

NEUROPATH
BEHAVIORAL HEALTHCARE

Clinical Mental Health Counseling Internship

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Introduction

Neuropath Behavioral Healthcare is dedicated to training future mental health professionals through our Clinical Mental Health Counseling Internship. This program is designed for graduate students in counseling and social work who are working toward Licensed Associate Counselor (LPC) or Licensed Social Worker (LCSW) credentials in New Jersey.

Interns will receive hands-on clinical experience, professional supervision, and in-depth training in trauma-informed care, ethical practice, and diverse therapeutic modalities. Additionally, this program provides guidance on post-licensure supervision and career development.



Program Overview

This internship is structured to:

- Meet New Jersey state requirements for LAC (for counselors) and LSW (for social workers). Ethical & Cultural Competency Development – Learning professional standards and best practices.
- Provide real-world experience in therapy, assessments, and case management.
- Equip interns with evidence-based counseling techniques and trauma-informed approaches. Exposure to various therapeutic modalities and best practices.
- Offer weekly supervision by licensed clinical professionals (LPCs & LCSWs). Supervised therapy sessions with individuals, groups, & families.
- Prepare interns for licensure exams and post-licensure supervision.



Internship Structure

Interns will complete structured learning phases to develop competency in key areas of mental health counseling.

Phase	Duration	Learning Objectives	Outcomes
Orientation and Ethics	2-4 Weeks	• HIPAA compliance & NJ laws. • ACA & NASW Code of Ethics. • Case note documentation & confidentiality	Ability to navigate **ethical dilemmas & patient rights**
Assessment & Diagnosis	6-8 Weeks	• DSM-5-TR diagnostic criteria. • Risk assessments & treatment planning.	Proficiency in **conducting clinical intakes & formulating diagnoses.**
Counseling Techniques	8-12 Weeks	• CBT, DBT, Motivational Interviewing. • Trauma-informed counseling.	Competence in **individual therapy sessions.**
Group & Family Therapy	6-8 Weeks	• Psychoeducational & process groups. • Family systems therapy.	Ability to lead **group & family sessions.**
Crisis & Risk Management	4-6 Weeks	• Suicide risk assessment (Columbia Protocol). • De-escalation techniques.	Confidence in handling **crisis interventions.**
Trauma-Informed Care	8-10 Weeks	• EMDR, TF-CBT, Prolonged Exposure Therapy. • Trauma case conceptualization.	Implementation of **trauma-focused interventions.**
Clinical Documentation & Supervision	Ongoing	• SOAP notes & case coordination. • Mock licensing exams & professional development.	Preparedness for **LAC/LSW licensure exams.**

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NJ Licensure Breakdown (LAC &LSW)

Licensed Associate Counselor (LAC)- NJ Requirements

- Master's degree in Counseling (60 credits).
- 700+ practicum & internship hours.
- Pass National Counselor Exam (NCE) or National Clinical Mental Health Counseling Exam (NCMHCE).
- 4,500 total supervised hours (3,000 post-masters under LPC).
- Application through NJ Board of Professional Counselors.





Licensed Social Worker (LSW)- NJ Requirements

- Master's in Social Work (MSW).
- 900+ internship field hours.
- Pass ASWB Masters Exam.
- Post-degree hours required for LCSW licensure.
- Application through NJ Board of Social Work Examiners.



Post Licensure Supervision Guidelines (LPC & LCSM Pathways in NJ)

License	Post-Licensure Supervision Hours	Requirements	Final Licensing Exam
LPC (Licensed Professional Counselor)	3,000 supervised hours after obtaining LAC.	100+ supervision hours with an LPC.	NCMHCE Exam.
LCSW (Licensed Clinical Social Worker)	3,000 supervised clinical hours post-LSW.	100+ supervision hours with an LCSW	ASWB Clinical Exam.

