

HUNTINGTON

— UNIVERSITY —

FAQ'S FOR PRACTICUM AND INTERNSHIP

Practicum and all Internships are designed to meet or exceed the state licensure requirements for Licensed Mental Health Counselors (LMHC) in Indiana and the Counsel for the Accreditation of Counseling and Related Educational Programs (CACREP) requirements: www.cacrep.org. Your state may not have the same requirements. In most cases our requirements will exceed the requirements of most states. You can find the specific requirements for your state on the Master of Arts in Counseling Program Licensure Assessment: <https://www.huntington.edu/state-authorization/counseling>.

What is the difference between Practicum and Internship?

The Practicum is the first clinical experience and it requires 100 hours of counseling related practice. Huntington requires ½ of those hours (50) to be direct client contact. This could be individual, couples, families, or groups (at least 10 hours of leading group therapy is required in your Practicum). Practicum supervision involves 1 ½ hours of weekly group supervision, and 1 hour of weekly individual supervision done face-to-face with your site supervisor.

Internships require 300 hours of counseling related practice with ½ of those hours in direct practice (150). Internship supervision involves 1 ½ hours of weekly group supervision in a scheduled class and 1 hour of weekly individual supervision done face-to-face with your site supervisor.

Students will need to complete one Practicum (3 credit hours over 14 weeks of class) and two Internships (6 credit hours over 28 weeks of class).

How many clients do I need?

For 50 direct hours (Practicum), you will need around 3-5 clients. If you need to accumulate 150 direct client hours over 14 weeks of class (during Internship), you would need to average 9 -12 clients each week. Be aware that you may have days when clients need to cancel or reschedule. Students may have more than one supervision site at any given time as long as they are getting regular supervision from each site.

We encourage students to try and find Practicum and Internships where video recording or audio recording of clients is permitted. Recording your sessions provides you with the best possible supervision and training.

How do I find a Practicum/Internship site?

Students are responsible for finding an appropriate site for Practicum and Internship. Students are encouraged to pursue any and all avenues that could help them secure a site for Practicum and Internships. You may find a list of practicum and internship sites at which Huntington students have completed Practicum and Internship on the HU Portal:

https://my.huntington.edu/ICS/Grad_Students/Counseling/Practicum_Internship_Information.jnz

There are a few national resources that you should investigate. These resources are:

American Association of Christian Counselors: <https://connect.aacc.net/>

Focus on the Family Counselor Locator: <https://www.focusonthefamily.com/get-help/counseling-services-and-referrals/>

GoodTherapy Find a Therapist or Facility: <https://www.goodtherapy.org/>

Psychology Today Therapist Directory (including groups):
https://therapists.psychologytoday.com/rms/?utm_source=PT_Psych_Today&utm_medium=House_Link&utm_campaign=PT_TopNavF_Therapist

What should I say when I call these potential sites?

These sites are primarily created for individuals who are seeking counseling, not for interns looking for a placement. When you call potential Practicum/Internship sites, identify that you are a graduate counseling student at Huntington University. Be prepared to inform them of what is needed for your Practicum/Internship. You may also be asked about your theoretical orientation so be prepared to talk about the theories and approaches that you support and are most comfortable with. Since you have to secure both direct and indirect hours, inform your potential site that you will have time to do work for them in addition to seeing clients. They may have you work on billing, insurance, marketing, or other special projects. Activities like these would count towards indirect hours.

What is the difference between a site supervisor and a university supervisor and why do I need both?

Both the state of Indiana and CACREP require site and university supervisors. Meetings with both count as indirect hours (group and individual supervision). Feedback from both of these supervisors will be extremely helpful to you as you grow and mature as a therapist in training. Also, both supervisors will be communicating about your progress, giving you feedback, and collaborating on your evaluations. Typically, your site supervisor will do the individual supervision face-to-face (one hour a week), and your university supervisor will do the 1 ½ hour group, class supervision.

How do I find a Practicum/Internship supervisor?

When you contact possible sites for your Practicum/Internship, you can inquire about a qualified site supervisor. The university will supply the university supervisor. The site supervisor needs to be able to provide one hour of weekly face-to-face supervision. This hour of face-to-face supervision can be shared with another intern and still be considered individual supervision. This is triadic supervision, and is limited to two students and one supervisor.

What qualifications are necessary for a site supervisor?

The state of Indiana requires one of the following to be accepted as a site supervisor:

Licensed as a clinical social worker

Licensed as a marriage and family therapist

Licensed as a physician who has training in psychiatric medicine

Licensed as a mental health counselor

Licensed as a psychologist

Licensed as a clinical nurse specialist in psychiatric or mental health nursing

Other states may have additional licensures or licensures with a different classification. If this is true in your state, we would also accept:

Licensed as a professional counselor or a clinical professional counselor

Be aware that some states require that supervisors undergo training in clinical supervision. Typically, these states also have an additional licensure designation, such as a LPC-S, identifying the professional as a certified supervisor. We can help you determine what your state requires.

What is the difference between direct and indirect hours and how do I document them?

Direct hours are any and all hours that you spend with clients counseling or in counseling related activity (i.e. assessment, case management, etc.). You may also count hours where you sit in with a licensed counselor if you are able to contribute and speak in the session. Direct hours can be individual, couple, family, or group counseling. You will be provided with an electronic log to be used to document your Practicum and all Internship direct and indirect hours.

Indirect hours include the following:

Any and all supervision by site and university supervisors (both individual and group)

Any work that you perform for your Practicum/Internship site

Any time spent on the assigned readings for your Practicum/Internship class

Any time spent working on assignments for your Practicum/Internship class

Any time spent researching info regarding your client or client treatment

Any time spent in other classes if the coursework relates to a current client