

North Carolina Mental Health & Substance Use Services Workforce Data 2024 Snapshot:

MARRIAGE & FAMILY THERAPISTS (LICENSED MARRIAGE & FAMILY THERAPISTS & ASSOCIATES)

1,427
Total (LMFTs and LMFTAs)
Active Practice

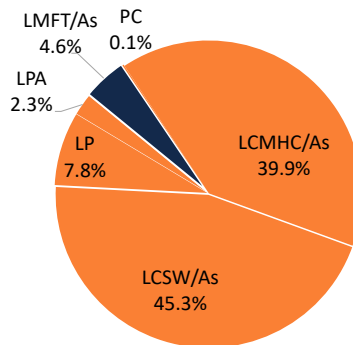
1,317
LMFTs
Licensed Marriage & Family
Therapists

110
LMFTAs
Licensed Marriage & Family
Therapist Associates

The average rate for all (LMFTs and LMFTAs) in-state was **1.30 per 10,000** population.

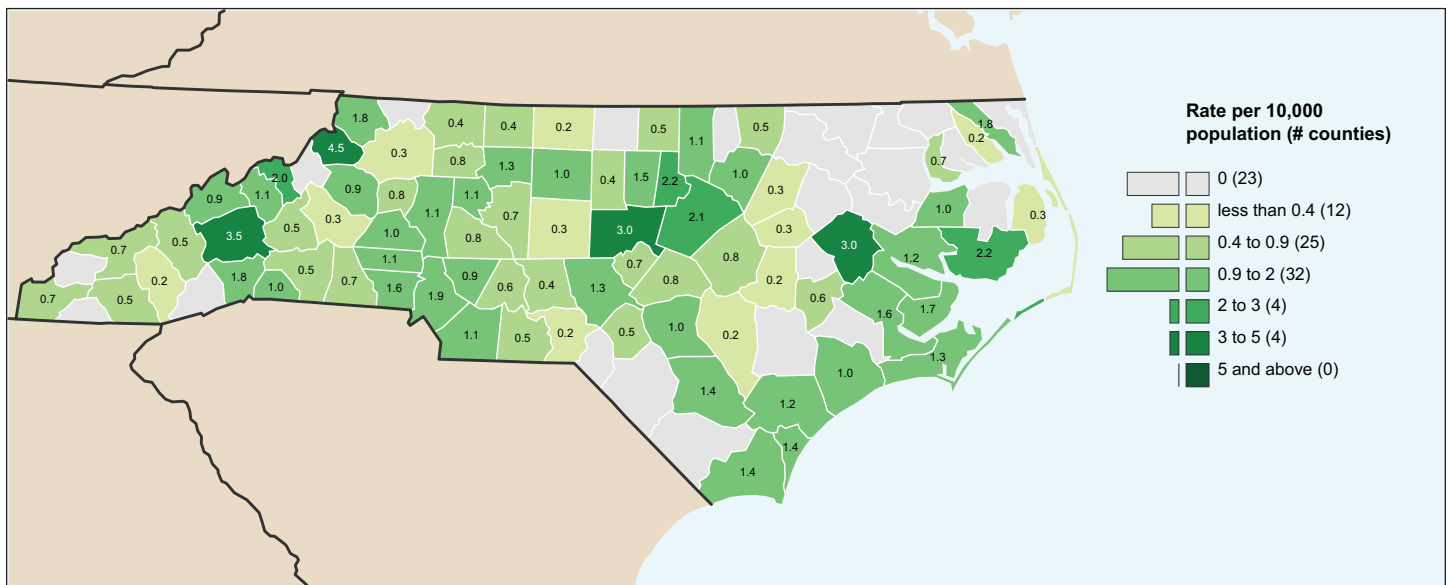
- LMFTs: 1.20 per 10,000 population
- LMFTAs: 0.10 per 10,000 population

LMFTs/LMFTAs comprised **4.6% of the graduate-level MH/SU services workforce** in North Carolina.

