**Credentials Needed and Sought Plan for Completing Credentialing Requirements**

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Credentials are a necessary part of being a Licensed Professional Counselor (LPC). Firstly, the mental health track I am currently on at Longwood would fulfil the requirements for educational portion. In terms of professional organization involvement, I have been an undergraduate/ graduate member of the American Psychological Association (APA) since 2019. Also, I have been a member of the American Counseling Association (ACA) since 2024. I would like to in my professional development and lifespan, join more specialized divisions. A professional organization or division for trauma could be of interest.

Secondly, the client contact portion would require a 600-hour internship. This would be done while I am still at Longwood, taking the internship classwork. Before the internship I would need to have completed 30 credit hours at Longwood though. My supervisors at the internship would need to have the proper experience and requirements, like having 2 or more years of post-licensure experience (Virginia board of counseling, 2018). Then, once graduated, it would be required that I have an initial Resident in Counseling application. I would also do 3,400 hours of supervised, post-masters’ residency (VCU college of health professions, n.d.). The 3,400 hours would need to be completed in four years. 2,000 of the hours must be direct client contact hours too, alongside 200 hours of in-person supervision *(*VCU college of health professions, n.d.).

To obtain licensure via examination is another task. The National Clinical Mental Health Counseling Examination (NCMHCE) or National Counselor Examination (NCE) must be taken. The passing score for the NCMHCE is out of 100 questions and is calculated in a committee of experts too (National clinical mental health counseling examination, n.d.). The passing score for the NCE is 98 to 105 *(*National counselor examination, n.d.).

In terms of other credentials, I am interested in being a Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) provider. The program for this also requires a master’s in counseling and permanent licensure in a home state. For this TF-CBT program, one would need to do two webinars as well as supervision twice a month for six months (Trauma-focused cognitive behavioral therapy, n.d.). In order to provide this type of therapy also, one would need to take an exam at the end (Trauma-focused cognitive behavioral therapy, n.d.). I am also, lastly, looking at having a CSAC attached to my LPC license. I feel that it would give me a deeper understanding of substance use and abuse. In order to be one, someone has to have a bachelor’s degree and 240 clock hours of didactic training in substance use education. The 240 clock hours have to have a minimum of 16 clock hours in 13 different areas of substance use and psychology curriculum (Examination information, 2018). There are also a required 160 clock hours of experience and 8 clock hours of supervision, and secondly, one would need to apply and gain residency (Examination information, 2018). I would need to have 2,000 hours of supervised experience in substance abuse counseling too (Examination information, 2018). Lastly, I would need to do an application for licensure via an exam and pass it (Examination information, 2018).

**References**

*Examination information*. (2018). Virginia.gov. <https://www.dhp.virginia.gov/Boards/Counseling/ApplicantResources/ExaminationInformation/>

*National clinical mental health counseling examination*. (n.d.). Nbcc.org. <https://nbcc.org/exams/ncmhce>

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*VCU college of health professions*. (n.d.). Vcu.edu. <https://rehab.chp.vcu.edu/students/current/lpc-requirements/>

*Trauma-focused cognitive behavioral therapy* (N.d.). Tfcbt.org. https://tfcbt.org/

*Virginia board of Counseling - structured data - Counseling*. (2018). Virginia.gov. https://www.dhp.virginia.gov/Boards/Counseling/ApplicantResources/LPCapplicantinfo/