



Returning Veterans Project

free counseling and other health services
for returning veterans and their families

Definitions of RVP Provider Practice Areas and Licensing Requirements

Acupuncture is an alternative medicine methodology originating in ancient China that treats patients by manipulating thin, solid needles that have been inserted into acupuncture points in the skin. According to Traditional Chinese medicine, stimulating these points can correct imbalances in the flow of qi through channels known as meridians. There is research that shows that acupuncture can help treat symptoms of PTSD.

Chiropractic is a health care profession concerned with the diagnosis, treatment and prevention of disorders of the neuromusculoskeletal system and the effects of these disorders on general health.

Naturopathic Medicine –Naturopathic Physicians (N.D.) are primary care practitioners trained as specialists in natural medicine. They are educated in conventional medical sciences, but are not orthodox medical doctors (allopathic physicians, or M.D.). A Naturopathic Physician has a Doctorate of Naturopathic Medicine degree from a four-year graduate level naturopathic medical college with admission requirements comparable to those of conventional medical schools. In addition to the standard medical curriculum, naturopathic students must do extensive coursework and clinical study in natural therapeutics.

Licensed Massage Therapists (LMT) Massage can reduce stress, anxiety, depression and other symptoms of PTSD. LMTs in Oregon must meet the educational requirements, pass the current Oregon Practical Exam, and pass a Board Approved Written Exam. The educational requirements are a minimum of 500 hours.

Counseling

Licensed Professional Counselor (LPC) - has a graduate degree in counseling received from an approved program and has completed the equivalent of three years of full-time supervised clinical counseling experience.

Licensed Professional Counselor Intern must be registered with the state and have completed graduate school from an approved program. Applicants for LPC must accrue 2,400 hours of supervised direct client contact to qualify for licensure.

Licensed Marriage and Family Therapists (LMFT) - must have a graduate degree in marriage and family therapy received from an approved program and three years of full-time supervised clinical experience.

Counselors - Addiction Specialty I, II, III - all CADCs have training in counseling skills as well as alcohol and drug abuse pharmacology.

Licensed Clinical Social Worker (LCSW) - LCSWs licensed in Oregon must have a Master's Degree in Social Work and complete the equivalent of two years of full-time experience in the social work field.

Psychologist –A psychologist has a Ph.D. in psychology, but did not graduate from medical school and cannot prescribe medications.

Psychiatrist - has graduated from medical school, is a medical doctor, and can prescribe medications.

For more information on each practice area and education and licensing requirements, please visit the states of Oregon and Washington licensing boards for each area.