

NMRLD Counseling and Therapy Practice Board

2024 Highlights and Looking Forward to 2025

This newsletter is to communicate highlights, noteworthy themes for clarification, upcoming goals, and helpful links from the NMRLD Counseling and Therapy Practice Board to the constituents we proudly serve.

A Message from the Board: The CTPB Board Members want to extend our heartfelt gratitude for the work done by the counselors and therapists in New Mexico in support of the mental health and recovery needs of our citizens. It is not easy work and often feels like it is not valued, but we see you! Every interaction that you have with your clients makes a difference in their lives and the lives of their families, so even if they do not always have the language to say it, THANK YOU!

~ Kourtney, Laura, Lesley, Christine, Rafael, Robert, David

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Highlights from 2024

Licensed Individuals in New Mexico as of December 1, 2024:

License Type	No. of Licensees/difference from last newsletter 2023
Professional Clinical Mental Health Counselor (LPCC)	2616/down 6
Mental Health Counselor (LMHC)	1,023/ down 117
Professional Art Therapist (LPAT)	78/ down 2
Mental Health Counselor-Art Therapy Specialist (LMHC-AS)	7/ down 2
Temporary Licenses	166/ new category
Professional Mental Health Counselor (LPC)	77/ same
Independent Mental Health Counselor(IMHC)	2/same
Marriage and Family Therapist (LMFT)	457/ up 33
Associate Marriage and Family Therapist (LAMFT)	29/ down 35
Alcohol and Drug Abuse Counselor (LADAC)	460/ up 15
Substance Abuse Associate (LSAA)	402/ up 28
CEU Providers	169/ up 8
Approved Supervisors	938/ up 282
TOTAL LICENSES	6,424/ up 448

Approved Clinical Supervisors:

- There are currently 955 approved clinical supervisors in the State of New Mexico.
- The supervisor list is now published publicly and updated monthly on the [NMRLD CTPB Website](#). Reminder that your supervisor must be on this list for your hours to be considered for licensure.

Complaints to the Board:

Complaints are caught up and totals of that work is listed below. There were 79 complaints received between January 1, 2024 to December 19, 2024.

- Total complaints closed: 19
- Total complaints referred for NCA's: 4

Themes from 2024

Themes are drawn from multiple sources, including audience discussion during board meetings, complaints submitted to the board, and information requests made to the board administrators. These are areas we encourage our constituents to review and reflect on in their own practice.

CEU Calculation and Break Down

We receive a high number of questions around the breakdown of CEU's that are needed and hope this table helps clarify what questions you may have. Please see the Attachment to use as a CEU Calculator.

Retaining Educational Documentation and Application Materials

The Application Committee wants to make the recommendation to all providers licensed in New Mexico or interested in licensure in New Mexico to remember to retain copies of all documentation needed to apply for licensure. Ensuring you retain documents will help you answer any questions the NMRLD CTPB may have around reapplication or if you choose to apply to a different board or jurisdiction in the future.

It can be really stressful to try and reobtain historic documentation, including exam scores, supervision records, syllabi, etc. All of these documents are critical to note the hard work that has led to licensure.

Additionally, you do not need to wait until the end of the associate licensing period to get a supervisor to sign Attachment B. Any time that supervision with a supervisor is finished, have them complete Attachment B and just hang on to it until you are ready to apply for an upgraded license. This can help avoid the problem of searching for a previous supervisor to sign for you when they may have changed jobs or moved.

Approved Supervisor Designation Process

Through 2024, we noted an increase in questions around Clinical Supervision.

First, to become an NMRLD CTPB recognized Clinical Supervisor, you must complete the application on the website, and mail it with a check to the NMRLD CTPB office on the address listed on the website. You will receive a letter stating you have been approved to become a Clinical Supervisor and be listed on the board website. Once this is complete, it will be your responsibility to maintain approval by completing the appropriate amount of CEUs on Supervision during your licensure renewal. For support in calculating the appropriate number of hours, please use the CEU Calculation worksheet attached to the newsletter email.

For an Attachment B to be filed, there must be an Attachment C on file for the Supervisor completing Attachment B. Additionally, that Supervisor must be on the Approved Supervisor List which is linked and updated monthly on the NMRLD CTPB website under the Licensing, Registration, and Renewal section.

When you begin to provide supervision, please complete an Attachment C and give it to your supervisee to upload to their application or e-file.

Moving through supervision can sometimes highlight concerns about a supervisee's practice but those concerns do not rise to the level of necessitating disciplinary complaints or perhaps the concern does not impair their overall ability to practice. When signing the Attachment B for confirmed hours of supervision, there is now an option to include an area where you can express concern for the supervisee, however, you are always required to sign for the hours of supervision that were provided for application, even if you have concerns..

Counseling Compact Update: The board continues to follow the progress of the proposed counseling compact and has endorsed it in its current iteration. The Chair has provided NMCA with a letter of support.

