

## Frequently Asked Questions LPC Track

Many questions can be answered with the information listed below. Please review this information to see if your question is answered before scheduling an appointment with the LPC advisor.

*The information listed below is correct through August 1<sup>st</sup>, 2018 at which time the LPC requirements will change. If you do not plan to apply for licensure prior to 8/01/18, please see an advisor for updated academic requirements information.*

1. Will an LPC advisor be able to assist me?
  - Yes. An LPC advisor can assist you throughout the process. Our advisors will give you the most up-to-date information that we have. **However, the final decision regarding coursework approval is up to the board and the board's decision is final.** Please Note: Directed readings will no longer count toward the LPC effective immediately.
2. Will the LPC advisor be able to tell me if course taken at another college or university will count toward the LPC coursework?
  - No, your LPC advisor can only tell you which MHR courses will count towards the LPC. The University where the courses were taken may be able to tell you if the courses are approved by the LPC board. Again, the final decision regarding coursework approval is up to the board alone.
3. If I have a counseling or counseling equivalent master's degree, may I be admitted to OU on the licensure tracks so that I can complete the LPC coursework?
  - Yes, you would need to meet the requirements for admission as a graduate student at O.U. You would apply as a licensure student. For more information, contact Lawana Miller at [lmiller@ou.edu](mailto:lmiller@ou.edu).
4. In what format are the MHR/LPC courses offered?
  - Courses are offered on main campus in a 16-week format. Classless generally meet in 3-hour blocks once a week over a 16-week semester. Classes are available during the day as well as the evening. The MHR/LPC can also be earned in a weekend format through Advanced Programs. A three-hour course is completed in a two-weekend format. For more information regarding the weekend format, contact Bethany Neubauer, the Norman site director, at [apnorman@ou.edu](mailto:apnorman@ou.edu).
5. How many clock hours are required for each credit hour of internship?
  - Each credit hour requires 75 clock hours. A total of 6 credit hours (450 clock hours) are required for the MHR. The LPC board requires that 4

credit hours, 300 clock hours, be conducted in a counseling setting with the student engaged with counseling activities.

6. What are the MHR core courses?
  - Introduction to Graduate Studies in Human Relations
  - Theoretical Foundations
  - Current Problems
  - Research
7. Do the MHR core courses count toward the LPC?
  - Yes, all four MHR courses count toward the LPC through August 1, 2018
8. What electives should I take while I'm working towards the MHR?
  - Students should take the LPC required course for their MHR electives. A list of the approved LPC courses is available on the HR website at [www.humanrelations.ou.edu](http://www.humanrelations.ou.edu). You may also contact your LPC advisor, Dr. Katie Allen at [kallen@ou.edu](mailto:kallen@ou.edu).
9. How do I prepare for an appointment with the LPC advisor? You should complete the official LPC worksheet available at:  
<http://www.ok.gov/behavioralhealth/documents/ACADEMIC%20WORKSHEET%20-%20LPC.pdf>  
OR, contact Dr. Allen at [kallen@ou.edu](mailto:kallen@ou.edu) and request a copy of the LPC packet.
10. Does the LPC have a limit on the age of a course? That is, if a student took an LPC approved course in 1990, will it count?
  - Yes, it will count. The LPC board has not established a time frame for the age of courses. Thus, courses will count no matter how long ago the course was taken.
11. What information do I need to have to complete the LPC worksheet?
  - You will need a copy of your transcript as well as a copy of the approved LPC courses.
12. How many hours must be completed before I apply to do my internship?
  - You must complete 12 credit hours prior to applying for the internship. The LPC faculty advisor strongly recommends that you complete HR 5463: Counseling Skills prior to enrolling in internship.
13. Is it possible to take coursework at both main campus and at Advanced Programs?
  - Yes, you can take courses in both formats, but you must apply to be designated as either a main campus or an advanced program student.

14. Who is my internship faculty advisor?

- If you are an Advanced Program student, your faculty internship advisor is Cathy Yeaman at [cyeaman@ou.edu](mailto:cyeaman@ou.edu). You can contact her for an internship packet and instructions and due dates for enrolling in the AP internship.
- If you are a main campus student, you may obtain a main campus internship packet on the HR website at [www.humanrelations.ou.edu](http://www.humanrelations.ou.edu) or in the front office. Any of the core main campus faculty members can supervise your internship. Contact the faculty member by emailing him or her, or make an appointment to meet with the faculty member.

