff. February 1, 2023*

## Burgos, Alexander N

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**Subject:** FW: [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

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**From:** Melonie Davis <davis@ncblcmhc.org>  
**Sent:** Thursday, January 12, 2023 11:48 AM  
**To:** Duke, Lawrence <lawrence.duke@oah.nc.gov>; Robin Colburn <colburn@cce-global.org>  
**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>  
**Subject:** [External] RE: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

**CAUTION:** External email. Do not click links or open attachments unless you verify. Send all suspicious email as an attachment to [Report Spam](#).

Hello,

I did receive your request for changes and no, we will not be requesting an extension.

Thank you,

**Melonie Davis** | M.A, LCMHCA, NCC  
Executive Director, North Carolina Board of Licensed Clinical Mental Health Counselors  
2C Terrace Way | Greensboro, NC 27403 USA  
Phone: +1 336.217.6007 | Fax: +1 336.217.9450  
[NCBLCMHC.org](http://NCBLCMHC.org)



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## **Burgos, Alexander N**

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**From:** Duke, Lawrence  
**Sent:** Thursday, January 12, 2023 11:30 AM  
**To:** davis@ncblcmhc.org; colburn@cce-global.org  
**Cc:** Burgos, Alexander N  
**Subject:** FW: Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review  
**Attachments:** Brd. of Mental Health Counselors - 01.2023 - 21 NCAC 53 Change Requests.docx

Ms. Davis & Ms. Colburn,

I hope you are having a good week. When these requests for changes were sent, I received an “email undeliverable: recipient address rejected” notice. I realized that there may have been a misspelling on the “Submission for Permanent Rule” form. Specifically, Ms. Colburn’s email was listed as [colburn@cce-global.org](mailto:colburn@cce-global.org), and that was the email that I used. Hopefully this one has been received.

Can you please respond to this email and confirm receipt? Also, as the January Meeting of the Rules Review Commission approaches, if you could let me know whether you will be ready to have these rules addressed at that meeting or will be seeking an extension of time.

Thank you,

**Lawrence Duke**

Counsel, NC Rules Review Commission  
Office of Administrative Hearings  
(984) 236-1938

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**From:** Duke, Lawrence  
**Sent:** Monday, January 9, 2023 6:26 PM  
**To:** davis@ncblcmhc.org; colburn@cce-global.org  
**Cc:** Burgos, Alexander N <alexander.burgos@oah.nc.gov>  
**Subject:** Brd. of Mental Health Counselors - 21 NCAC 53 - RRC Review

Good afternoon,

I’m the attorney who reviewed the Rules submitted by the NC Board of Licensed Clinical Mental Health Counselors for the January 2023 Rules Review Commission meeting. The RRC will formally review these Rules at its meeting on Thursday, January 19, 2022, at 9:00 a.m. The meeting will be a hybrid of in-person and WebEx attendance, and an evite should be sent to you as we get closer to the meeting. If there are any other representatives from your agency who will want to attend virtually, let me know prior to the meeting, and we will get evites out to them as well.

I have attached my requests for changes. Please submit the revised Rule and form to me via email, no later than 5:00 p.m. on Monday, January 16, 2023. In the meantime, please let me know if you have any questions or concerns.

Thank you,

**Lawrence Duke**



**Counsel to the North Carolina Rules Review Commission**  
**Office of Administrative Hearings**  
[Lawrence.Duke@cah.nc.gov](mailto:Lawrence.Duke@cah.nc.gov)  
**(984) 236-1938**

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