

## Licensed Mental Health Professionals in Texas A Fact Sheet for Consumers

This fact sheet is intended to provide basic information for consumers regarding the following mental health professionals that are licensed in Texas: marriage and family therapists, professional counselors, social workers, sex offender treatment providers, chemical dependency counselors, psychiatrists, and psychologists.

### Marriage and family therapists

A licensed marriage and family therapist (LMFT) is a mental health professional who provides professional therapeutic services to individuals and groups that involve the application of family systems theories and techniques. Services may include marriage therapy, sex therapy, family therapy, child therapy, play therapy, individual psychotherapy, divorce therapy, mediation, group therapy, chemical dependency therapy, rehabilitation therapy, diagnostic assessment, hypnotherapy, biofeedback, and related services.

A licensed marriage and family therapist holds at least a master's degree in marriage and family therapy or its equivalent, and also must complete 3,000 hours of supervised experience in the field of marriage and family therapy services.

For more information about marriage and family therapists, visit the website of the Texas State Board of Examiners of Marriage and Family Therapists at [www.dshs.state.tx.us/mft](http://www.dshs.state.tx.us/mft) or call (512) 834-6657.

### Professional counselors

A licensed professional counselor (LPC) is a mental health professional who provides professional therapeutic services to individuals and groups that involve the application of mental health, psychotherapeutic, and human development principles to facilitate adjustment and development throughout life. Services may include individual counseling, group counseling, marriage counseling, family counseling, chemical dependency counseling, rehabilitation counseling, education counseling, career development counseling, sexual issues counseling, psychotherapy, play therapy, diagnostic assessment, hypnotherapy, expressive therapies, biofeedback, and related services.

A licensed professional counselor holds at least a master's degree in counseling or a counseling-related field, and also must have complete 3,000 hours of supervised experience in the field of professional counseling.

For more information about professional counselors, visit the website of the Texas State Board of Examiners of Professional Counselors at [www.dshs.state.tx.us/counselor](http://www.dshs.state.tx.us/counselor) or call (512) 834-6658.

### Social workers

A licensed social worker is a mental health professional who provides services to restore or enhance social, psychosocial, or biopsychosocial functioning of individuals, couples, families, groups, organizations, or communities.

A licensed baccalaureate social worker (LBSW) holds at least an undergraduate degree in social work from a four-year college or university or was previously licensed as a social work associate. A licensed master social worker (LMSW) holds at least a master's degree in social work. A licensed master social worker-advanced practitioner (LMSW-AP) has also completed at least two years of professional, supervised experience providing non-clinical social work services. A licensed clinical social worker (LCSW) holds at least a master's degree in social work. The LCSW has also completed at least two years of professional, supervised experience providing clinical social work services.

General social work services, which may be provided by all licensed social workers, include interviewing, assessment, planning, intervention, evaluation, case management, mediation, counseling, supportive counseling, direct practice, information and referral, problem solving, supervision, consultation, education, advocacy, community organization and the development, implementation, and administration of policies, programs and activities.

Master's social work services, which may be provided by an LMSW, LMSW-AP, or LCSW, include the application of specialized knowledge and advanced practice skills in the areas of assessment, treatment planning, implementation and evaluation, case

management, information and referral, supervision, consultation, education, research, advocacy, community organization and the development, implementation, and administration of policies, programs and activities.

Clinical social work services, which may only be provided by an LCSW or an LMSW in an agency setting, include the application of specialized clinical knowledge and advanced clinical skills in the areas of assessment, diagnosis, and treatment of mental, emotional, and behavioral disorders, conditions, and addictions, including severe mental illness in adults and serious emotional disturbances in children.

For more information about social workers, visit the website of the Texas State Board of Social Worker Examiners at [www.dshs.state.tx.us/socialwork](http://www.dshs.state.tx.us/socialwork) or call (512) 719-3521 or (800) 232-3162.

### **Chemical dependency counselors**

A licensed chemical dependency counselor (LCDC) is a mental health professional who assists individuals or groups to develop an understanding of chemical dependency problems, define goals, and plan actions reflecting the individual's or group's interest, abilities, and needs as affected by chemical dependency problems. Services may include the diagnosis of a substance abuse disorder. LCDCs are not authorized to treat individuals with a mental health disorder or to provide family counseling to individuals whose problems do not include chemical dependency.

A chemical dependency counselor must hold at least a two-year associate's degree with a course of study in human behavior/development and service delivery and must complete 4,000 hours of supervised experience working with chemically dependent persons.

For more information about chemical dependency counselors, visit the website of the Texas Department of State Health Services at [www.dshs.state.tx.us/lcdc](http://www.dshs.state.tx.us/lcdc) or call (800) 832-9623.

### **Sex offender treatment providers**

A licensed sex offender treatment provider (LSOTP) is a mental health professional who provides services for the treatment of sex offenders. A sex offender is a person who has been convicted or adjudicated of a sex crime or a sexually motivated offense, or has received deferred adjudication for a sex crime or a sexually motivated offense. Sex offender treatment occurs through offense specific sex offender treatment, which is a long-term comprehensive set of planned treatment experiences and interventions that modify sexually deviant thoughts, fantasies, and behaviors and that utilize specific strategies to promote change and to reduce the chance of re-offending. The primary method of treatment is behavioral group treatment.

An LSOTP must hold a mental health license as a physician, psychiatrist, psychologist, professional counselor, marriage and family therapist, clinical social worker, or advanced nurse practitioner recognized as a psychiatric clinical nurse specialist or psychiatric mental health nurse practitioner. In addition to fulfilling education and training requirements for the primary license, an LSOTP must also complete a minimum of 1,000 hours of clinical experience and 40 hours of continuing education in sex offender assessment and treatment.

For more information about sex offender treatment providers, visit the website of the Council on Sex Offender Treatment at [www.dshs.state.tx.us/csot](http://www.dshs.state.tx.us/csot) or call (512) 834-4530.

### **Psychiatrists**

A psychiatrist is a medical doctor (MD). For information concerning medical doctors, please refer to the website of the Texas Medical Board at [www.tmb.state.tx.us](http://www.tmb.state.tx.us) or call (800) 248-4062.

### **Psychologists**

For information concerning licensed psychologists in Texas, please refer to the website of the Texas State Board of Examiners of Psychologists at [www.tsbep.state.tx.us](http://www.tsbep.state.tx.us) or call (512) 305-7700.

### **SOURCES**

Texas Occupations Code, Chapters 110, 502, 503, 504, and 505

Title 22, Texas Administrative Code, Chapters 681, 781, 801, 810 and Title 25, Texas Administrative Code, Chapter 450