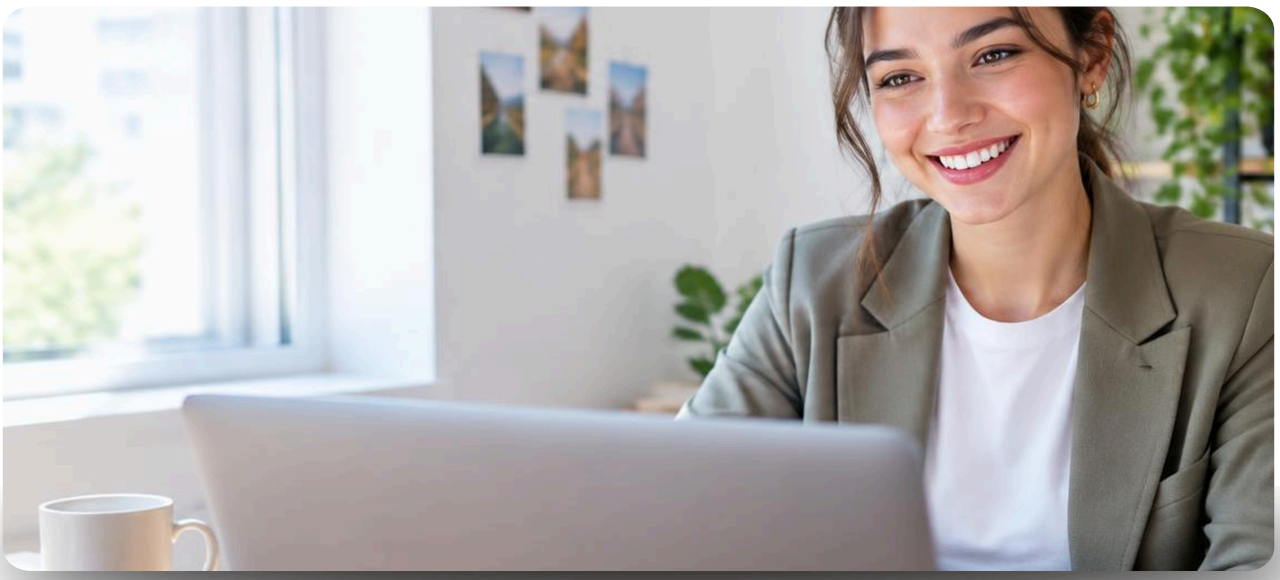
Finding an Approved Supervisor:

- ☑ Search the NJ Board of Licensed Professional Counselors & Social Workers.
- ☑ Network through clinical sites, universities, and professional organizations (ACA, NASW-NJ).
- ☑ Expect supervision fees: ~$75-$150 per hour if not provided by an employer.



Recommended Study Materials & Resource

Category	Recommended Books & Study Guides	Online Courses & Videos
LAC Exam (NCE/NCMHCE)	• The Complete Guide to the NCE Exam (Howard Rosenthal.) • DSM-5 Made Easy (James Morrison).	• NBCC Learning Academy. - CounselingExam.com practice tests.
LSW Exam (ASWB Masters)	• Social Work ASWB Masters Exam Guide (Dawn Apgar). • Clinical Social Work Practice (Carol Germain).	• ASWB Online Practice Exams. • Social Work Test Prep (SWTP) courses.
Trauma-Informed Care	• The Body Keeps the Score (Bessel van der Kolk). • Trauma and Recovery (Judith Herman).	• National Child Traumatic Stress Network (NCTSN). • PESI Trauma Training.



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Trauma-Informed Care & Best Practices

Key Principles of Trauma-Informed Care (TIC)

- **Safety**: Clients feel physically & emotionally safe.
- **Trustworthiness & Transparency**: Clear boundaries & communication.
- **Peer Support:** Importance of community in healing.
- **Collaboration**: Shared decision-making with clients.
- **Empowerment**: Encouraging autonomy & resilience.



Recommended Trauma Approaches for Interns

Therapy Modality	Best for Training
Cognitive Behavioral Therapy (CBT)	Anxiety, depression, addiction.
Dialectical Behavioral Therapy (DBT)	Emotional dysregulation, borderline personality disorder.
Motivational Interviewing (MI)	Substance use disorders, ambivalence to change.
Eye Movement Desensitization and Reprocessing (EMDR)	PTSD, complex trauma.
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	Childhood trauma, abuse survivors.

Ready to begin your counseling career?

APPLY TODAY!



Resources to Get Started

- NJ Division of Consumer Affairs – Board of Counseling **LINK**
- National Board for Certified Counselors (NBCC) **LINK**
- Association of Social Work Boards (ASWB) **LINK**
- National Child Traumatic Stress Network (NCTSN) **LINK**

Your Future Starts Here!

Neuropath Behavioral Healthcare's Clinical Mental Health Counseling Internship prepares interns with clinical expertise, ethical practice, and trauma-informed care. We provide a structured, hands-on learning experience that ensures state licensure readiness and post-licensure guidance.

SCAN HERE TO APPLY

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