

STATEMENT OF INTENT

Name _____

Licensed Associate Counselor (LAC) _____

Licensed Associate Marriage & Family Therapist (LAMFT) _____

Board Approved Supervisor Status (LAC) _____

Licensed Professional Counselor (LPC) _____

Licensed Marriage & Family Therapist (LMFT) _____

Board Approved Supervisor Status (LAMFT) _____

Setting of My Practice:

Private Practice _____ Agency _____ School _____ Hospital _____ Church _____ Telemedicine _____

Population(s) I Serve:

Children _____ Adolescents _____ Adults _____

Disorders, Issues, Presenting Problems I Accept:

Disorders listed in the Diagnostic and Statistical Manual (DSM) _____ Crisis _____ Grief _____

Behavioral Issues _____ Career Concerns _____ Relational Issues _____ Marital/Premarital (LAMFT/LMFT only) _____

Other: _____

Assessment Instruments I administer and Purpose for Use:

Psychoeducational Testing _____ Objective Personality Testing _____ Diagnostic Interviewing _____ Career Exploration _____

Other _____

Special training and documentation are required for administering other assessments. Projective Techniques are not permitted under this license. [Act 593 of 1979, Sec. 3 (e)2].

Types of Services I provide:

Individual _____ Group _____ Relational _____ Family (LAMFT/LMFT only) _____

Methods and Theories I Use:

Cognitive Behavioral (Acceptance & Commitment): _____ Reframing exercises _____ Self-talk _____ Self-analysis/self-evaluation/self-assessment _____ Homework therapy _____ Relaxation techniques _____ Muscle relaxation _____ Deep breathing _____ Cognitive 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

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/Solution Focused: _____ 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:

Additional Training and Certifications (supported by documentation):

I Have Read, Understood, and Agree to Abide By (initial each item):

_____ American Counseling Association Code of Ethics and/or American Association for Marriage and Family Therapy Code of Ethics.

_____ Arkansas Code Annotated 17-27-101 ET. Seq., the law that governs the practice of psychotherapy in Arkansas.

_____ 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.

PRINTED NAME _____

SIGNATURE _____

DATE _____

For Board Staff Only

APPROVED _____ DATE _____

LICENSE NUMBER _____ VALID _____