

D. QUALIFYING PROGRAM CONTENT REQUIREMENTS

In order to qualify for NBCC continuing education credit, the program, course, or presentation (program) must satisfy the following content requirements:

1. NBCC Content Area Requirement. The program content and information must directly relate to a qualifying NBCC Content Area identified in Section G of this Policy.
2. Program Learning Objectives Requirement. The program content and information must include a clear statement of the program learning objectives showing compliance with the qualifying program requirements of this Policy.
3. Professional Knowledge Requirement. The program content and information must be directly relevant to the professional knowledge and skills of graduate-level counselors.
4. Clinically Sound Content Requirement. The content of programs presenting information concerning the diagnosis, evaluation, and/or treatment of clients must be clinically sound. Such content must be consistent with well-established theories, principles, and techniques accepted by the professional mental health community, as well as the current edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*.
5. Program Materials Requirement. The program materials must be directly relevant to the program content, and must reflect current information, research, and professional knowledge.
6. NBCC Ethical Standards Requirement. The program content and information must be consistent with the NBCC *Code of Ethics* and the NBCC *Policy Regarding the Provision of Distance Professional Services*.
7. Qualified Presenter/Author Requirement. The program content and information must be presented and/or authored by a presenter/author with the appropriate qualifications, as required by Section F of this Policy. All program presenters and authors must be specifically and accurately identified in program materials, including all educational degrees and other qualifications related to the requirements of this Policy.

E. QUALIFYING PROGRAM CONTENT RESTRICTIONS AND PROHIBITIONS

In order to qualify for NBCC continuing education credit, the qualifying program content must

be consistent with the following restrictions and prohibitions:

1. Noncounseling Profession Content Restriction. The program content cannot be solely or primarily designed or intended for: professions other than professional counseling; the general public; paraprofessional counselors; or, any other individuals engaged in counseling or other mental health activities who are not graduate-level professional counselors.
2. Physical Health Content Restriction. The program content cannot be solely or primarily concerned with the medical or physical health of clients.
3. Political and Religious Content Restriction. The program content cannot state or imply in any manner that individuals who act inconsistent with, or who do not accept, a particular political or religious belief or principle are dysfunctional, or otherwise inappropriate, or that the belief itself is unacceptable or incorrect.
4. Sexual Orientation Change Content Restriction. The program content cannot present or include information promoting Sexual Orientation Change Efforts as a therapeutic method.

F. PRESENTER QUALIFICATION REQUIREMENTS

In order for a Provider to offer and issue NBCC continuing education credit, the program must satisfy the following requirements: the subject matter must be directly and primarily related to an NBCC Content Area; and, the presenter of the program, or author preparing the publication, must qualify as a presenter/author (presenter) for the subject matter presented.

Qualifying programs must be taught or authored by presenters who possess appropriate qualifications, as required by this Policy. Qualified presenters and authors are classified by three (3) specific categories. The following categories identify the relevant education and/or experience requirements for a presenter to qualify to present/ author programs that are offered for NBCC continuing education credit.

1. Category 1 Presenter Qualifications.

In order to qualify as a Category 1 Presenter, the individual must:

- (a). Hold a graduate degree in a mental health field from a regionally accredited educational institution; and,
- (b). Be qualified by appropriate education, experience, and/or training to present/author the particular subject matter, or author the publication concerning the subject matter.

2. Category 2 Presenter Qualifications.

In order to qualify as a Category 2 Presenter, the individual must:

- (a). Hold a graduate degree from a regionally accredited educational institution directly related to the subject matter presented; and,
- (b). Be qualified by appropriate education, experience, and/or training to present/author the particular subject matter, or author the publication concerning the subject matter.

3. Category 3 Presenter Qualifications.

In order to qualify as a Category 3 Presenter, the individual must:

- (a). Be qualified by appropriate education, experience, and/or training to present/author the particular subject matter, or author the publication concerning the subject matter.

