



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

Projective Techniques are not permitted under this license. [Act 593 of 1979, Sec. 3 (e) 2]

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)

Cognitive Behavioral (Acceptance & Commitment): _____ Reframing exercises _____ Self-talk _____ Self-analysis/self-evaluation/self-assessment
_____ 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 ____ Unblocking decision-making

Transgenerational/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
____ There-and-then techniques

Narrative: ____ Questioning (opening space, meaning, future) ____ Deconstruction ____ Co-construction ____ Re-storying ____ Externalizing
____ Mapping influence of problem ____ Find Exceptions to Problem ____ Therapist's letter-writing ____ 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: _____