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NC Psychology Board
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Dear Members of the Psychology Board,

My name is Jody Long, LPA #4690. I am writing with regards to rule 21 NCAC 54.2008. I have been licensed and practicing about 6 years now, with the bulk of my career dedicated to community based work. I am extremely passionate about providing quality care to the people I've served and to be a role model in the field, demonstrating both competency and ethical behavior.

Though I receive supervision as required by the board, I am diligent to seek out appropriate trainings and additional support via consult teams, etcetera, when appropriate, to best serve my clients and supervisees. Often I seek out these resources independent of The Board's requirements. The lifelong supervision requirement is not a guarantee that a clinician will comport themselves more ethically or competently. However, the requirement of lifelong supervision limits quality clinicians from being able to obtain employment in important areas due to being considered "provisional" which prevents paneling from insurance companies such as Medicare and Tricare (to name two).

I entered this field dreaming of working with our military men and women and discovered upon completion of my licensure requirements that I would never be able to panel with Tricare. Additionally, I have sought employment in more institutionalized settings such as a hospital, only to find that though qualified, I would not be hired due to my inability to bill the full array of insurance. Now that I am in a private practice setting, my worry is that as we move toward a single payer system such as Medicare for all, that I would no longer be able to complete my job as a psychologist as we are unable to panel with Medicare. Additionally I routinely get calls from prospective clients who I have to turn away due to their insurance, many of whom are direct referrals to me due to appropriateness of fit.

As psychologists we hold ourselves to high standards but the evidence does not suggest that lifelong supervision truly enhances our abilities as clinicians. It is important to consider both the financial costs as well as the practical costs – very few people are seeking LPAs in part due to the supervision requirement. In our community we are in desperate need for individuals who test, though personally I advise against a Master's in psychology for my mentees based on my own (and my colleagues') professional and financial hardships created by the degree path I chose. I truly hope that the board considers the information provided them and recognizes that there is need for change.

With Kind Regards,

 LPA, LCAS, CCS