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OCT 10 2019

Daniel Collins, NC Psychology Board
895 State Farm Road, Suite 101
Boone, NC 28607

Dear Psychology Board Members,

I am writing this letter in support of the proposed rule change under 21 NCAC 54.2008 which I understand would end the career long supervision requirement for Licensed Psychological Associates. Since I have been licensed as a Psychological Associate in NC since 1981, I think I am in a unique position to speak to the hardships the supervision requirement places on masters level psychologists.

A great deal has changed in the 40 years since I was making my decision about what graduate school to attend after working two years as a crisis counselor with my BS in Psychology. I was very interested in attending a program that actually taught psychotherapy skills. My goal was to get a degree, work in the mental health system (back when NC had a viable mental health system) for several years and then go into private practice. At the time, I was deciding between getting a MSW at the University of Michigan or a Masters in Clinical Psychology from Appalachian State. Both schools had offered financial assistance and both schools had a skills based degree program. For a variety of reasons, I chose Appalachian. At the time, I could get a job with the mental health system as a Staff Psychologist and make more money and have more professional prestige than a social worker or a counselor. Those two professions were just beginning their lobbying and rebranding efforts.

I did indeed work in the mental health system for nine years before joining a private practice in Greensboro that consisted of five psychiatrists. Five years later I joined a private practice owned by a PhD psychologist, and today I continue to work in that same practice which I now co-own and manage. My private practice is thriving. I typically have a waiting list for new patients, about a quarter of my caseload consists of other therapists and I am well known and respected in my community. So what's my problem, right? How has career long supervision harmed me?

What's more I believe in ongoing supervision or consultation for every clinician who intends to be good at what they do. Quite frankly, no matter the degree, PhD, MSW, MA, MEd, no-one is adequately prepared to be a skilled clinician right after graduate school, no matter how skills based the program or gifted the individual. Throughout our careers we all need supervision and/or consultation at times as well as ongoing training. During my career, I have done extensive post graduate training and supervision resulting in certifications in a variety of therapeutic approaches. So again what is my objection?

My objection is to career long, required supervision. It is one thing for me to seek supervision or consultation as I feel the need or the interest. It is quite another to be legally mandated to be supervised every month after 38 years in practice. Moreover, career long supervision has cost me tens of thousands of dollars in supervision fees and lost client hour revenues. Throughout my career I have made a point to get my supervision hours from clinicians who have more skill and more experience than I do. However, at this stage in my career finding PhD psychologists who fit that criteria is becoming increasingly difficult. In addition, the career long supervision requirement has cost me the ability to teach at AHEC or other continuing education institutions because CEU's can't be offered with my degree as it is currently licensed. So while I achieved my primary goal of being a skilled clinician in private practice, the career long supervision requirement has cost me a great deal of money and has limited my professional options.

In closing, I strongly support the proposed change in supervision requirements for NC Licensed Psychological Associates and believe, equally strongly, that this change is long overdue.

Sincerely,

A handwritten signature in cursive script that reads "Helen J Campbell". The ink is dark and the signature is fluid.

Helen J Campbell, MA, LPA #0568