FAQ page is up and running: The Administrator and Board Members for the CTPB are working on an FAQ list for you! We are compiling our most commonly received questions and will create a loading page on our Board website for FAQ's. You can view them here: [NMRLD Counseling and Therapy Practice Board: FAQs](#)

A note from the Rules Committee: The Rules Committee continues to review the rules systematically to identify inconsistencies, outdated practices, and to attend to the ever-changing world of AI. This year substantial rule changes were addressed during this year's rules hearing. In the upcoming year, there will be rules changes to address ethical use of Artificial Intelligence in clinical practice and supervision, how temporary licenses are managed, an overhaul of the substance license types, and additional topics yet to be identified.

We welcome input from clinicians if they identify rules that they believe are in need of changing. This can be done by sending an email with proposed language for the change and a justification of why it should be considered to the Board Administrator.

Best Practices Documents: The Board is now creating and publishing Best Practices guiding documents to assist in supporting the more complicated pieces of our work. These are researched and outlined guides for topics like teletherapy or Clinical Supervision. Those can be found on the homepage for the Counseling and Therapy Practice Board, located here. [NMRLD CTPB Best Practices](#)

A hello and a goodbye: We would like to extend a welcome and thank you to our newest member Dr. David van der Goes for his service as our new Public Member.

The board would like to thank outgoing Board Administrator Jen Rodriguez for her invaluable service over the past year. We wish her well in her new position and will miss her greatly!

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On the Horizon for 2025

Continued Outreach to Constituents: We feel honored to represent our constituents and want to ensure we are effective and open with information beyond sharing updates on the website. We are working on multiple options for increasing communication to constituents, this newsletter being an example!

Do you want to participate in public comment during a board meeting? You can do so in person or virtually by contacting the NMRLD CTPB Administrator.

Do you want to have an item added to the agenda for a board meeting? You can submit your request using the form found on the website.

Come join a board meeting in person! Meeting locations for Board Meetings in 2025 include Silver City, Las Vegas, Santa Fe, and Portales/Clovis area.

Welcoming a student committee and board member to the NMRLD CTPB in 2025: The CTPB Members are committed to workforce development and student involvement and are showing that by introducing a student committee and student board member position in 2025. Representatives from each university's mental health programs will be selected and will in turn select one of their members to serve as their representative as a non voting member of the board. Interested students can send a letter of interest to the NMRLD CTPB Board Administrator via email.

Representative of the Board to attend Council on Licensure, Enforcement and Regulation's annual conference: This helps enhance our knowledge of board practices across the United States and ensures we continue to improve and grow the service we provide to our constituents.

Continued representation on, participation with, the Association of Marital and Family Therapy Regulatory Boards. Chair Vaillancourt will serve as Treasurer for a three year term.

The NMLRD CTPB makes continued efforts to improve the professional experience of our constituents by pursuing and/or supporting the following initiatives and goals:

- Identify opportunities for increasing license mobility for all license types

- Supporting measures that make the application and licensing process faster and easier
- Eliminating gross receipts tax/enforcing third party payor's payment of GRT
- Counseling Compact
- Coordination with HCA for issues related to Medicaid and Medicare
- Coordinated collaboration with Social Work and Psychology state boards

Helpful Links

[NMRLD Counseling and Therapy Practice Board Members](#)

[NMRLD Counseling and Therapy Practice Board Meeting Agendas and Minutes](#)

[NMRLD Counseling and Therapy Practice Overview](#)



NMRLD

NEW MEXICO
REGULATION &
LICENSING DEPARTMENT

ALL COUNSELING & THERAPY LICENSEES: CEU HOURS FOR 2025 LICENSE RENEWALS

LICENSEE'S NAME:

CERTIFICATES FOR EACH COURSE LISTED BELOW MUST BE KEPT IN YOUR RECORDS AND MAY BE REQUESTED AS PART OF YOUR RENEWAL APPLICATION. ALL HOURS MUST BE EARNED FROM OCTOBER 1, 2023 & SEPTEMBER 30, 2025

SECTION 1: AT LEAST 12 HOURS OF ETHICS RELATED TO COUNSELING/MENTAL HEALTH

**CEUs are counted hour for hour. College course work counts at a rate of 15 clock hours per semester credit hour

	COURSE TITLE	DATE	LOCATION	PRESENTER	HOURS
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**TOTAL ETHICS
HOURS:**

SECTION 2: AT LEAST 9 HOURS OF SUPERVISION RELATED TO COUNSELING/MENTAL HEALTH SUPERVISION CEU'S REQUIRED FOR APPROVED SUPERVISORS ONLY

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**TOTAL SUPERVISOR
HOURS:**

SECTION 3: GENERAL COUNSELING/MENTAL HEALTH RELATED CEU'S

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TOTAL GENERAL CREDIT HOURS:					

TOTAL ETHICS HOURS +	TOTAL SUPERVISION HOURS +	TOTAL GENERAL HOURS =	TOTAL HOURS (MUST BE AT LEAST 40)



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