

NMRLD Counseling and Therapy Practice Board

2023 Highlights and Looking Forward to 2024

This Newsletter is to communicate highlights, noteworthy themes for clarification, upcoming goals, and helpful links from the NMRLD Counseling and Therapy Practice Board to the constituents we proudly serve.

Highlights from 2023

Licensed Individuals in New Mexico as of December 1, 2023:

License Type	Total Licensees
Professional Clinical Mental Health Counselor (LPCC)	2,622
Mental Health Counselor (LMHC)	1,140
Professional Art Therapist (LPAT)	80
Mental Health Counselor-Art Therapy Specialist (LMHC-AS)	9
Independent Mental Health Counselor (LPC)	2
Marriage and Family Therapist (LMFT)	424
Associate Marriage and Family Therapist (LAMFT)	64
Alcohol and Drug Abuse Counselor	445
Substance Abuse Associate	374

CEU Providers	161
Approved Supervisors	656
TOTAL LICENSES	5,977

Approved Clinical Supervisors:

- There are currently 656 approved clinical supervisors in the State of New Mexico.
- The supervisor list is now published publicly and updated monthly on the NMRLD CTPB Website. Reminder that your supervisor must be on this list for your hours to be considered for licensure.

Complaints to the Board:

Complaints are caught up and totals of that work is listed below. There were 83 complaints between September 23, 2022 to September 8, 2023.

- Total complaints closed: 69
- Total pre-referral agreements offered: 6
- Total complaints referred for NCA's: 6
- No action taken (pending receipt of additional information): 2



Themes from 2023

Themes are drawn from multiple sources, including audience discussion during board meetings, complaints submitted to the board, and information requests made to the board administrators. These are areas we encourage our constituents to review and reflect on in their own practice.

Failure of Supervision

- Licensees are encouraged to seek competent supervision and/or consultation.
- A common theme was that clinicians were not engaging supervision as needed, not being a present/available supervisor to their supervisees to avoid ethical violations.
- Supervisors must stay apprised of rule changes and standards (see [16.27.18.21\(E\)](#) below).

- Please remember that unprofessional or personal complaints made without justification of which ethical violation is being cited are an ethical violation and employee disagreements are best referred to their agency HR department:

16.27.18.21 RESPONSIBILITY TO THE PROFESSION: Licensees or registrants shall:

- A. refraining from aiding or abetting another person in misrepresenting his/her professional credentials or illegally engaging in the practice of counseling or therapy;
- B. refrain from delegating professional responsibilities to a person not appropriately qualified to provide such services;
- C. exercise appropriate supervision over supervisees, as set forth in the Parts and regulations of the board;
- D. inform the board in writing when the licensee or registrant has substantial reason to believe that there has been a violation of the statutes or parts of the rule which presents eminent danger to the licensee, registrant or client; or if this information is obtained in a professional relationship with a client, obtain prior written permission from the client before reporting it; counselors or therapists shall not file or encourage the filing of ethical complaints that are frivolous or are intended to harm the licensee rather than protect the public;
- E. be familiar with this code of ethics, and its application to counselors or therapists' work. **Lack of awareness or misunderstanding of the conduct standards is not a defense to a charge of unethical conduct;**
- F. consult with the board's ethics committee when uncertain whether a particular situation or course of action would violate this code of ethics; and
- G. cooperate in ethics investigations, proceedings, and resulting requirements of this code. Release of confidential information in an investigation by the board does not constitute a violation of confidentiality. Failure to cooperate in an investigation is an ethics violation.

[16.27.18.21 NMAC- N, 11/30/2021]

Inaccurate Representation of Licensure or Scope of Practice

Practicing without license or misrepresentation of scope. For example art therapy is a specific licensure, therefore you cannot represent yourself as “Art Therapist” if you have not completed this specific educational and certification course.

