



**NORTH CAROLINA BOARD**  
*of* **LICENSED CLINICAL**  
**MENTAL HEALTH**  
**COUNSELORS**

**PHONE:** 844-622-3572  
**FAX:** 336-217-9450  
**WEB:** [ncblcmhc.org](http://ncblcmhc.org)  
**EMAIL:** [LCMHInfo@ncblcmhc.org](mailto:LCMHInfo@ncblcmhc.org)

March 12, 2024

VIA CERTIFIED MAIL

Shanae Whitehead, Ph.D., LCMHCS  
605 W Summerchase Drive  
Fayetteville, NC 28311 US

RE: *North Carolina Board of Licensed Clinical Mental Health Counselors,*  
*Case Nos. 1868 & 2050*

Dear Dr. Whitehead:

I am the Investigator for the North Carolina Board of Licensed Clinical Mental Health Counselors (the Board). The Ethics Review Committee of the Board (the Committee) has reviewed the information pertinent to the above referenced matter. The Committee has reached its conclusion and has instructed me to inform you of its findings.

The Committee found probable cause to believe that you had violated provisions of the North Carolina Licensed Clinical Mental Health Counselors Act and the American Counseling Association Code of Ethics (2014).

Specifically, the Committee alleges the following regarding Case No. 1868:

In this matter, in a consent order with the North Carolina Psychology Board, dated November 4, 2021, Respondent's license to practice psychology was disciplined and she received additional education and supervision.

Specifically, in 2019, Client X and her daughter, Client Y, began court-ordered family therapy with you, following DSS involvement and Client Y being placed in foster care due to sex offender charges against Client X's husband. While providing family therapy to Client X and Client Y, you began providing eye movement desensitization and processing therapy (EMDR) to Client Y to address anxiety issues, which continued after the completion of family therapy. In a letter to the Court dated July 7, 2020, you ultimately concluded that you were highly opposed to Client Y returning home to Client X and that Client Y should remain in her current placement. Additionally, in this letter, you stated that Client X was "very passive and codependent" and that Client X's husband "is likely narcissistic or has some sort of personality that exerts control over (Client X)." These statements, including your decision that Client Y should not remain in the home, were made without assessing Client X or her husband. In addition, you did not provide data on how you reached these conclusions.

On August 6, 2020, you testified as the family therapist in the ongoing court case involving the custody of Client Y. During your testimony, you made statements that Client X and her husband were engaged in a codependent relationship, despite not having evaluated either of them and despite this information not being included in any of the previous psychological evaluations. You discussed elevations on Client X's husband's personality inventory, which was completed by another psychologist and made conclusions that there were indicators of anti-social and narcissistic traits for him. You also stated that the other psychologist's assessment was incomplete and that the psychologist should have completed an MMPI-2. You made this statement despite not having evaluated or interviewed Client X's husband yourself. In addition, you made statements about your "gut feelings" about Client X's husband and you provided information that was not within her knowledge base and was not based on factual evidence or your clinical opinion.

Specifically, the Committee alleges the following regarding Case No. 2050:

In this matter, in a consent order with the North Carolina Psychology Board, dated February 9, 2023, Respondent's license to practice psychology was disciplined and she received additional supervision.

Specifically, in January 2017, you provided individual psychotherapy to Client A, a minor, focusing on trauma. You also provided family therapy to Client A and her siblings and parents, focusing on familial relationships. In addition, you provided psychotherapy to three of Client A's siblings. In December 2019, you considered adopting Client A. This was approximately one month before you terminated Client A's counseling services in January 2020, after Client A turned 18 years old. After a trial placement in your home, you decided not to adopt Client A.

In another matter in February 2019, you provided a psychosexual assessment of Client B and C, both minors, following a report by the children's mother that Client B had disclosed that her father had touched her inappropriately. Based on your evaluation report, your stated purpose was to gather information in order to assess whether Client B and C had been exposed to sexual behaviors and to provide recommendations for their mental health treatment. You administered assessment tools focusing on the children, and also administered assessment tools to both parents. There was no documentation of informed consent by the parents regarding their own testing and no indication that this testing was warranted to address the referral question. You made clinical statements in your evaluation report regarding the emotional well-being of the children's mother and the effects of her actions on the children, despite not completing a thorough evaluation of the parents. You made statements to law enforcement regarding the mother and that this may be a case of parental alienation despite not having sufficient information to draw this conclusion.

