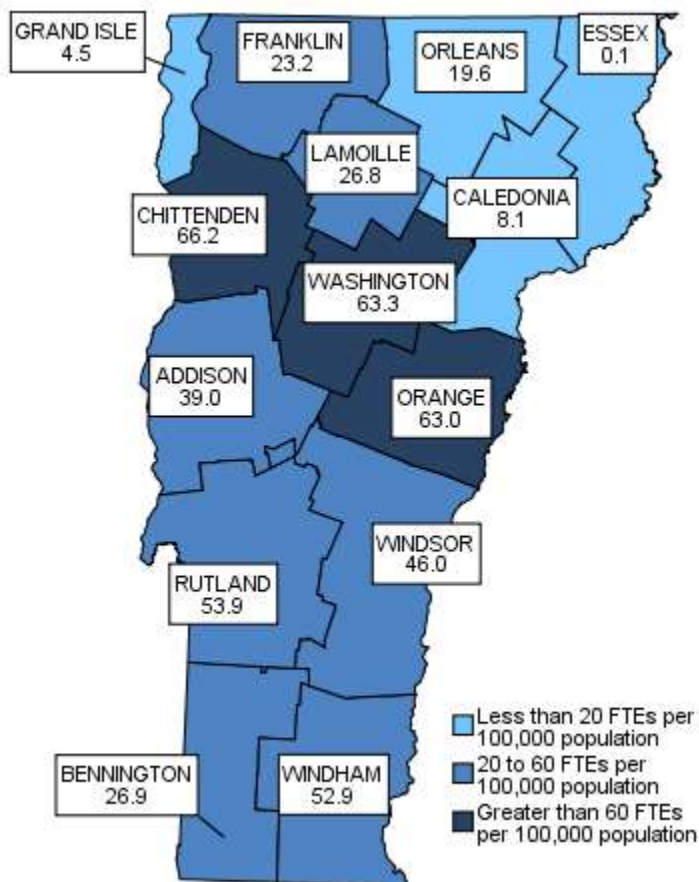


## Overview

This Psychotherapist census is part of the Vermont Department of Health's health care provider data program, which is used to monitor and measure the supply of health care providers in Vermont over time. A roster of Vermont non-licensed, non-certified psychotherapists is updated every two years. Data for this report were obtained during the November 2014 roster period and represent a snapshot of the profession at that time.

Psychotherapists provide treatment, diagnosis, evaluation, and/or counseling services to alleviate mental disorders. They are part of the allied mental health professional workforce in Vermont. If someone is providing psychotherapy services but is not currently licensed as another allied mental health professional, they are required to be entered on the roster. This includes psychologists, clinical social workers, mental health counselors, and marriage and family therapists who have completed the education requirements for their license and are currently working on their supervised practice hours.

### *Non-licensed Psychotherapist FTEs per 100,000 population by county*



## In Brief

### Workforce

Survey period: November 2014

Response Rate: 87.7%

Roster renewals: 584

Active in VT: 438

Full-time Equivalents: 293.4

### Demographics

% Female: 78.8%

Median Age: 43

% 60 or older: 16.4%

### Education and Training

% doctorate: 3.0%

% educated in VT: 47.7%

% educated in Northeast: 85.8%

### Main Specialties

Child & Adolescent Psychology: 22.7%

Counseling Psychology: 21.5%

### Current Employment

Accepting new patients: 90.2 %

Full time hours at main site: 35.2%

Plans to increase hours: 13.4%

Plans to reduce hours: 2.8%

### Geographic Distribution

(FTE to 100,000 pop. ratio)

Highest: 66.2, Chittenden County

Lowest: 0.1, Essex County

## Workforce

- 584 psychotherapists renewed their roster entry during the census period and 512 completed the workforce survey for a response rate of 87.7%.
- Out of the 512 respondents, 438 (85.5%) indicated that they were active and providing direct patient care in Vermont as psychotherapists.
- Of the 74 respondents who reported a non-active status, 34 (45.9%) indicated they planned to start providing direct patient care in Vermont within the next 12 months.
- The remainder of this report is based on the 438 psychotherapists who reported being active and providing direct patient care in Vermont as psychotherapists. One active respondent did not provide any site or hour information, so they were not included in totals of practice characteristics or FTEs.

