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STATE OF MAINE  
DEPARTMENT OF PROFESSIONAL & FINANCIAL REGULATION  
OFFICE OF PROFESSIONAL & OCCUPATIONAL REGULATION  
BOARD OF COUNSELING PROFESSIONALS LICENSURE  
76 NORTHERN AVENUE  
GARDINER, MAINE 04345

Anne L. Head  
Commissioner

## LICENSED PROFESSIONAL COUNSELOR EDUCATIONAL WORKSHEET

*This worksheet is required if your graduate counseling degree program was **not** CACREP-accredited. Applicants **must** also submit applicable courses' descriptions or syllabi. A course can only be used **once** in this entire worksheet.*

Applicant Information		
Name:	License Number:	
Core Areas of Study		
<i>All 10 core areas of study content areas must contain at least 3 graduate credit hours.</i>		
Content Area	Course Title & Number	Credit Hours
<b>Human Growth &amp; Development</b> <i>Studies that provide an understanding of the nature and needs of individuals at different developmental levels throughout the life span.</i>		
<b>Social &amp; Cultural Foundations</b> <i>Studies that provide an understanding of societal changes and trends, human roles, social mores and interaction patterns, and differing life styles.</i>		
<b>Helping Relationships*</b> *must cover counseling theories <b>and</b> skills <i>Studies that provide an understanding of philosophic bases of helping processes, counseling theories and their applications, basic and advanced counseling skills, consultation theories and skills, self-understanding and self-development, and facilitation of client or consultee change.</i>		
<b>Groups</b> <i>Studies that provide an understanding of group development, dynamics, group counseling theories, group leadership styles, and group counseling methods and skills.</i>		
<b>Lifestyle &amp; Career Development</b> <i>Studies that provide an understanding of career development theories, occupational and educational information services, career counseling, and career decision-making.</i>		
<b>Measurement</b> <i>Studies that provide an understanding of group and individual educational and psychometric theories and approaches to measurement, data and information gathering methods, validity, reliability, psychometric statistics, factors influencing measurements, and use of measurement results in the helping process.</i>		

### Core Areas of Study

All 10 core areas of study content areas must contain at least 3 graduate credit hours.

Content Area	Course Title & Number	Credit Hours
<b>Research &amp; Evaluation</b> <i>Studies that provide an understanding of the types of research, basic statistics, research report development, research implementation, program evaluation, needs assessment, and ethical and legal considerations associated with research and evaluation.</i>		
<b>Professional Orientation</b> <i>Studies that provide an understanding of professional roles and functions, professional organizations and associations, history and trends within the profession, ethical and legal standards, and professional preparation standards and professional credentialing.</i>		
<b>Practicum</b> <i>A course of instruction that provides practical experience in counseling for the purpose of developing individual and group counseling skills. These studies include some counseling activities that a regularly employed licensed professional counselor would be expected to perform.</i>		
<b>Internship</b> <i>A supervised counseling experience of at least 600 clock hours. The internship provides an opportunity for the student to perform all the activities that a regularly employed licensed professional counselor would be expected to perform.</i>		