15. Is there an Oklahoma branch of the American Counseling Association?

- Yes, contact the Oklahoma Counseling Association (OCA) at <http://www.oklahomacounseling.org>. OCA offers inexpensive student memberships, conferences are held three times a year.

16. Once I obtain my LPC, how many CEU's (Continuing Education Credits) must I take to keep my license?

- You must take 20 hours per year, three of which must be ethics.

17. What if I didn't keep copies of my syllabi and the board requests to see them?

- You should keep syllabi no matter how old they are. The MHR department does not maintain an archive of syllabi. You may contact the professor of the course to see if he or she has kept one.

18. What is the format of the LPC exam?

- The LPC exam is 200 multiple choice questions and is offered by the LPC board in Oklahoma City. Study guides are available from the National Board of Certified Counselors at [www.nbcc.org](http://www.nbcc.org). they may also be obtained from the Amazon website. In addition to the national exam, students will also be tested over Oklahoma LPC ethics. For particular information, contact the LPC Board or utilize the link below.  
[http://www.ok.gov/health/Protective\\_Health/Professional\\_Counselor\\_Licensing\\_Division/Examination\\_Information:\\_LPC\\_Exam\\_Types.html](http://www.ok.gov/health/Protective_Health/Professional_Counselor_Licensing_Division/Examination_Information:_LPC_Exam_Types.html)

19. What are the areas covered on the national LPC exam?

- a. Human growth and development
- b. Social and cultural diversity
- c. Helping relationships
- d. Group work
- e. Career development
- f. Assessment
- g. Research and program evaluation
- h. Professional orientation and ethical practice

20. What information is available to LPC's who are interested in working with military members and family members of active duty military?

- Information is available at: TRICARE Certified Mental Health Counselor
- Website: <http://www.gpo.gov/fdsys/pkg/FR-2011-12-27/pdf/2011-33109.pdf>

21. What are the five work behaviors that the LPC Exam is based on?

- a. Fundamentals of counseling
- b. Assessment and career counseling
- c. Group counseling
- d. Programmatic and clinical intervention
- e. Professional practice issues

22. Why Counseling? What is the difference between counseling and other mental health professions like psychology and social work?

- Counseling is distinguished from other mental health fields by both its history and its emphasis. Other helping professions such as psychiatry and clinical psychology concentrate primarily on the treatment of severe emotional disorders. Social work deals primarily with the social and legal aspects of assisting others in need.
- As opposed to these fields, counseling focuses on development and the prevention of serious mental health problems through education and short-term treatment. It emphasizes growth as well as remediation. Counselors work with persons, groups, families, and systems who are experiencing situational and long-term problems. Counseling's emphasis on development, prevention, and treatment make it attractive to those seeking health life-state transitions and productive lives (Cole & Sarnoff, 1980; Romano, 1992).

23. Where can I get more information about counseling as a profession?

- Oklahoma State Board of Behavioral Health: <http://www.ok.gov/behavioralhealth/>
- American Counseling Association: [www.counseling.org](http://www.counseling.org)
- National Board of Certified Counselors: [www.nbcc.org](http://www.nbcc.org)
- Oklahoma Counseling Association: <http://www.oklahomacounseling.org>

24. What can you do with an LPC?

- An LPC is a counseling license with both title and service protections. This means that when you obtain your LPC, you can call yourself a licensed professional counselor on your resume, on business cards, to your clients, the general public, to other professionals, and in any other way in which professional designations may be used. Individuals who do not have an LPC cannot call themselves professional counselors.
- As an LPC, you can work as a professional counselor offering counseling services to children, adolescents, adults, couples, and families. You may work in a community agency or higher education setting. You may work in

a private practice setting. You may also receive reimbursement from third party payers, including insurance and managed care companies.

25. Do I have to get my MHR first?

- Yes. You must complete the 36-hour MHR program and graduate prior to becoming LPC track. The additional hours required by the LPC board are completed after your MHR. After you graduate, you must re-apply to the university as a licensure student. For further information, contact Lawana Miller at [lmiller@ou.edu](mailto:lmiller@ou.edu).