## Demographics

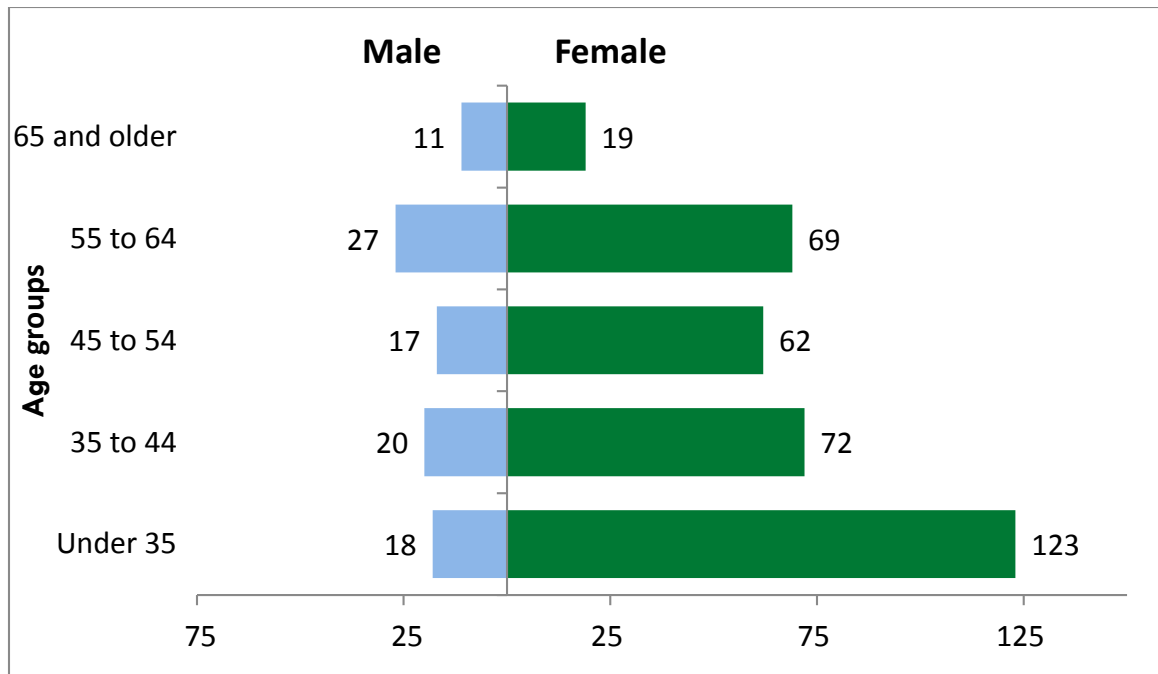
### Gender

- 78.8% were female.
- 21.2% were male.

### Age

- 53.2% of psychotherapists were younger than 45.
- 6.8% of psychotherapists were 65 or older.

*Age and gender of psychotherapists*



## Education and Training

- 88.3% (386) had a master’s degree.
- 3.0% (13) had a doctoral degree (PhD/PsyD/EdD).
- 85.8% completed their education in the Northeast.

## Additional licenses

- Many rostered psychotherapists were licensed in another mental health profession.
  - 38 were mental health counselors.
  - 38 were alcohol and drug abuse professionals.
  - 5 were psychologists.
  - 1 was a psychoanalyst.
  - 27 were clinical social workers.
  - 3 were marriage and family therapists.
  - 2 were registered nurses.

Region in which highest degree awarded	Number	Percent
Vermont	185	47.7%
Northeast excluding Vermont	148	38.1%
Midwest	12	3.1%
South	15	3.9%
West	24	6.2%
Canada	3	0.8%
Other Foreign Country	1	0.3%
Missing data from 50 respondents		

## Practice Characteristics

### Specialties

- Child & adolescent psychology and counseling were the most common specialties.

Specialty*	Main**		Secondary	
	Count	FTEs	Count	FTEs
Child & Adolescent Psychology	99	54.5	17	2.8
Clinical Psychology	27	14.5	7	1.7
Cognitive/Dialectical Behavior Therapy	62	31.0	47	11.7
Counseling Psychology	94	44.4	39	10.8
Couple and Family Psychology	19	8.9	36	7.2
Crisis	10	7.3	3	0.9
Psychodynamic Psychology	10	4.4	12	2.6
School	11	7.2	9	2.8
Social Work/Case Management	22	16.8	5	1.9
Substance Abuse/Addictions	18	10.9	11	3.7
Other***	65	31.2	71	13.5

\*Specialty was not indicated for 2.9 FTEs, so those FTEs were not included in this table  
 \*\*Main specialty is one in which most annual hours were reported  
 \*\*\*Other specialties include business and organizational, clinical health, forensic, geropsychology, group, neuropsychology, police and public safety, psychoanalytic, and rehabilitation

### Access to care

- 90.2% accepted new clients.
- Data was not collected on Medicaid and Medicare acceptance as non-licensed, non-certified psychotherapists are typically not eligible to charge as providers to those programs.

### Number of practice sites

- 6.1% (27) of psychotherapists practiced at 2 or more locations.
- 0.2% (1) of psychotherapists practiced at 3 or more locations.

### Practice setting

- For psychotherapists' main practice location, the most common setting was community mental health agencies, followed by individual private practices.

