

Meeting our Mental Health
Emergency:

Who Can Provide Care?

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ERASERHEAD

100% FRESH FOOD
★
ROMSON'S
★
KEBAB
★

The Rock
PIZZA ven's

510-207-7458

Instagram icon

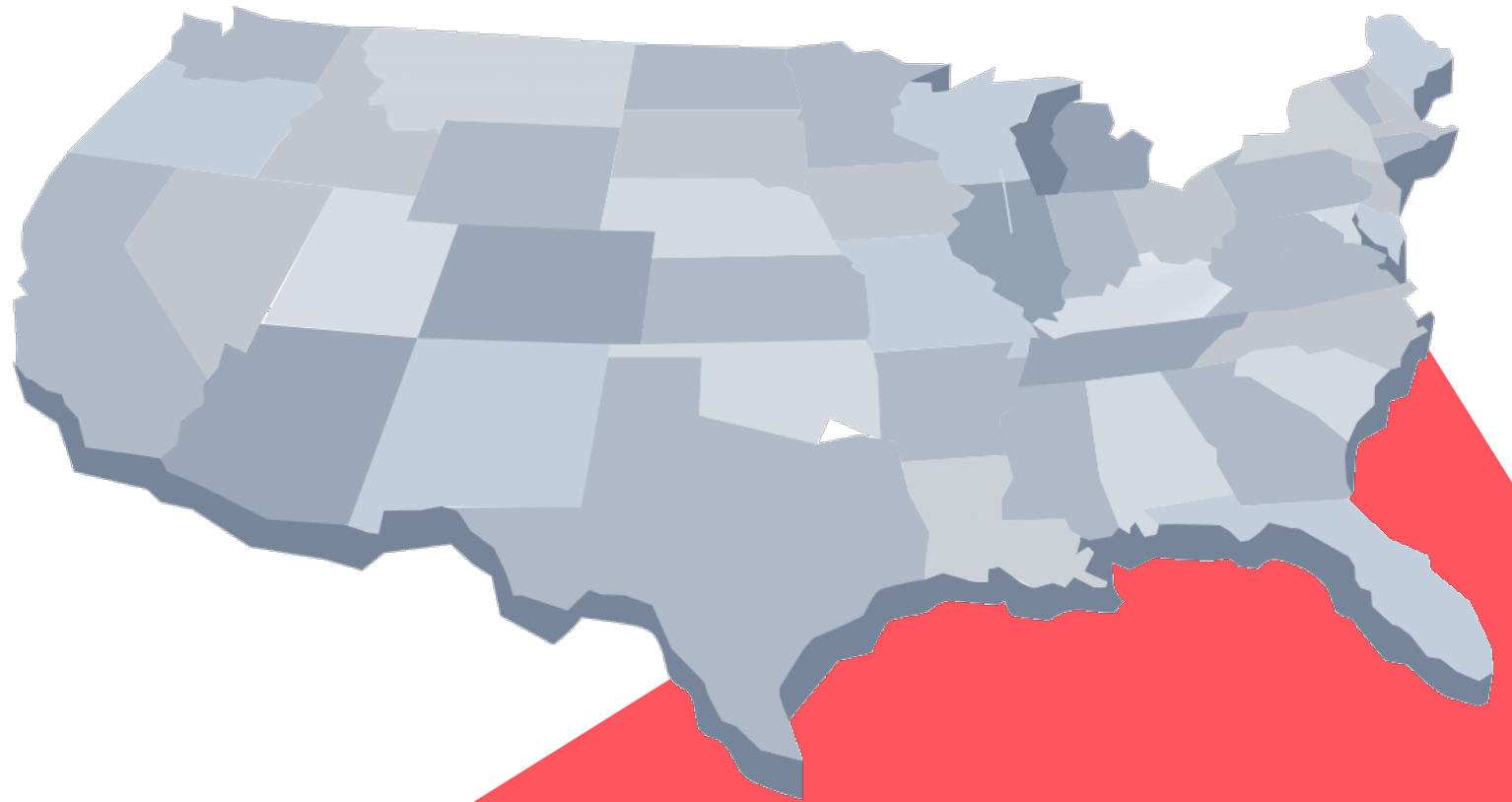
@TheRockPizzeria



Mental Health Need



Mental health Clinician Shortage



The image features a blurred background of a stethoscope lying on a stack of papers. A horizontal red banner with a slight gradient is positioned across the center of the image. The text 'Therapy Works' is written in a white, serif font, centered within the red banner. The overall composition suggests a medical or healthcare theme.

Therapy Works

Why does it work?

- Empathic Connection
- Nonjudgment
- Unconditional Positive Regard
- Skillful Deep Listening
- Anti-racist practices
- Strength-based
- Empathic Reflection

What are EBPs?

- Trauma Informed Care Practices
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- Supportive Counseling

No License Needed



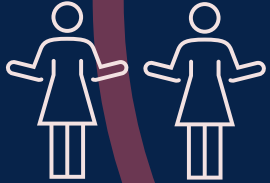
What is a Lay Counselor?

A mental health counselor who entered the field through direct learning & training.

Lay Counselors work under the supervision of licensed therapists.



Peer Support



Mental Health
Educator



BH Coach

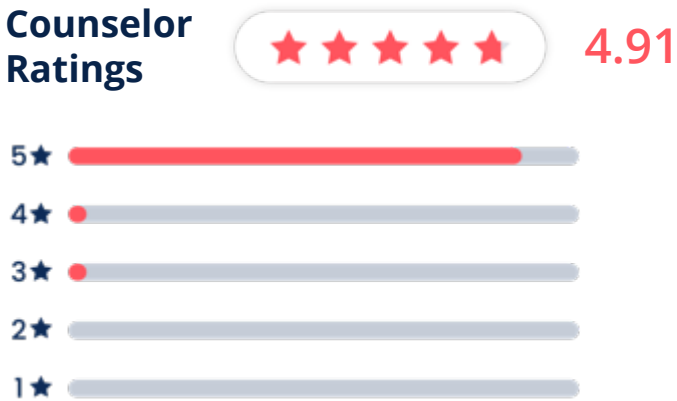


Lay Counselors
engage in
**Mental Health
COUNSELING**





How would you rate quality of counseling services you received?



How much has counseling helped you?





Experience, training,
learning & practice

School, school, more school & a license:
PhD, LCSW, MAC



What do we know?

Does it work? Yes!

Research from India and South Africa and the US has shown effectiveness for decades. **Our research says the same!**

Is it Safe? Yes!

Humility and curiosity, and a growth mindset mean Counselors are always learning and growing.

Counselors work under the supervision of a licensed therapist and have weekly supervision.

Is it Ethical? Yes!

We are in a mental health emergency, and many, many people are suffering.

There are thousands, perhaps tens of thousands of people who could provide care.

Is it Legal? Yes!

Counseling is a broad term that many in the helping field use. There is no legal prohibition on mental health counseling by those without licenses.



Can anyone do it?

NO!!!

Also....our field needs disruption...

Opportunity Hoarding



Payer-driven practices

DSM-V
EHR

Erosion of relational
healing practices



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