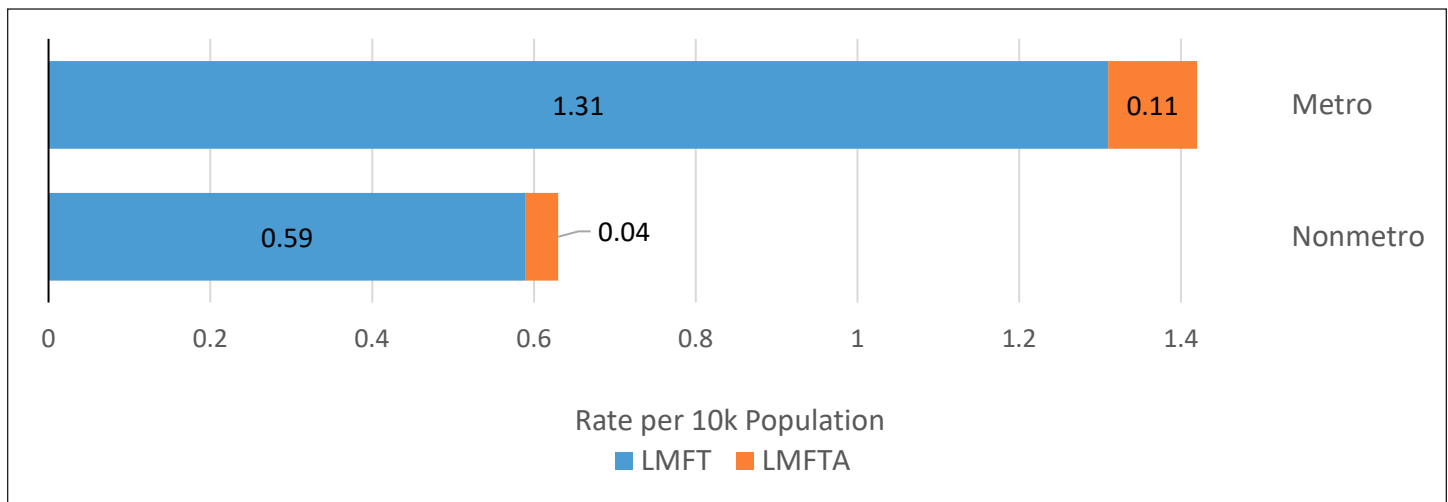


- LP = Licensed Psychologist
- LPA = Licensed Psychological Associate
- PC = Pastoral Counselor
- LCMHC = Licensed Clinical Mental Health Counselor
- LCMHCA = Licensed Clinical Mental Health Counselor Associate
- LCSW = Licensed Clinical Social Worker
- LCSWA = Licensed Clinical Social Worker Associate

Licensed Marriage and Family Therapists/Associates per 10,000 Population by County, North Carolina, 2024



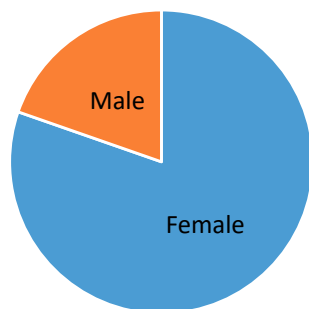
Marriage and Family Therapists in Metro and Nonmetro Counties by Licensure Type, 2024



Demographics

80.3% of marriage & family therapists identified as female in 2024.

Source: NPPES data.



Highest LMFT/A Rates per 10k

- Watauga County (4.50) and Buncombe County (3.51) had the highest rates of LMFT/As per 10,000 population; these are 2.5 to 3.5 times the state average.

KEY TAKEAWAYS

- The state average was **1.30 LMFT/As per 10,000 population**, with uneven distribution throughout the state.
- 23 counties had a rate of **0 LMFT/As** per 10,000 population and **75 counties were lower** than the state average.
- There were **12:1 LMFTs to LMFTAs** in North Carolina.
- Metro counties had over double the rate of LMFTs** vs nonmetro areas: 1.31 vs 0.59 per 10k. **Metro counties had almost triple the rate of LMFTAs** vs nonmetro areas: 0.11 vs 0.04 per 10k.



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Mental Health,
Developmental Disabilities and
Substance Use Services

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For more information, please find the full report at: <https://nchealthworkforce.unc.edu/projects/mhsu-workforce/>

