

Board of Behavioral Sciences
LMFT Experience Information for Hours Gained on or after January 1, 2012

	EXPERIENCE TYPE	MINIMUMS AND MAXIMUMS	NOTES
DIRECT COUNSELING	1. Individual Counseling or Psychotherapy (performed by you)	No Minimum or Maximum	No pre- or post-degree hours are required performing individual psychotherapy, though many people gain hundreds of hours in this area due to the limitations of other categories.
	2. Couples, Family and Child Psychotherapy (performed by you)	Minimum 500 hours	May be completed pre- or post-degree or a combination of both. Up to 150 hours of conjoint couples and family therapy may be double-counted
	3. Group Therapy or Counseling (performed by you)	Maximum 500 hours	May be completed pre- or post-degree or a combination of both.
	4. Telehealth Counseling (performed by you)	Maximum 375 hours	May be completed pre- or post-degree or a combination of both.
	NOTE - PRE-DEGREE HOURS: A maximum of 750 hours of clinical experience (1-4 above), including direct supervisor contact (7, 8, next page), can be counted pre-degree. EXAMPLE: A trainee earns 625 hours of clinical experience comprising a combination of categories 1, 2, 3 and 4. In addition, the trainee earns 125 hours of individual supervision pre-degree, for a total of 750 hours.		
MISCELLANEOUS	5. Non-Counseling Experience (A-C below)	Maximum 1,000 hours combined	Categories 5A and 5B have their own maximums within the 1,000 combined maximum.
	A. Attending Workshops, Seminars, Training Sessions or Conferences	Maximum 250 hours	May be completed pre- or post-degree or a combination of both.
	B. Personal Psychotherapy (received by you)	Maximum 100 hours X 3	Up to 100 hours may be earned. These hours are triple-counted by the Board for a total of 300. Hours may be completed pre- or post-degree or a combination of both.
	C. Direct Supervisor Contact	Maximum 1,000 hours Minimum 52 weeks/hours	Completed both pre- and post-degree. For more information see "Supervision" section.
	6. Administering and Evaluating Psychological Tests, Writing Clinical Reports, Progress Notes, or Process Notes, and Client Centered Advocacy	Maximum 500 hours	May be completed pre- or post-degree or a combination of both.

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SUPERVISION		7. Supervision, Individual (One-on-One)	Minimum 52 Weeks/Hours	May be completed pre- or post-degree or a combination of both. Note: These may be non-consecutive weeks.
		8. Supervision, Group	No Minimum or Maximum	No pre- or post-degree hours are required in this area. Not more than eight (8) supervisees are permitted per group. Must be provided in one two-hour session or two one-hour segments.
		NOTE: A TOTAL MINIMUM of 104 hours/weeks of supervision is required. Persons gaining hours pre- or post-degree must have a minimum of one (1) hour of individual supervision, OR two (2) hours of group supervision during each week in which experience is claimed, for each work setting (see ratios required below). A maximum of five (5) hours of supervision may be credited per week.		
		SUPERVISION RATIOS REQUIRED FOR DIRECT COUNSELING EXPERIENCE <i>Ratio - Hours of Clinical Experience to Units of Supervision (One unit of supervision is equal to one (1) hour of individual or two (2) hours of group supervision)</i>	Trainees: Minimum one (1) unit of supervision for every five (5) hours of client contact in each setting Post-degree: Minimum one (1) unit of supervision each week in each setting; AND one additional unit during any week in which more than ten (10) hours of client contact is gained in each setting	For trainees, ratios can be calculated based on the average number of hours gained over the entire period of time a trainee works in a particular setting. Supervision ratios cannot be averaged for persons gaining hours post-degree. For examples of how to apply supervision ratios, see "Answers to Most Frequently Asked Questions Relating to MFT Interns and Trainees."
TOTALS	WEEKS OF EXPERIENCE REQUIRED	Minimum 104 weeks		Completed pre and post degree.
	TOTAL HOURS OF EXPERIENCE REQUIRED	PRE-DEGREE Maximum 1,300 hrs	POST-DEGREE Minimum 1,700 hrs	1,300 maximum pre-degree hours = 750 maximum counseling and supervision (categories 1-4, 7, 8) + all remaining hours categories
		TOTAL Minimum 3,000 hours		

The information provided in this publication is general and intended to serve as a quick answer guide for common questions. The *Statutes and Regulations Relating to the Practice of Professional Clinical Counseling, Marriage and Family Therapy, Educational Psychology, and Clinical Social Work* contains the official legal code sections and language. The Board of Behavioral Sciences encourages you to thoroughly read the *Statutes and Regulations* and refer to it in cases that require official legal language.