



PRESIDING OFFICER:	Gerard Lawson, PhD, LPC, LSATP, NCC, Committee Chairperson
BOARD MEMBERS PRESENT:	Nakeisha Gordon, LPC Luanne Griffin, LPC Terry R. Tinsley, PhD, LPC, LMFT, CSOTP
BOARD STAFF PRESENT:	Latasha Austin, Licensing & Operations Manager Jaime Hoyle, JD, Executive Director Jennifer Lang, Deputy Executive Director Charlotte Lenart, Deputy Executive Director Dalyce Logan, Senior Licensing Specialist
DHP STAFF PRESENT:	Erin Barrett, Director of Legislative & Regulatory Affairs, Department of Health Professions
PRESENTATION:	Barbara Hodgdon, PhD, Healthcare Workforce Data Center (<i>left meeting at 11:27 a.m.</i>)
PUBLIC ATTENDEES:	Kathryn Zapach, Virginia Health Care Foundation
CALL TO ORDER:	Dr. Lawson called the Regulatory Committee meeting to order at 10:02 a.m.
ROLL CALL/ESTABLISHMENT OF A QUORUM:	All Committee members and staff introduced themselves. Four Committee members were present in person at roll call, establishing a quorum.
MISSION STATEMENT:	Dr. Lawson read the Department of Health Professions' mission statement, which also serves as the Committee's mission statement. He then read the emergency egress instructions.
ADOPTION OF AGENDA:	The meeting agenda was adopted as presented.
APPROVAL OF MINUTES:	The Board reviewed the minutes from the last meeting held on June 13, 2025. Motion: Ms. Griffin made a motion, which Ms. Gordon properly seconded, to approve the minutes from the June 13, 2025 Committee meeting, as presented. The motion passed unanimously.
PUBLIC COMMENT:	No public comment was provided.
UNFINISHED BUSINESS:	• Draft Guidance Document on the Use of Artificial Intelligence (AI) Ms. Hoyle reviewed and discussed the revised draft Guidance Document on the Use of Artificial Intelligence. She informed the committee that Board counsel had reviewed the document and expressed concern about including resource materials. Counsel advised that such additions may exceed the scope of a guidance document. Committee members voiced concern about making formal recommendations, noting the evolving nature of AI and the need for caution in its application. Committee members

recommended revisions to the references in the document and adjust the final sentence to reflect a suggestion rather than a recommendation.

It was suggested that the listed resources could be framed as templates rather than endorsements.

The heading preceding the regulatory citations will be revised to: *“The Board interprets the following regulations as having...”*

Board members proposed using the term “cautionary” to emphasize prudent use of AI tools. The committee agreed that the framing should reflect the emerging status of AI and the Board’s position urging caution.

Board staff recommended including 18VAC115-20-130(B)(3) and 18VAC115-20-130(B)(7) from the Standards of Practice. After discussion, the committee agreed to include only 18VAC115-20-130(B)(3).

It was clarified that guidance documents serve as advisory tools. If regulations are being interpreted, the document must be formally designated as a guidance document.

Suggestions were made to revise the title of the document. Proposed alternatives included:

- Use of Guidance of AI as a Tool in Counseling
- Consideration of the Use of Guidance on AI
- Replace “in counseling” with “as a tool in practice” for broader applicability.

Action Items & Next Steps:

Ms. Barrett will implement the following changes to the document:

- Add a cautionary statement regarding the use of AI tools.
- Revise the title of the document.
- Remove the recommendation language and replace with a suggestion.
- Include 18VAC115-20-130(B)(3) from the Standards of Practice.
- Update the heading preceding the list of regulations.

Motion: Ms. Griffin made a motion, which Ms. Gordon properly seconded, to accept the guidance document with the edits discussed. The motion passed unanimously.

- **Discussion of Draft Supervision Survey**

Dr. Hodgdon presented the Committee with the preliminary findings from the 2025 Counseling Supervisor Survey. The 40-item self-report survey was conducted over a two-week period in mid to late August 2025 and distributed to Virginia-licensed LPCs, LMFTs, and LSATPs. A total of 4,181 responses were received. The survey explored key areas including supervision format, supervision costs, supervision experience, and available resources and training.

The supervisor survey concluded the following:

- Half have supervised in the past; 57% of those who have are currently supervising.
- The majority supervise once a week and have been supervisors for less than 6 years.
- Most provide both individual and group supervision and use a combination of in-person and virtual meetings.
- The majority are supervising fewer than 3 residents currently.
- Half charge for ind. supervision and most charge \$50-\$100; 2 in 5 charge for group supervision and most charge \$50-\$100.
- The majority would like more resources and training.

Dr. Hodgdon also presented the Committee with the preliminary findings from the 2025 Counseling Resident Survey. The 35-item self-report survey was conducted over a two-week period in mid to late August 2025 and distributed to Virginia active licensees as residents in counseling, marriage and family therapy, and substance abuse treatment. A total of 1,549 responses were received. The survey explored key areas including supervision format, supervision costs, perceptions on supervision and supervisors, and available resources and training.

The resident survey concluded the following:

- The majority have one supervisor and have supervision at least once a week.
- Higher % agree that individual supervision is effective compared to group supervision.
- 68% receive feedback on clinical work once a week and receive quarterly evaluations within one week post eval.
- Most do not pay for supervision; those who do pay between \$50 and \$100.
- 25% feel their supervisor lacked knowledge in a specific area important to their growth.
- The majority agree that they have had significant growth under supervision.

Action Items & Next Steps:

Ms. Lenart will send the Committee the headings of the questions that were asked. Committee members will review the headings and identify the areas of greatest concern. Charlotte will prioritize those areas for a more comprehensive analysis of the open-ended responses.

Committee took a break at 11:28 a.m. The meeting was reconvened at 11:34 a.m.

NEW BUSINESS:

- **Prescribing Wildlife as Emotional Support Animals**

The Committee reviewed and discussed a letter from the Virginia Department of Wildlife Resources requesting the Board's assistance in disseminating information that possession of wildlife in Virginia is illegal, even when prescribed as an emotional support animal.

The Committee also reviewed the Board's current Guidance on Emotional Support Animals (Guidance Document 115-6).

Concerns were raised that the Board does not have the authority to define "wildlife," and the letter from the Department did not provide a definition. It was noted that addressing wildlife-related issues is outside the purview of this Committee and not appropriate for inclusion in the current guidance document.

Action Items & Next Steps:

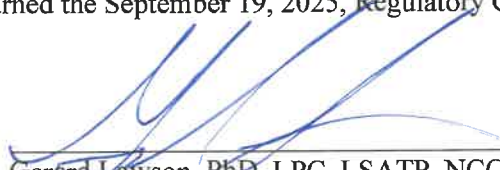
The Committee agreed to take no further action on the request, instead Ms. Barrett will coordinate with the Communications Director at the Department of Health Professions to draft a general communication for licensees regarding this issue.

NEXT MEETING DATES:

The next Quarterly Full Board Meeting will be held October 17, 2025. 2026 meeting dates will be sent to Board members at a later date.

ADJOURNMENT:

Dr. Lawson adjourned the September 19, 2025, Regulatory Committee meeting at 11:49 a.m.


Gerard Lawson, PhD, LPC, LSATP, NCC, Committee Chairperson

A handwritten signature in black ink, appearing to read "M. Stransky", is written over a horizontal line.

Maria S. Stransky, LPC, CSOTP, CSAC, Executive Director