In another matter in August 2020, you began providing individual counseling services to Client D, a minor, which was related to a custody dispute between her parents. You wrote a letter, dated April 3, 2021, which was sent to DSS and provided to the court, You made statements to suggest that Client D's mother could meet criteria for a diagnosis of Munchausen's syndrome by proxy, despite not having conducted an assessment of the mother. In the letter, you also made specific recommendations regarding both Client D's and her brother's custody and visitation by their mother, despite not having completed a child custody evaluation and despite not providing

any counseling services to Client D's brother. You also made clinical statements about Client D's mother, which were not based on any assessment you conducted, and you did not provide any evidence for the basis of these clinical statements. This letter was used in court along with your testimony regarding the custody dispute between Client D's parents.

If true, the above-referenced conduct constitutes violations of Sections A.1.a., A.4.b., C.2.a., C.6.b., E.2.a., E.2.c., and E.5.a. of the American Counseling Association Code of Ethics (2014) and violations of N.C. Gen. Stat. §§ 90-340 (6), (a)(7), (a)(9), (a)(10), and (a)(12) of the North Carolina Licensed Clinical Mental Health Counselors Act.

The aforementioned allegations relate to your conduct as a Licensed Clinical Mental Health Counselor, and if proven, could provide cause for sanctions to be taken against your license. The information which the Board has received does not in itself provide sufficient evidence that these alleged acts have occurred. Consequently, the Board does not consider that any determination regarding possible sanctions against your license can be made without first providing you the opportunity to exercise your due process rights.

If you would prefer to resolve this matter through a Consent Order, please contact the Board's counsel, Sondra Panico, Special Deputy Attorney General, at [spanico@ncdoj.gov](mailto:spanico@ncdoj.gov). You may decline to do so and request a hearing before the Board regarding these allegations. You are entitled to request a hearing on these allegations by responding in writing within thirty (30) days of the receipt of this letter and requesting a formal hearing. If the Board does not receive a written response requesting a hearing within thirty (30) days of the receipt of this letter, the Board will hold a hearing, whether you are present or not. In either case, you will receive Notice of Hearing no later than fifteen (15) days prior to the date of the hearing notifying you of the specific time, date, and location of the hearing. You are entitled, with or without requesting a formal hearing, to present any additional statements or materials you may wish.

The above proceeding is a quasi-judicial evidentiary hearing conducted by the Board pursuant to Chapter 150B of the General Statutes of North Carolina as required by G.S. § 90-340(e). You are entitled to present witnesses and introduce evidence on your own behalf and to cross-examine witnesses and examine evidence introduced on behalf of the Board. At the hearing, the Board will hear evidence regarding the charges set forth in this letter and will determine what, if any, disciplinary action should be taken against your license to practice counseling. You are entitled to be represented by an attorney of your choosing and at your expense, or you may represent yourself. The Board will be represented by counsel at such a hearing. Following the hearing, the Board will issue a final decision, pursuant to G.S. § 150B-42.

**Should you have any questions about the procedure in such matters, or if you wish to discuss informal resolution of this matter, you may direct them to the Board's counsel, Sondra Panico, Special Deputy Attorney General, at [spanico@ncdoj.gov](mailto:spanico@ncdoj.gov).**

Sincerely,

*Nicholas DeJesus*

**Nick DeJesus** | LCMHCS

*Ethics Consultant & Board Investigator*

NC Board of Licensed Clinical Mental Health Counselors

2-C Terrace Way | Greensboro, NC 27403

Phone: 336.268.6760 | Fax: 336.217.9450

dejesus@ncblcmhc.org

[www.ncblcmhc.org](http://www.ncblcmhc.org)

Cc: Crystal Carlisle, Attorney for the Licensee