

LPCC

Facts & FAQ

The Basics

- Face-to-face
- Group counseling
- Individual counseling
- Family counseling
- Parent consultation
- IT ALL COUNTS:
 - Weekly, biweekly, or monthly DIS/counseling & guidance services
 - Drop-in counseling
 - Crisis counseling
 - Risk assessments and threat assessments
 - Follow-up meetings
 - Parent phone calls and meetings

Who can supervise?

- While in practicum/internship:
 - School psychologist
 - School counselor
 - LPCC, MFT, or LCSW
- After you graduate:
 - LPCC, MFT, LCSW
 - LEP for up to 1200 hours.

How many hours?

280

During practicum and internship

3000

After graduation

Let's break it down:

School Psychologist Practicum Fieldwork -

- 600 total hours
- 150 of the 600 hours can be be double counted
- MEANING:
 - Possible to collect up to 150 hours of LPCC and these can still count these towards practicum hours.

School Psychologist Internship:

- 1200 total hours
- No double dipping for hours
- MEANING:
 - If you collect LPCC hours, they cannot count for internship.

Whatever hours you have left to reach 280 LPCC hours after practicum, you must complete IN ADDITION to your 1200 internship hours.

Example:

Julie completed her practicum and logged 120 LPCC hours. Her counseling hours counted for both LPCC and practicum. Next year, Julie will have to complete her 1200 internship hours, as well as her 160 remaining LPCC hours. When she counts her LPCC hours, these cannot count towards her internship hours. Therefore, Julie will need to complete a total of 1360 hours during internship.

Why you should push for 150 hours during practicum

- DOUBLE DIPPING
 - Only time when these hours can count twice
 - Less total hours to complete during internship
 - Less pressure to build a large caseload to satisfy counseling requirements
 - Video consents easier to obtain
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What happens if I go over 150 hours during practicum?

- That's okay!
- Rules apply as they would for internship.
- After 150 LPCC hours during practicum:
 - Must log them as separate hours
 - Cannot continue to count towards practicum

What happens if I don't reach 150 or even get close to 150?

- That's okay, too!
- Have more time to complete hours during internship.
- Make sure to discuss this at interviews
 - Ask about who can supervise LPCC hours and that you need to complete
- More time during internship to:
 - Build a caseload
 - See more students
 - More present on campus = more RA and TA
 - More time in general = more time counseling

Reminder: Many of the third years were not close to 150 going into internship - you won't be alone!

How big should my caseload be?

- Aim for 8 hours a week (or more)
- Should have at least 1 group
 - Group counseling class requirement
- Depends on typical length of sessions
 - E.g.: ½ hour sessions with 8 students will only result in about 4 countable hours.
 - 1 hour sessions with 8 students will result in more hours
 - Build up your caseload if your typical sessions are 20-30 minutes
- Good number to shoot for: 8 minimum

Note: This might mean doing a day and a half of counseling or seeing a few students on your non-counseling day to reach hours - talk to your supervisor to discuss how to make this work!

How do the LPCC classes work?

- Pass or No Pass
- Watch session videos in class
- Receive feedback on your own sessions and give feedback to your peers
- Need at least 3 different students to showcase
 - Get your video and audio recording consents out earlier rather than later.
 - Think about students or parents who would be willing to do this
- Everyone has to show videos - no getting around it
 - It gets better!

LPCC Class Major Assignments:

- Clinical Counseling Plan
 - Agreement between yourself and your supervisor
- 4 case presentations
 - You will need to obtain at least 3 consents to video & audio record your sessions
 - 3 of the 4 will be accompanied by a brief summary write up of the client
 - 1 video will not require the write up
 - These are very brief - don't stress
- 1 case study
 - Can be related to a video/student you have shown in class
 - Develop 3 goals for the student and monitor/track progress
 - Write a brief report based on if they met their goals or not and why
 - One of the more useful projects

What happens if I don't finish my 280 hours by the time the 2nd LPCC class is over?

- Everyone takes the class at least twice
 - BBS requirement
 - Spring during practicum and Fall during internship.
- Options after 2nd course:
 - Complete remaining hours within 60 days from date of course ending (Beginning to mid-February)
 - Re-enroll in class for spring semester and complete hours if you will need more than 60 days.
- Many people have to take the class a 3rd time