SCOPE OF PRACTICE
STATEMENT OF PROFESSIONAL INTENT

Licensed Associate Counselor (LAC) ______
Licensed Associate Marriage /Family Therapist (LAMFT) ______
Licensed Professional Counselor (LPC) ______
Licensed Marriage and Family Therapist (LMFT) ______

Name ____________________________________________________________

Nature of My Counseling/Psychotherapy Practice (And/Or) Marriage & Family Therapy Practice (check all that apply)
Private Practice _____ Agency _____ School _____ Hospital _____ Church _____
Supervision: LACs _____ LAMFTs _____
Specialty License(s) ______ Other: ________________________________

Disorders, Issues, Presenting Problems I Accept
Disorders listed in the Diagnostic and Statistical Manual (DSM) _____ Crises _____ Grief _____
Behavioral Issues _____ Career concerns _____ Relational Issues _____
Family (LAMFT/LMFT only) _____ Marital/Premarital (LAMFT/LMFT only) _____
Other: _________________________________________________________

Theoretical Approaches I Use:
Cognitive-Behavioral _____ Behavioral _____ Narrative/Constructivist _____ Reality _____ Existential _____ Gestalt _____
Structural _____ Experiential _____ Brief Solution-Focused _____ Strategic _____ Transgenerational _____ Adlerian _____
Person-Centered _____ Integrative _____ Other: ______________________________

Population(S) I Serve: Children _____ Adolescents _____ Adults _____

Assessment Instruments I Administer and Purpose For Use
Psychoeducational Testing _____ Objective Personality Testing _____ Diagnostic Interviewing _____ Career Exploration _____
The following require special training and documented supervision: Wechsler _____ MMPI _____ MCMI _____ Stanford/Binet _____
Other: _________________________________________________________

Methods And Techniques I Use (Complete page two, sign and attach)
_____ Homework therapy _____ Relaxation techniques _____ Muscle relaxation _____ Deep breathing _____ Cognitive imagery _____ Guided imagery
_____ Systematic desensitization _____ Problem-solving skills training _____ Self-monitoring _____ Cognitive restructuring
_____ Role playing social problem-solving situations _____ Self-reinforcement _____ Self-instruction _____ Modeling _____ Positive incentives
_____ Behavioral rehearsal _____ Monitoring negative thoughts _____ Restructuring negative or maladaptive thoughts _____ Mindfulness
Person-Centered: _____ Active listening _____ Reflection of feelings _____ Clarification _____ Empathy _____ Unconditional Positive Regard
_____ Congruence
Methods And Techniques I Use (Cont’d)

Adlerian: Gathering life history (genogram, family constellation, early recollections) Therapeutic contracts Homework assignments Paradoxical intention Suggestions Confrontation Interpretation Providing encouragement Paraphrasing “Aha” experience Catching oneself Acting “as if”

Gestalt: Reliving/re-experiencing unfinished business Confrontation Staying with feelings Role playing Empty chair Creative expression (art, poetry, writing, movement) Psychodrama Putting feelings or thoughts into action Body awareness (breathing awareness) Guided imagery Focusing on the here and now

Behavior: Reinforcement techniques Relaxation methods Modeling Assertion/social skills training Self-management programs Behavioral rehearsal Coaching Contracts Homework assignments

Reality: Evaluation of present behavior Willingness to change Development of specific plan to change Awareness of how life would be different Commitment to follow through with plan

Existential: Identification of responsibility avoidance Confronting irresponsibility Owning of feelings, statements and actions Attacking “wish” avoidance Attacking affect avoidance Unlocking decision-making

Transg/ Bowenian/Contextual: Boundary making Family sculpting Genogram Family reconstruction Therapeutic contract going home assignments Differentiation assignments Family ledger

Structural: Enactments Unbalancing Tracking Assess family structure Assess family rules/roles Reframing Draw A Person Kinetic Family Drawings Family play

Strategic: Assess hierarchy/power Circular questioning Miracle question Scaling questions Exception questions “As if” assignments Homework assignments “Go slow” messages

Experiential: Positive connotations Paradoxical interventions Rituals Ordeal assignments Prescribing the symptom Behavioral parent training Restraining techniques Identifying self-defeating patterns Invariant prescription 2nd order changes Family Sculpting Family drawings Hypnosis/trance Here-and-now techniques

Narrative: Questioning (opening space, meaning, future) Deconstruction Co-construction Re-storying Externalizing Mapping influence of problem Find Exceptions to Problem Therapist’s letterwriting Internalized other Interview Preferred view of self/from others

Integrative Family Therapy: Language of parts Internal conversations Micro/Macro lenses Solution focus

Other:

I Have Read, Understood, And Agree To Abide By:

☐ Yes ☐ No American Counseling Association’s Code of Ethics
☐ Yes ☐ No: Arkansas Code Annotated 17-27-101 ET. Seq., the law that governs the practice of Psychotherapy in Arkansas.
☐ Yes ☐ No: Rules of the Arkansas Board of Examiners in Counseling.

I understand that my Statement of Intent is my scope of practice and reflects the training documented in my Board file. I will revise my Statement of Intent when I document additional training and/or changes in my scope of practice.

SIGNATURE: __________________________ DATE: __________________________

PRINTED: __________________________

BELOW IS FOR OFFICE USE ONLY

APPROVED: __________________________ DATE: __________________________

LICENSE NUMBER: __________________________ VALID: __________________________.

AR Board of Examiners in Counseling, 101 E. Capitol, Suite 202, Little Rock, AR 72201
Revised April 11, 2014