4. Additional Presenter Requirements and Restrictions.

- (a). Each program presenter must qualify under this Policy to teach the particular subject matter presented by that individual.
- (b). Honorary academic degrees must not be used to qualify a presenter to present or author programs offered for NBCC credit.
- (c). Individuals who have received academic degrees outside the United States may or may not be qualified to present programs for NBCC credit. Such foreign degreed individuals may be required to submit the results of an international degree equivalency evaluation. NBCC will determine whether the individual qualifies as a presenter under this Policy.

G. NBCC CONTENT AREAS AND TOPICS

In order for a Provider to offer and issue NBCC credit, the program subject matter must be directly and primarily related to one (1) or more of the NBCC Content Areas identified below, and as required by this Policy. The following categories identify the NBCC Content Areas. The relevant content area(s) must be identifiable in the program objectives.

[NOTE: Regardless of the NBCC Content Area, a Category 1 Presenter is required to present/author the relevant portions of all programs that include content concerning counseling

theory, counseling practice, counseling relationships, and the evaluation and/or treatment of clients, as well as all content specifically designated for a Category 1 Presenter.]

1. Counseling Theory/Practice and the Counseling Relationship.

Continuing education programs in this content area provide an advanced understanding of the counseling processes, including, but not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ Foundational and well-established counseling theories, principles, and techniques of counseling and their application in mental health settings.
- ▶ Diagnosis and treatment of mental disorders.
- ▶ Wellness and prevention within counseling and treatment.
- ▶ Crisis intervention techniques for counselors to use in response to disaster or other rapid onset trauma-causing events, including but not limited to, psychological first aid strategies.
- ▶ Psychophysiological awareness and mindfulness in the counseling process.
- ▶ Distance counseling.
- ▶ Biofeedback used in a mental health setting.

2. Human Growth and Development.

Continuing education programs in this content area provide an advanced understanding of the nature and needs of individuals at developmental levels, and are relevant to professional counselors and the counseling profession. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Human Growth and Development topics include, but are not limited to, the following topics.

Category 1 or 2 Presenter required for the following topics:

- ▶ Foundational and well-established theories, including, but not limited to, personality theory, life span theory, learning theory, and human development theory.

Category 1, 2, or 3 Presenter required for the following topics:

- ▶ End-of-life issues within the scope of practice of mental health professionals.
- ▶ Information related to developmental crises; disabilities; and, situational, transitional, and environmental factors that affect behavior.

3. Social and Cultural Foundations.

Continuing Education programs in this content area provide an understanding of the issues and trends in a multicultural and diverse society that impact professional counselors and the counseling profession. A Category 1 Presenter is required for all program content and information related to the counseling and/or treatment of clients. Social and Cultural Foundations topics include, but are not limited to, the following topics.

Category 1 Presenter required for the following topic:

- ▶ Multicultural competency as a professional counselor.

Category 1, 2, or 3 Presenter required for the following topics:

- ▶ Societal subgroups.
- ▶ Societal changes and trends.
- ▶ Mores and interaction patterns.
- ▶ Major societal concerns.
- ▶ Social justice.
- ▶ Cross-cultural effects, such as acculturation, assimilation and multicultural and pluralistic trends.

4. Group Dynamics and Counseling.

Continuing education programs in this content area provide an advanced understanding of therapeutic group development, dynamics and counseling theories; and, group counseling methods and skills, including, but not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ Group counseling theories and group counseling leadership styles.
- ▶ Developmental stages in group counseling and related principles of group dynamics.
- ▶ Group counseling methods and skills.
- ▶ Group members' roles and behaviors within a mental health setting.

5. Career Development and Counseling.

Continuing education programs in this content area provide an advanced understanding of career counseling, development and related life factors. A Category 1 Presenter is required for any program content related to the counseling and/or treatment of clients. Career Development and Counseling topics include, but are not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ Theories, principles, and techniques of counseling as applied to work and career.
- ▶ Career counseling processes and resources, including, but not limited to, those applicable to specific communities and populations.
- ▶ Career/life planning and decision-making models.
- ▶ Life-work role transitions, including, but not limited to, outplacement and

retirement counseling. Category 1, 2, or 3 Presenter required for the following topics:

- ▶ Career development program planning, resources, and program evaluation.
- ▶ Assessment of work place environment for purposes of job placement.
- ▶ Trends in job search.
- ▶ Career avocational, educational, occupational and labor market information, and resources and career information systems.

