

**21 NCAC 31 .0506 DIRECT CLIENT CONTACT**

(a) As used in this Chapter, "direct client contact" means face-to-face therapy between the therapist and client, therapy within individuals, couples, families, or groups from a systemic perspective and includes relational hours.

Direct client contact must:

- (1) Relate to client treatment plans;
- (2) Be goal-directed; and
- (3) Assist the client to effect change in cognition, affect, and behavior.

(b) Assessments (intake and otherwise) may be counted up to 250 hours of direct client contact. For the purposes of this Rule, "assessment" shall mean a clinical encounter that involves gathering of current and historical data from a client that is then used to determine what type of therapeutic service is most appropriate. If the individual who conducted the assessment does not provide the therapeutic service, the Board shall consider it as an assessment hour only.

(c) Client psychoeducation may be counted up to 250 hours direct client contact. For the purposes of this Rule, "Psychoeducation" means a treatment approach that provides education for individuals and families in assistance with emotional, mental, social, and relational disturbances.

(d) The following are not direct client contact and may not be counted:

- (1) Observing therapy without actively participating in follow-up therapy at some point during or immediately following the session, while the client is still available;
- (2) Record keeping;
- (3) Administrative activities;
- (4) Supervision; and
- (5) Client contact while not receiving supervision.

*History Note: Authority G.S. 90-270.51(b); 90-270.54(a)(1)b;  
Eff. March 1, 1996;  
Amended Eff. July 1, 2011;  
Readopted Eff. July 1, 2019.*