Main Setting	Number	Percent
Ambulatory Care: Community health center	27	6.2%
Ambulatory Care: Mental health clinic	49	11.2%
Ambulatory Care: Primary or specialist medical care	7	1.6%
Ambulatory Care: Specialized substance abuse treatment facility	27	6.2%
College/University Counseling/Health Center	6	1.4%
Community Mental Health Agency	93	21.3%
Hospital: general	5	1.1%
Hospital: psychiatric	11	2.5%
Long-term care facility	5	1.1%
Private practice - individual	79	18.1%
Private practice - group	36	8.2%
Residential setting	13	3.0%
School-based mental health service	61	14.0%
Other setting	18	4.1%

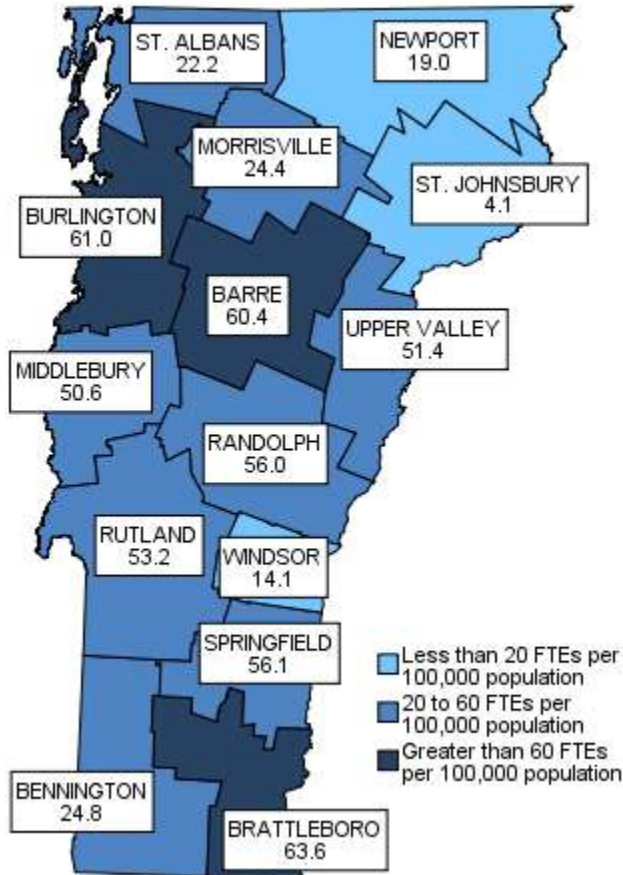
### Full Time Equivalent

- 35.2% worked 40 hours or more per week at their main site.
- 293.4 total FTEs were provided by 437 psychotherapists.
- 42.1 FTEs, or 14.3% of total FTEs, were age 60 and older (72 individuals).

Weekly hours at main site	Number	Percent
Less than 20 hours	133	30.4%
20 to 39 hours	150	34.3%
40 hours or more	154	35.2%

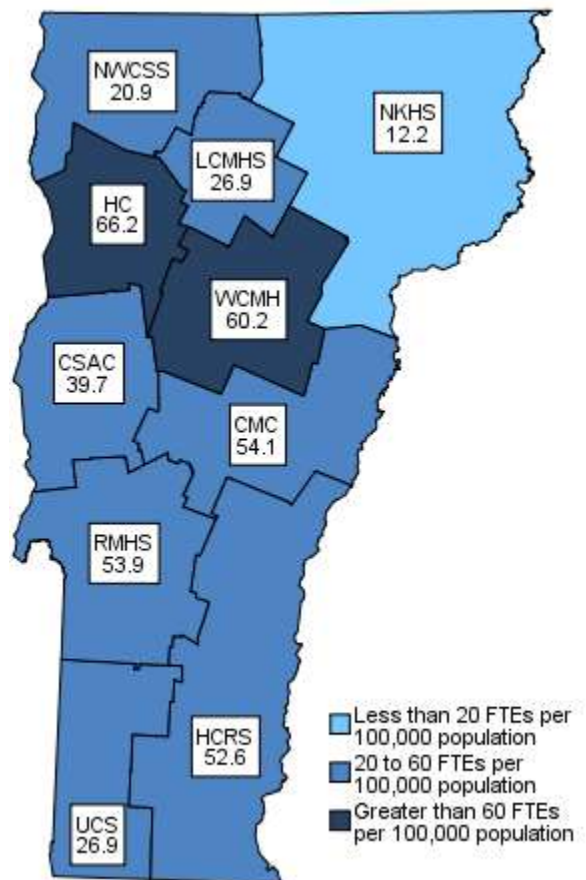
## 2014 Psychotherapists

*Psychotherapist FTEs per 100,000 population by* **Blueprint Health Care Areas** *(see Appendix for details)*  
*Blueprint Health Care Areas*



- Brattleboro (63.6), Burlington (61.0), and Barre (60.4) Health Care Areas had the highest ratio of psychotherapist FTEs to population.
- St. Johnsbury, Windsor, and Newport Health Care Areas had less than 20 FTEs per 100,000 population.