26. How many hours are required for the LPC?

- A total of 60 LPC approved course hours. Thirty-six will come from your MHR coursework if you have taken counseling courses as your electives. You will take the additional 24 hours after graduation. You can take weekend AP courses along with main campus courses. For specific questions and course offerings regarding AP, contact the AP program at: [apnorman@ou.edu](mailto:apnorman@ou.edu) or visit their website at: [http://www.ou.edu/outreachceap/ap\\_home.html](http://www.ou.edu/outreachceap/ap_home.html)

27. Is financial aid available for the courses beyond the MHR?

- Financial aid is not available for the courses taken beyond your MHR for your LPC at this time. For specific questions, please contact financial aid at: <http://www.ou.edu/financialaid.html>

28. What are the academic requirements?

- Visit the Oklahoma LPC Application Website: [http://www.ok.gov/behavioralhealth/Making\\_Application.html](http://www.ok.gov/behavioralhealth/Making_Application.html)
- Academic Worksheet: <http://www.ok.gov/health2/documents/ACADEMIC%20WORKSHEET%20-%20LPC.pdf>

29. How long does it take?

- You must complete the 36-hour MHR degree and then accumulate additional LPC approved graduate hours to total 60 qualifying course hours. Usually this means taking 24 hours post-graduation. You must also apply to your state board, accumulate 3000 hours of pre-licensure supervision, and pass a licensing exam. You must also save all syllabi for possible presentation to the LPC board.

30. I took a class in a subject area other than the one listed as required. Can I use that one instead?
- No. The courses in each subject area have been approved by the LPC board as the course required for that subject area through August 1, 2018. If you have additional coursework in that area you may use those courses as electives or additional courses, but they will not count toward the required coursework without special permission from the board.
31. Can I take online courses?
- The LPC board does not currently have a limit on the number of online courses you can take.
32. Can I meet with my advisor?
- Yes. If your questions were not answered within this FAQ section, you may schedule an appointment with the advisor. You will be asked to complete the LPC academic worksheet prior to your meeting.
  - LPC Advisor for Norman: Dr. Katie Allen: [kallen@ou.edu](mailto:kallen@ou.edu)
  - For questions regarding re-applying: Lawana Miller: [lmiller@ou.edu](mailto:lmiller@ou.edu)
  - For questions regarding AP classes: [apnorman@ou.edu](mailto:apnorman@ou.edu)
33. How many hours of internship are required for the LPC?
- A total of 300 hours of internship in a counseling setting are required for the LPC. You may use your MHR internship to complete these hours as long as they are done in a counseling setting. **Note:** While only 300 are required by the LPC, we recommend that you complete all 450 hours in a counseling setting. Some states require up to 600 hours of internship.
34. Is the internship similar to the internship in the MHR program?
- Yes. Of the 450 hours required for the MHR program, 300 clock hours are required in a counseling agency to count for your LPC. Again, we recommend that you complete all 450 hours in a counseling setting.
35. Where can I do my internship?
- You must locate a counseling setting for your internship. The HR department does not endorse specific programs or agencies.
  - It may be helpful to call around to various agencies catering to populations you are interested in to find out if they allow interns. Then, you will complete an internship packet with the Memorandum of Understanding (MOU) for each site. This is submitted to your faculty advisor to obtain

approval prior to beginning your internship. If you are an Advanced Program student, contact Cathy Yeaman at [cyeaman@ou.edu](mailto:cyeaman@ou.edu).

36. Who can supervise my internship?

- There is no specific requirement for the internship so a psychiatrist, LPC, MSW, psychologist, or LMFT will be sufficient. However, during your 3,000 hours of supervision once you are an LPC-Candidate, you must have a board approved LPC Supervisor.

37. Is the 3,000 hours of supervised time the same as the internship?

- No. Once you complete your internship and coursework, you will apply with the state LPC board to become an LPC-Candidate. After you are approved, you will then accumulate 3,000 hours of practice while under supervision prior to earning your LPC license.
- You must be supervised by a board-approved LPC supervisor during these 3,000 hours. The LPC Board maintains a list of board certified LPC Supervisors. Typically their license will read: "LPC-S" or "LPC-Supervisor."

38. Is the internship required?

- Yes. The LPC board requires 300 internship hours in a counseling setting.

39. Can I complete my internship at multiple agencies?

- Yes. However, each new site requires its own approval and MOU.

40. How many hours of internship can I take at once?

- You can complete 1 to 6 hours of internship per semester