



To: Real Simple Editor

RE: Correction Requested for Inaccurate Information/Representation

This is regarding your recent article, “How to Find a Therapist”, featured in Real Simple. The article featured comments from Dr. *David Kaplan, Chief Professional Officer at the American Counseling Association*. The Ohio Counseling Association is a state branch of the American Counseling Association, and we appreciate your effort to promote mental health awareness in your magazine.

However, **this article greatly minimizes the scope of practice of Counselors**. The Ohio Counseling Association feels strongly that any misrepresentation of our scope of practice has broad damaging consequences to public perception of our field. David Kaplan’s comments, while possibly taken out of context, appear to diminish our scope in what we treat, and do not treat, in our practice. **Therefore, our branch is requesting a promptly issued correction to those comments.**

Points to consider in your correction:

- Licensed professional counselors (LPCs) are master’s-degreed mental health service providers, trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders. The practice of professional counseling includes the diagnosis and treatment of mental and emotional disorders, including addictive disorders, psychoeducational techniques aimed at the prevention of such disorders, consultation to individuals, couples, families, groups, and organizations, and research into more effective therapeutic treatment modalities.
- Training standards are rigorous and require the possession of a master’s or doctoral degree in counseling from a national or regionally-accredited institution of higher education; the completion of a minimum of 3,000 hours of post-master’s degree supervised clinical experience; monitored consistent attainment of Continuing Education hours post-licensure; successful completion of the National Counselor Examination and associated State licensing exams; and adherence to a strict Code of Ethics and recognized standards of practice, as regulated by the state’s counselor licensure board.
- When looking for a counselor, look for individuals who identify themselves as a “Licensed Professional Counselor” or “LPC.” While some states have a variation of this title, the key words to look for are “licensed” and “counselor.” A state’s counselor board website can let you know the specific designation in your state. To find your counselor state board, visit:
<https://www.counseling.org/knowledge-center/licensure-requirements/state-professional-counselor-licensure-boards>

OCA leadership is available at your convenience to discuss training, qualifications, scope of practice, or current advocacy efforts in Ohio and beyond. Please contact us at any time for clarification.

Thank you for your attention to this matter.

<https://www.counseling.org/PublicPolicy/WhoAreLPCs.pdf>

<https://www.counseling.org/about-us/about-aca>

<https://www.counseling.org/knowledge-center/licensure-requirements/state-professional-counselor-licensure-boards>