**Credentials Needed/Sought & Plan for Completing Credentialing Requirements**

1. Upon completion of coursework, I will begin the process of getting licensure. Here are sites that I will use to guide me:

* Virginia Department of Health Professions home page:

<https://www.dhp.virginia.gov/counseling/>

* Laws and Regulations, including requirements for specific licenses, including Marriage and Family Counseling:

<https://www.dhp.virginia.gov/counseling/counseling_laws_regs.htm>

* Licensure Process Handbook:

<http://www.dhp.virginia.gov/Forms/counseling/LPC/LPC_Licensure_Process_Handbook.pdf>

* Getting on Insurance Panels: How to Navigate the Process by TherapyNotes

<https://blog.therapynotes.com/getting-on-insurance-panels-how-to-navigate-the-process>

**2. Credentials Needed/Sought and Coursework**

**Marriage and Family Counseling**

I have an interest in the possibility of Marriage and Family Licensure. In the virginia.gov site, I was particularly interested in the section describing course work necessary to meet the requirements for Marriage and Family Counseling, and have questions I will need to research further. The site states:

 **“**The applicant shall have successfully completed 60 semester hours or 90 quarter hours of graduate coursework with a minimum of six semester hours or nine quarter hours completed in each of the core areas identified in subdivisions 1 and 2 of this subsection, and three semester hours or 4.0 quarter hours in each of the core areas identified in subdivisions 3 through 9 of this subsection:

**1. Marriage and family studies (marital and family development; family systems theory) 6 credits needed. I am wondering if Special Topics in Counseling 595 and 695 could be individual research which would satisfy some of these credit requirements?**

**2. Marriage and family therapy (systemic therapeutic interventions and application of major theoretical approaches) 6 credits needed. I believe we have one class dedicated class, 622 Marriage and Family Therapy: Theory and Techniques, 3 credits, which would satisfy #2.**

**Trauma Counseling**

Below are sites and information, including the ones you graciously found for me, related to trauma counseling**:**

* **Psychology School Guide**

<https://www.psychologyschoolguide.net/counseling-careers/becoming-a-trauma-counselor/>

* **State of Virginia**

<http://www.dbhds.virginia.gov/developmental-services/children-and-families/trauma-informed-care>

“The Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) therapist certificate includes an additional year-long phone consultation, completion of three clinical cases utilizing TF-CBT and successful completion of an exam ([https://tfcbt.org/).](https://tfcbt.org/%29.) Please note that there is not a universal trauma certification for providers as of yet. The Greater Richmond Trauma Informed Community Network is researching trauma certifications across the U.S. and plans to bring more training for mental health professionals to the Greater Richmond area. “

**3. Client Contact**

I am particularly interested in gaining experience working with children with trauma and their families and counselors. I plan to liaise with my supervisors and to research appropriate agencies in our area to help me with this needed client contact. I am also, as mentioned above, interested in client contact in support of possible licensure as a Marriage and Family Counselor.

Working closely with my advisor and other faculty at Longwood, I would want to pursue sites which would be appropriate. In a cursory search, I notice that Centra has a treatment center for children and teens which is residential, and which offers educational services as well. Further research would need to be done to ascertain if they take interns or practicum students, with an LPC training.

Centra also has an Autism and Development Center which offers individual and family therapy, including therapy for parents of children with autism. With my extensive background in autism, and with further research, it would be worth pursuing client contact here.

**4. Supervision**

When I began this program, I reached out to Beth Cook, inquiring about the possibility of supervision after completion of my coursework. She responded affirmatively. This would be a great opportunity for me to work with children with trauma, or with children and families.

**5. Specialized Training**

Specialized training would be necessary (as above) for marriage and family counseling, and is recommended for trauma certification.

**6. Professional Organization Involvement**

I am a card carrying member of the American Counseling Association, [Association for Creativity in Counseling (ACC)](http://www.creativecounselor.org/), and [Counselors for Social Justice (CSJ)](http://counseling-csj.org/), receiving their weekly/monthly newsletters.