



**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)

---

## **BOARD DEFINITION OF PRACTICUM & INTERNSHIP COURSEWORK**

Practicum and internship courses are distinct counseling courses that follow a developmental sequence wherein counseling students participate in increasingly more independent supervised field-based experiences, not role play or simulated exercises, with counseling clients in a counseling setting and simultaneously participate in university-based classroom instruction and supervision.

Practicum is defined as an initial supervised field placement counseling experience completed by providing counseling services in a counseling setting that occurs prior to an internship. Practicum is completed over a full academic term of at least 10 weeks in duration and includes direct client contact, indirect counseling hours, individual and/or triadic site supervision, and university group supervision.

Internship is defined as an advanced supervised field placement counseling experience completed by providing counseling services in a counseling setting that occurs after practicum has been successfully completed. Internship is characterized by the use of more independent counseling skills and an increased weekly time commitment as compared to practicum. Internship includes direct client contact and indirect counseling hours. Students enrolled in internship courses receive weekly individual and/or triadic supervision and group supervision.

For more information applicants are advised to review the North Carolina Administrative Code Chapter 53 - Board of Licensed Professional Counselors

([https://ncblpc.org/Assets/LawsAndCodes/NCBLCMHC\\_Administrative\\_Rules\(NCACTitle21Chapter53\).pdf](https://ncblpc.org/Assets/LawsAndCodes/NCBLCMHC_Administrative_Rules(NCACTitle21Chapter53).pdf)):

### **21 NCAC 53 .0206 GRADUATE COUNSELING EXPERIENCE**

(a) Applicants enrolled in master's programs before July 1, 2015, a separate practicum and an internship shall be completed as part of the graduate course of study with at least 17 hours of graduate counseling supervision, as defined in Rules .0210 and .0211 of this Section. Supervised graduate counseling shall be verified by a university faculty member on forms available on the Board's website, [www.ncblpc.org](http://www.ncblpc.org), and shall consist of a minimum of 300 hours of supervised graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours of graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling experience shall be direct counseling experience as defined in Rule .0205 of this Section.

(b) Applicants who enroll in a master's program on or after July 1, 2015, graduate counseling experience shall consist of the following separate courses:

- (1) one or more courses in practicum totaling at least three semester hours or five quarter hours;
- (2) one or more courses in internship totaling at least three semester hours or five quarter hours; and
- (3) at least 17 hours of graduate counseling supervision as defined in Rules .0210 and .0211 of this Section.

Supervised graduate counseling shall be verified by a university faculty member on forms available on the Board's website, [www.ncblpc.org](http://www.ncblpc.org), and shall consist of a minimum of 300 hours of graduate counseling experience at a rate of not less than one hour of clinical supervision per 40 hours of graduate counseling experience, as defined by Rule .0701(2)(b) of this Chapter. At least 180 hours of this counseling experience shall be direct counseling experience as defined in Rule .0205 of this Section.