6. Assessment.

Continuing education programs in this content area provide an advanced understanding of approaches to assessment and evaluation in counseling practice. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Assessment topics include, but are not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ Diagnostic interviewing.
- ▶ Clinical assessment and interpretation for use in treatment planning.
- ▶ Ethical strategies for selecting, administering, and interpreting assessment and evaluation instruments.

Category 1 or 2 Presenter required for the following topics:

- ▶ Information on the current edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*.
- ▶ Implementation and interpretation of standardized assessment instrument protocols.
- ▶ New and existing assessments.
- ▶ Issues related to assessment development.
- ▶ Legal issues related to counselor authority to administer and interpret tests and inventories that assess psychopathology, abilities, interests, and career options.
- ▶ Information on basic classification, indication and contraindications of commonly prescribed psychopharmacological medications, in order to make appropriate referrals for medication evaluations, and to identify the side effects of medication.

7. Research and Program Evaluation.

Continuing education programs in this content area provide an advanced understanding of research methods, statistical analysis, needs assessment and evaluation, and ethical and legal considerations in research. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Research and Program Evaluation topics include, but are not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ Critical evaluation of research findings and its clinical implications.
- ▶ Development of measurable outcomes for counseling interventions.

Category 1 or 2 Presenter required for the following topics:

- ▶ Foundational and well-established research design and methods.
- ▶ Statistics in research.
- ▶ Research report development and information on disseminating research findings.
- ▶ Critical evaluation of research findings.

8. Counselor Professional Identity and Practice Issues.

Continuing education programs in this content area provide an understanding of various aspects of professional functioning as graduate-level counselors. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Counselor Professional Identity and Practice Issues topics include, but are not limited to, the following topics.

Category 1 Presenter required for the following topics:

- ▶ NBCC and/or ACA ethical codes and conduct standards in professional counseling and/or counseling research.
 - ▶ Ethical decision-making models directly related to counseling practice.
 - ▶ NBCC certification, state licensure, and related mental health public policy.
 - ▶ Professional counseling organizations and associations, limited to NBCC, CACREP, ACA and its branches and divisions.
 - ▶ Roles and processes related to counselor advocacy on behalf of the profession and the client.
 - ▶ The counselor's role and function as a member of an interdisciplinary team.
 - ▶ Starting and maintaining a counseling practice to include business-planning, quality control, service delivery, billing and reimbursement, fee-setting, capacity-building, referrals, and ethical marketing.

- ▶ Effective and ethical utilization of social media.
- ▶ Counselor self-assessment to address areas for ongoing professional growth.
- ▶ Critical analysis of emerging issues in the counseling profession.
- ▶ Clinical supervision models, practices, and processes for professional counselors.
- ▶ The counselor's role and function as a professional consultant.
- ▶ The counselor's role and function as a

forensic interviewer. Category 1 or 2 Presenter

required for the following topic:

- ▶ Legal issues in professional counseling and/or

counseling research. Category 1, 2, or 3 Presenter

required for the following topics:

- ▶ Self-care strategies and burnout prevention appropriate to the counselor role.
- ▶ Grant writing for counselors and counseling programs.

9. Wellness and Prevention.

Continuing education programs in this content area provide psycho-educational information for counselors to enhance their ability to promote optimal wellness related to client mental health. A Category 1 presenter is required for all program content related to the counseling and/or treatment of clients. Wellness and Prevention topics include, but are not limited to, the following topics.

Category 1, 2, or 3 Presenter required for the following topics:

- ▶ Complementary Alternative Medicine (CAM).
- ▶ Community-based wellness initiatives.
- ▶ Conflict resolution.
- ▶ Sex education.
- ▶ Sleep hygiene.
- ▶ Nutrition.
- ▶ Anger management.