

Iowa CE Compliance Guide For LCSWs, LMSWs, LISWs, LMHCs, & LMFTs

Iowa-licensed mental health providers are required to complete continuing education (CE) every renewal cycle to maintain their licensure and stay current in best practices. To support our providers in Iowa, Psych Hub has put together an overview of Iowa's CE requirements for social workers, mental health counselors, and marriage and family therapists, along with curated Psych Hub course recommendations to support those requirements.

Disclaimer: Psych Hub provides accredited educational content, but is not the regulatory authority for CE approval or license renewal. Iowa mental health professionals must verify all continuing education requirements directly with their licensing board to ensure compliance.

IOWA CONTINUING EDUCATION REQUIREMENTS

[Social Workers \(LBSW, LMSW, LISW\)](#)

- 27 CE hours every two (2) years
- Three (3) hours in ethics
- Three (3) hours in supervision (only required if supervising)
- Iowa allows providers to complete CE requirements online, with no limits on the number of hours earned through virtual or self-paced learning.
- First-time licensees are exempt from their initial renewal

[Mental Health Counselors & Marriage and Family Therapists](#)

- 40 CE hours every 25-month biennium
- Three (3) hours in ethics
- Three (3) in supervision (for managers and supervisors)
- Iowa allows providers to complete CE requirements online, with no limits on the number of hours earned through virtual or self-paced learning.
- First-time licensees are exempt from their initial renewal

[Important Note: Mandatory Reporter Training](#)

Iowa requires mandatory reporter training through Iowa's Health and Human Services (HHS) program. External training via Psych Hub courses cannot replace this required training. However, Psych Hub offers multiple CE courses that

strengthen the clinical knowledge and skills foundational to safe, trauma-informed care.

HOW PSYCH HUB SUPPORTS IOWA CE REQUIREMENTS

Your Psych Hub account includes a wide range of accredited offerings that fully satisfy Iowa's ethics, supervision, and general CE requirements. All courses are delivered online, are self-paced, and designed to support practical skill development.

Ethics Courses

Psych Hub offers several options that align with Iowa's definition of ethics education, covering topics like confidentiality, boundaries, telehealth considerations, and ethical decision-making. Offerings include:

- Ethics: Reconsidering Dual Relationships
- Secrets and Lies: The Ethics of Truth in Therapy
- Ethics: Self-Disclosure in Therapy
- Ethical Issues in Couple and Family Therapy
- Older Adult Care: Fundamental Treatment Ethics
- Social Media Ethics in Mental Health Care
- Telehealth: Legal and Ethical Issues

Completing any of the courses above can help you meet Iowa's three (3) hour requirement.

Supervision Courses

For providers in supervisory roles, these courses address the core competencies and responsibilities expected in clinical supervision:

- Supervision and Supervisee Well-Being
- Supervision in Mental Health Care
- Advanced Supervision in Mental Health Care
- Online Supervision in Mental Health

Completing any of the courses above can help you meet Iowa's three (3) hour requirement.

Suicide Prevention, Safety Planning, and Crisis Care

While not a state requirement, many Iowa clinicians choose to strengthen their skills in suicide risk assessment and crisis response. Psych Hub offers several evidence-informed courses with CE credit, including:

- Suicidal Behavior Competency
- Safety Planning
- Cognitive Behavioral Therapy for Reducing Suicide Risk
- Counseling on Access to Lethal Means (CALM)
- Foundations in the Safety Planning Intervention for Clinicians
- Suicide Prevention, Assessment, and Intervention

These courses contribute toward your general CE hours while enhancing clinical effectiveness.

Evidence-Based Practice: CBT, MI, Trauma, and Core Clinical Skills

Psych Hub provides comprehensive training across multiple modalities recognized by Iowa licensing boards. The courses below offer CE credit and may be applied toward the total required hours.

CBT and Core Therapy Skills

- Cognitive Behavioral Therapy Foundations: A Skills-Based Approach
- Cognitive Behavioral Therapy for Anxiety
- Cognitive Behavioral Therapy for Insomnia
- Cognitive Behavioral Therapy for Depression
- Cognitive Behavioral Therapy Adaptations for Adolescents

Motivational Interviewing

- Motivational Interviewing: Communication Basics

Trauma-Informed Practice

- Trauma-Informed Care: Foundations (Part 1 & 2)
- Clinician Well-Being: Primary and Secondary Trauma

- Treating Trauma: The ACT Matrix
- How Trauma Impacts Couple Relationships

Culturally Responsive Care

- Diversity and Mental Health
- Understanding and Overcoming Bias
- Culturally Responsive Behavioral Healthcare
- Intersectional Authenticity with LGBTQ+ Clients
- Dismantling Racial Oppression in Clinical Practice
- Understanding Mixed Race Identity Development
- Therapy Cafe: Racial Stress and Trauma
- Therapy Cafe: Culturally-Responsive Mental Health Care

WHERE PSYCH HUB FITS

Psych Hub does meet Iowa standards for:

- ✓ Ethics CE
- ✓ Supervision CE
- ✓ All general CE hours
- ✓ Iowa's allowance for fully online CE
- ✓ Clinical competencies in CBT, MI, trauma, crisis, DEI, and more

✗ [Check in with Iowa HHS for required Mandatory Reporter Training and any CE that explicitly requires HHS approval.](#)