

9/26/19

To Whom It May Concern,

I am an LPA licensed by the NC Psychology Board since 2006. I graduated with my M.A. from UNCW's Clinical Psychology program with a concentration in substance abuse treatment. I have been supervised for over a decade of my practice at this point in my career.

I am writing this letter to unequivocally support the NC Psychology Board's proposed rule change addressing the issue of supervision (21NCAC 54.2008). These rule changes would allow me and my fellow LPAs more parity with other master's level practitioners in North Carolina (e.g. LPCs, LCSWs, LMFTs).

Due to the requirement of supervision and having a restricted license LPAs are not eligible to enroll as a participating provider with several insurance companies such as United Healthcare, Aetna, Tricare and Medicare. LPAs are also excluded from being able to volunteer to work with disaster relief programs, such as through the red cross due to the nature of not being considered an independent practitioner.

In 2004, I spent a week training with Dr. Linehan and Dr. Korslund in Dialectical Behavior Therapy (DBT). Then in 2014, the clinical team I belong to completed the 10-day DBT intensive through Behavioral Tech (Dr. Linehan's DBT training company). In our community, we are the only office that offers comprehensive DBT as determined by Dr. Linehan. On numerous occasions I (and other LPAs in our office) have not been able to see clients that are in much need of DBT due to having a restricted license and their insurance not enrolling LPAs. Due to the limitation of this forever supervision there is a great disservice being done to consumers at large in the state of North Carolina.

It is also important to point out to those that push back against the idea of an unrestricted license for LPAs that even when these revisions are approved, LPAs will still have a stricter and stringent supervision criteria to work through than any other master's level licensing requirement in NC (LPC, LCSW, LMFT). There will still be a tiered supervision progression and LPAs would still have to demonstrate competency at level 3 before being eligible or considered for an independent license.

Please feel free to contact me directly with any questions,

Respectfully,

John Lothes, M.A. LPA