

P ROVIDERS LICENSED IN VIRGINIA

Mental Health professionals in Virginia are regulated by the following entities:

- Board of Counseling
- Board of Psychology
- Board of Medicine
- Board of Social Work
- Board of Nursing

Professionals regulated by the Board of Counseling

Certified Substance Abuse Counselors (CSAC)

These professionals are certified to perform substance abuse treatment functions, which generally include screening, intake, orientation, assessment, recovery, relapse prevention planning, substance abuse treatment, and case management. However, CSACs must practice under the supervision of a licensed substance abuse treatment practitioner or another licensed mental health professional unless they hold another license for independent practice or are working in an exempt setting. CSACs may also supervise certified substance abuse counseling assistants.

Educational requirements: BA; additional coursework and supervised experience in substance abuse treatment

Where found: Inpatient substance abuse treatment centers, community services boards, private outpatient mental health, and substance abuse clinics

Certified Substance Abuse Counseling Assistants

Professionals who are certified to perform the substance abuse treatment functions of orientation, implementation of substance abuse treatment plans, case management, substance abuse or dependence crisis intervention, record keeping, and consultation with other professionals. Certified substance abuse counseling assistants may participate in recovery group discussions but cannot engage in counseling with either individuals or groups or engage in independent or autonomous practice. They act under the supervision of a certified substance abuse counselor or other licensed mental health professional.

Educational requirements: High school diploma or equivalent; 300 hours of substance abuse treatment education and experience, including 180 hours of supervised substance abuse tasks with clients

Where found: Inpatient substance abuse treatment centers, community services boards, private outpatient mental health, and substance abuse clinics.

Licensed Professional Counselors (LPC)

LPCs are mental health professionals who are licensed to provide individual, group, family, and couples counseling. Not all counselors are LPCs.

Educational requirements: MA or MS; 3,400 hours of supervised residency in counseling practice, including 2000 hours of face-to-face contact with clients

Where found: Residential treatment centers, community services boards, private outpatient mental health, and substance abuse clinics

Licensed Substance Abuse Treatment Practitioners

These professionals are licensed to provide advanced substance abuse treatment and independent, direct, and unsupervised treatment to such individuals or groups of individuals, and to plan, evaluate, supervise, and direct substance abuse treatment provided by others.

Educational requirements: MA or MS; additional coursework and a supervised residency in substance abuse treatment

Where found: Inpatient substance abuse treatment centers, community services boards, private outpatient mental health, and substance abuse clinics

Licensed Marriage and Family Therapists (LMFT)

LMFTs are mental health professionals licensed to provide therapy in the context of family and marital relationships. These professionals are trained in the assessment and treatment of cognitive, affective, or behavioral, mental and emotional disorders within the context of marriage and family systems through the application of therapeutic and family systems theories and techniques.

Educational requirements: MA or MS; 3,400 hours of supervised residency in marriage and family therapy practice, including 2000 hours of face-to-face contact with clients

Where found: Community services boards, private outpatient mental health and substance abuse clinics, and private practices

Professionals regulated by the Board of Psychology

Certified Sex Offender Treatment Providers (CSOTP)

CSOTPs are mental health professionals from the disciplines of counseling, social work, psychology, nursing, or medicine who have received specialized training in sex offender evaluation and treatment.

Educational requirements: MA, Ph.D, Psy.D, or MD; 50 hours of training in sex offender treatment; 2000 hours of post-degree clinical experience in assessment/treatment, with at least 200 hours with sex offender clients

Where found: Residential treatment centers, therapeutic group homes, community services boards, and private outpatient mental health clinics

Clinical Psychologists

These psychologists specialize in the practice of psychotherapy in individual, family, marital, and group settings.

Educational requirements: Ph.D or Psy.D

Where found: Psychiatric hospitals, residential treatment centers, community services boards, private outpatient mental health and substance abuse clinics, and private practice

School Psychologists

These psychologists are specifically licensed to practice in a school setting.

Educational requirements: MA with an endorsement in psychology

Where found: Public and private schools, special education residential schools, special education day schools, and therapeutic day treatment centers

Professionals regulated by the Board of Medicine

Psychiatrists

Psychiatrists are medical doctors or physicians who are experts in the diagnosis and treatment of mental health disorders and in the use of psychotropic medication.

Educational requirements: MD, as well as completion of a multi-year residency in psychiatry, usually in a hospital setting and under supervision of senior psychiatrists

Where found: Hospitals (regular and psychiatric), community services boards, private outpatient mental health clinics, and private practice

Professionals regulated by the Board of Social Work

Licensed Clinical Social Worker (LCSW)

These social workers are professionally qualified at the autonomous practice level to provide direct diagnostic, preventive, and treatment services that may include psychotherapy and counseling for mental disorders, substance abuse, marriage and family dysfunction, and problems caused by social and psychological stress or health impairment.

Educational requirements: MSW or DSW; supervised experience in a treatment setting

Where found: Local social service agencies, hospitals (both regular and psychiatric), residential treatment centers, group homes, community services boards, and private outpatient mental health and substance abuse clinics

Licensed Social Workers

These professionals are trained to provide diagnostic, preventive, and treatment services, but on a supervised rather than independent basis.

Educational requirements: BA or MSW; supervised experience in a treatment setting

Where found: Local social service agencies, hospitals (both regular and psychiatric), residential treatment centers, group homes, community services boards, private outpatient mental health, and substance abuse clinics

Professionals Regulated by the Board of Nursing

Psychiatric Clinical Nurse Specialist

These professionals are registered nurses who have a master's degree in psychiatric mental health nursing and are licensed by the state to provide care, counseling, and therapy to persons with psychological, emotional and behavioral needs. An accreditation as an Advanced Practicing Registered Nurse (APRN) by an appropriate credentialing body is necessary for this provider to receive third party reimbursement.

Educational requirements: RN; MA in psychiatric/mental health nursing

Where found: Psychiatric hospitals, community services boards, private outpatient mental health clinics, and private practice

Professionals Regulated by the Board of Nursing and the Board of Medicine

Nurse Practitioner (NP)

Nurse practitioners engage in the practice of medicine in collaboration and under the medical direction and supervision of a licensed physician. "Medical direction" means the collaborative development of a written protocol between the nurse practitioners and the physician. Nurse practitioners with prescriptive authority may prescribe medication within the scope of a written practice agreement in Virginia is regulated by the Board of Nursing and the Board of Medicine under a Committee of the Joint Boards. Nurse practitioners hold national certification in an area of specialty (family practice, psychiatry, pediatrics, etc.).

Educational requirements: RN; MA in nursing with nurse practitioner concentration; certification from a national board

Where found: Psychiatric hospitals, community services boards, private outpatient mental health clinics, and private practice

DISCLOSURE STATEMENT

The information contained herein is strictly for informational and educational purposes only and is not designed to replace the advice and counsel of a physician, mental health provider, or other medical professional. If you require such advice or counsel, you should seek the services of a licensed mental health provider, physician, or other medical professional. The Commission on Youth is not rendering professional advice and makes no representations regarding the suitability of the information contained herein for any purpose.