STATEMENT OF INTENT

Name__________________________________________

Licensed Associate Counselor (LAC)_______        Licensed Professional Counselor (LPC)_______
Licensed Associate Marriage & Family Therapist (LAMFT)_______Licensed Marriage & Family Therapist (LMFT)_______
Board Approved Supervisor Status (LAC)_______        Board Approved Supervisor Status (LAMFT)_______

Setting of My Practice:
Private Practice_______ Agency_______ School_______ Hospital_______ Church_______

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_____ Objectivity Personality Testing_____ Diagnostic Interviewing_____ Career Exploration_____ Other:

*Requires documented training Rules Section XII.

Methods and Theories I Use:


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 ____________________

AR Board of Examiners in Counseling, 101 E. Capitol, Suite 202, Little Rock, AR 72201
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