*Psychotherapist FTEs per 100,000 population by*  
*Mental Health Catchment Areas*



**Mental Health Catchment Areas** *(see Appendix for details)*

- Northeast Kingdom Health Services (NKHS) had the lowest ratio of 12.2 FTEs per 100,000 population.
- Highest ratio was 66.2 in Howard Center(HC) area.

### Current Experience and Future Plans

- Median amount of time rostered in Vermont: 3 years.

#### In the next 12 months

- 77.0% planned to continue working as they had been.
- 13.4% planned to increase their hours.
- 2.8% planned to reduce their hours.

Years rostered in Vermont	Number	Percent
0 to 5 years	281	65.8%
6 to 10 years	62	14.5%
11 to 15 years	41	9.6%
16 to 20 years	18	4.2%
21 to 25 years	12	2.8%
Over 25 years	13	3.0%

### Questions

For tables detailing these data or further information, contact:

Vermont Department of Health  
 Division of Health Surveillance – Workforce Census  
 108 Cherry Street, Drawer 41  
 PO Box 70  
 Burlington, VT 05402-0070  
 Tel. 802-863-7300  
 Email: [AHS.VDHPhysicianCensus@vermont.gov](mailto:AHS.VDHPhysicianCensus@vermont.gov)

## Appendix

### Active Psychotherapist

A psychotherapist who reported working in Vermont as such (regardless of how many hours) is considered active.

### Census

The census was taken during the biennial psychotherapist roster process which ended on November 30, 2014. The data include all rostered psychotherapists except for new psychotherapists enrolled less than three months before the renewal date (September 2014 – November 2014), as their enrollment was valid until the next renewal date of November 30, 2016. Census questions available upon request.

### Full Time Equivalent (FTE)

Full time is defined as 40 or more working hours in Vermont per week, 48 weeks or more per year. Reporting more than 40 hours per week is defined as one FTE regardless of the number of hours over 40 per week worked.

### Health Care Areas

The Health Care Areas in this report are those used by the Vermont Blueprint for Health, an initiative working to transform the way primary care and comprehensive health services are delivered and paid for. It disseminates information on healthcare expenditures, utilization, and care quality measures within these regions (see <http://blueprintforhealth.vermont.gov/>). Data are available for other regional definitions from the Division of Health Surveillance. See the contact information at the end of this report.

### Main Practice, Site, Setting, and Specialty

The main practice site, setting, or specialty of an individual refer to the practice site, setting, or specialty with the greatest number of reported annual hours.

### Maps

For county map, colors define quartiles. The lowest 25% of FTE equivalents to population ratio is displayed in the lightest color, the middle 50% in medium, and highest 25% in the darkest color.

### Mental Health Catchment Areas

There are 10 designated agencies across the state of Vermont responsible for helping their local populations access mental health services among other things.

Mental Health Catchment Area	Abbreviation
Clara Martin Center	CMC
Counseling Services of Addison County	CSAC
Howard Center	HC
Health Care and Rehabilitation Services of Southeastern Vermont	HCRS
Lamoille County Mental Health Services	LCMHS
Northeast Kingdom Human Services	NKHS
Northwestern Counseling and Support Services	NWCSS
Rutland Mental Health Services	RMHS
United Counseling Services	UCS
Washington County Mental Health Services	WCMHS



## 2014 Psychotherapists

### Missing data

Unless otherwise noted, missing data are excluded from tables. Thus totals may vary from table to table.

### Population Estimates

Population estimates are for July 2014 and were provided by the Department of Health.

### States

States were grouped into the following regions:

Northeast	Midwest	South		West
Connecticut	Illinois	Alabama	North Carolina	Alaska
Maine	Indiana	Arkansas	Oklahoma	Arizona
Massachusetts	Iowa	Delaware	South Carolina	California
New Hampshire	Kansas	Florida	Tennessee	Colorado
New Jersey	Michigan	Georgia	Texas	Hawaii
New York	Minnesota	Kentucky	Virginia	Idaho
Pennsylvania	Missouri	Louisiana	Washington DC	Montana
Rhode Island	Nebraska	Maryland	West Virginia	Nevada
Vermont	North Dakota	Mississippi		New Mexico
	Ohio			Oregon
	South Dakota			Utah
	Wisconsin			Washington
				Wyoming

### Weekly Hours

Average weekly hours is based on hours and weeks reported, adjusted to a full-time 48-week working year (hours \* (weeks/48)). Thus, the average weekly hours for an individual working 40 hours a week for half the year (24 weeks) is 20.