Professional Counselors
Clinical Settings

Professional Counselors must hold a master’s or doctorate degree, pass a rigorous licensing exam, complete 3,000 hours of client-contact supervision, continue their professional development through continuing education programs and are regulated by Texas statutes. In addition, professional school counselors must have two years of classroom teaching experience.

Professional Counselors work in a variety of settings: private practice, elementary and secondary schools, college campuses, jails, mental health centers, hospitals, detention centers, nursing homes, veteran programs and managed care facilities. They empower individuals, families, students and groups to accomplish their mental health, education and career goals.

Mental Health in Texas:

- 4.3 million Texans have a diagnosable mental health disorder (including 1.2 million children). Of these, 1.5 million are unable to function at work, school, or in the community due to their illness.¹
- Texas averages 6 deaths each day by suicide; 90% related to untreated or under-treated mental illness.²
- 74% of Texans have experienced some form of domestic violence or have a family member or friend who has experienced it.³
- Each year in Texas, 75,000 people deal with mental health repercussions following a traumatic injury.⁴
- Texas’s current public mental health system provides services to only 21% of adults who live with serious mental illnesses in the state.⁵
- Average per day costs of community-based services in Texas is $12 for adults, $13 for children, as compared to $401 for a State Hospital, $137 for a jail, and $986 for an ER visit.⁶
- DSHS data from 2013 reports there are 16,321 Licensed Professional Counselors (LPC) and 2,881 Licensed Marriage and Family Therapists (LMFT) practicing in Texas for a total of 19,202 LPC/LMFTs, making it one of the largest groups of mental health professionals in the state.⁷

Professional Counselors Help:

- 75–80% of patients who enter psychotherapy show benefit; both across a wide range of disorders and different therapy formats including individual, couple, family, and group therapies.⁸
- Longer-term psychotherapy treatment is significantly more effective than short-term treatment.⁹
- Patients provided with counseling services report a significant reduction in symptoms for anxiety, depression, self-esteem and quality of life.¹⁰
- It is cost effective to prevent the initial onset of depression in high risk individuals, including those who do not meet full criteria for major depression, because almost half of those individuals who have a first episode of depression will go on to have a second.¹¹
- Drug abuse treatment has been shown to reduce drug use by 40%-60% and significantly reduces criminal activity during and after treatment.¹²

For more information, contact: ______________________________________________________________

For source information please refer to the Texas Counseling Association website www.txca.org or contact robin@txca.org.
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Who is TCA?

The Texas Counseling Association (TCA), formed in 1947, is a non-profit association representing more than 6,500 professional counselors from across a variety of practice settings, throughout the state. A state branch of the American Counseling Association, TCA consists of 32 regional chapters and 12 practice-specific divisions.

TCA Divisions

**TAACE** Texas Association for Assessment in Counseling and Education - Promotes research, development, technical competency and ethical practices for measurement and evaluation in counseling.

**TAADA** Texas Association for Adult Development and Aging - Promotes resources and leadership on the development process of adults through the life span and the problems of aging.

**TACES** Texas Association for Counselor Education and Supervision - Promotes the preparation of professional counselors through accreditation, certification, supervision and professional development.

**TALGBTIC** Texas Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling - Promotes tolerance and non-threatening counseling environments that support the unique needs of clients and reduce stereotypical thinking and prejudice.

**TAHEAD** Texas Association for Humanistic Education and Development - Promotes human development practices that emphasize education of the whole person and instructional strategies that foster humanistic approaches.

**TAMFC** Texas Association of Marriage and Family Counselors - Promotes issues, interests and the delivery of services in the area of marriage and family therapy, divorce counseling and mediation.

**TCCA** Texas College Counseling Association - Promotes college counseling programs that foster student development, support ethical practices and encourage cooperation within higher education.

**TCDA** Texas Career Development Association - Promotes a greater understanding of the meaning of work; fosters career development over the life span; and establishes standards of professional service in the field of career development.

**TexAMCD** Texas Association for Multicultural Counseling and Development - Promotes the understanding and appreciation of ethnic, racial and cultural diversity; human and civil rights, and multicultural counseling.

**TMHCA** Texas Mental Health Counselors Association - Promotes improvements to the availability and quality of mental health counseling services for professionals in private practice, agency, hospital, business and industrial settings.

**TSCA** Texas School Counselor Association - Supports school counselors, strengthens students, promotes success; provides advocacy and best practice resources to empower school counselors to deliver comprehensive guidance and counseling programs which promote student success.

**TxCSJ** Texas Counselors for Social Justice - Fosters optimal social, emotional, and cultural development with dignity for all individuals by actively promoting societal equity, access, participation, harmony, empowerment, and advocacy.