16.27.18.16 PROFESSIONAL COMPETENCE, CONDUCT & INTEGRITY:

- F. Licensees or registrants shall only perform counseling or therapy services within the scope of practice for their license. Licensees or registrants shall only perform testing and assessment services for which they are authorized under the act

NM Statute last paragraph 61-98-4-1:2 NMSA - Unless licensed or registered to practice counseling. This is a practice board. The state regulates practicing without a license, the counseling therapy practice board regulates license holders. Licensing board regulates licensed professionals misrepresenting their licensure and scope of practice.

CEU Calculation and Break Down

We receive a high number of questions around the breakdown of CEU's that are needed and hope this table helps clarify what questions you may have. Please see the Attachment to use as a CEU Calculator.

HIPAA Complaints

We received a number of HIPAA violation complaints of which the board has found no substantiated violations. We encourage you to seek continuing education around HIPAA violations. This will aid in identifying any HIPAA concerns in your practice.

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On the Horizon for 2024

Counseling Compact Update: We are currently evaluating cost impact, licensure representation to our state, as well as, NMRLD CTPB constituents. This matter is in the forefront of the minds of the NMRLD CTPB is being taken seriously and we are making progress in this evaluation option.

Increased Communication to Constituents: We feel honored to represent our constituents and want to ensure we are effective and open with information beyond sharing updates on the website. We are working on multiple options for increasing communication to constituents, this newsletter being an example!

Board Retreat to Engage in Strategic Planning and Communication: We want to hear from you! Please show up to our open session of the board retreat to tell us *how* you would like us to communicate more effectively with you or how you would like to bring concerns to our attention.

FAQ page: The Administrators and Board Members for the CTPB are working on an FAQ list for you! We are compiling our most commonly received questions and will create a loading page on our Board website for FAQ's.

IT Updates to the website: NMRLD is updating the website and recognize there may be hiccups in this process. Please send any technological issues you experience to the board via their email. This helps us identify errors that our constituents may be experiencing that we are unaware of.

Call for a new Public Member: If you are a member of the public and have an interest in joining the NMRLD Counseling and Therapy Practice Board member, please apply!

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Helpful Links

[NMRLD Counseling and Therapy Practice Board Members](#)

[NMRLD Counseling and Therapy Practice Board Meeting Agendas and Minutes](#)

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NMRLD

NEW MEXICO
REGULATION &
LICENSING DEPARTMENT

ALL COUNSELING & THERAPY LICENSEES: CEU HOURS FOR 2024 LICENSE RENEWALS

LICENSEE'S NAME:

CERTIFICATES FOR EACH COURSE LISTED BELOW MUST BE KEPT IN YOUR RECORDS AND MAY BE REQUESTED AS PART OF YOUR RENEWAL APPLICATION. ALL HOURS MUST BE EARNED FROM OCTOBER 1, 2022 & SEPTEMBER 30, 2024

SECTION 1: AT LEAST 12 HOURS OF ETHICS RELATED TO COUNSELING/MENTAL HEALTH

**CEUs are counted hour for hour. College course work counts at a rate of 15 clock hours per semester credit hour

	COURSE TITLE	DATE	LOCATION	PRESENTER	HOURS
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					

**TOTAL ETHICS
HOURS:**

SECTION 2: AT LEAST 9 HOURS OF SUPERVISION RELATED TO COUNSELING/MENTAL HEALTH SUPERVISION CEU'S REQUIRED FOR APPROVED SUPERVISORS ONLY

**CEUs are counted hour for hour. College course work counts at a rate of 15 clock hours per semester credit hour

	COURSE TITLE	DATE	LOCATION	PRESENTER	HOURS
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

**TOTAL SUPERVISOR
HOURS:**

SECTION 3: GENERAL COUNSELING/MENTAL HEALTH RELATED CEU'S

**CEUs are counted hour for hour. College course work counts at a rate of 15 clock hours per semester credit hour

	COURSE TITLE	DATE	LOCATION	PRESENTER	HOURS
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
TOTAL GENERAL CREDIT HOURS:					

TOTAL ETHICS HOURS +	TOTAL SUPERVISION HOURS +	TOTAL GENERAL HOURS =	TOTAL HOURS (MUST BE AT LEAST 40)