

SEPTEMBER 2020 FACT SHEET

I Want To Be a Counselor in North Dakota

Introduction

Counseling is professional application of human development and mental health principles in a therapeutic process and professional relationship to assist individuals, couples, families, and groups in achieving more effective emotional, mental, marital, family and social or educational development and adjustment. The goals of professional counseling are to: facilitate human development and adjustment throughout the lifespan; prevent, assess, and treat emotional, mental, or behavioral disorder and distress, which interferes with mental health; conduct assessment for the purpose of establishing treatment goals and objectives; and plan, implement, and evaluate treatment plans using professional counseling strategies and interventions.

Education

Individuals seeking to become counselors in North Dakota must have a master's degree or higher degree in counseling. Schools with master's degree programs in counseling include:

- University of North Dakota (APA accredited)
- North Dakota State University (CACREP accredited)
- University of Mary (not accredited)
- University of Jamestown (not accredited)

Licensure

Licensed Associate Professional Counselors (LAPC) must possess at least a master's degree in counseling from an accredited program, meet training standards adopted by the North Dakota Board of Counselor Examiners (NDBCE), provide personal and professional recommendations, and provide a written plan for supervised experience.

Licensed Professional Counselors (LPC) must meet the above requirements as well as complete 2 years of supervised experience (minimum 50% under an LPC), provide a statement of professional intent to practice, and successfully complete the National Counselor Examination.

Licensed Professional Clinical Counselors (LPCC) must meet the above requirements as well as complete 60 graduate semester credits (12 of which may be training/clinical experience), graduate course work in psychopathology, and complete 700 hours of training under supervision with

100 hours of post-masters training completed under the supervision of another LPCC.

Barriers

There are several barriers that are identified in the North Dakota Century Code that would prevent someone from entering into counseling practice, or cause them to be removed from practice. They are listed below.

- Conviction of an offense determined to have a direct bearing upon an individual's ability to practice counseling
- Negligence in the practice of counseling
- Violation of one or more of the rules and regulations of the NDBCE

Day-to-Day Practice

Counselors work in a variety of settings. The practice of counseling helps people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. Counselors focus on overall well-being across the lifespan and may work in a wide range of settings including college and university counseling centers, health care settings, hospitals, and organizational counseling groups. Individuals in this field may also work in independent practices providing counseling, assessment, and consultation services to individuals, couples, families, and organizations.

Data

North Dakota Hospital Assessment: 2017 Flex Chartbook