

# Psychology Career: Clinical Psychologist

Name:

Institution:

Date:

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# Introduction

- Study mind and behaviour relationship, social relations
  - Tackle social and behaviour problems in numerous industries
  - Clinical addresses emotional, mental, behavioural disorders
  - Bachelors, doctoral program, fellowships, licensure, continuing education
  - Hospitals, teams, health centres and social services
  - Assess and monitor patient needs, abilities, behaviour
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## First Year Goals and Expectations

- Tackle individual and societal problems
  - Psychotherapy, psychological counselling and behaviour modification
  - Individual, couple and family treatment
  - Apply assessment techniques for diagnosis and assessment
  - Provide appropriate interventions to bring positive change
  - Administer and interpret psychometric tests
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## Expectations Cont.....

- Assess behaviour, abilities and unique characteristics
- Treat common problems like anxiety disorders and mood disorders
- Understand symptoms based on cultural variations
- Gain Experience in legislation and statutory responsibilities
- Keep track with trending interventions and technology
- Start clinical research to contribute knowledge

## Focus On Client Interaction

- Apply a set of interpersonal skills
- Build trust and belief to form alliance
- Collaborative and purposeful goals of treatment
- Provide receptive and adaptive explanations to problems
- Influential, persuasive, convincing for a treatment plan
- Psychologically health actions for patients best interest



## Client Interaction Cont.....

- ▶ Monitor and provide progress evidence
- ▶ Verbal and verbal cues when adjusting therapy
- ▶ Address interpersonal processes or emotions therapeutically
- ▶ Acknowledge and communicate chronic issues honestly
- ▶ Communicate hope and optimism for motivation
- ▶ Understand client characteristics and context like spirituality

## A Typical Day

- Team meetings, discuss cases, work allocation
- Several appointments with individual and family clients
- Write up notes and reflect after each session
- Communicate with other professions for family care
- Attend a supervision meeting to discuss work
- Writing psychological reports and other interactions







## A Typical Day Cont.....

- ▶ Written and verbal evaluations for treatment
  - ▶ Apply treatment methods like hypnosis
  - ▶ Personal development like meditation
  - ▶ Communication through reading and writing emails
  - ▶ Research during before-and-after hours
  - ▶ Attend evening classes for career development
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## Expected Practice Rewards and Reasons

- Gratification and fulfilment after treating patients
  - Flexible working schedule by setting own hours
  - Earn high salaries
  - Ability to start own business and work part-time
  - Interacting with a variety of people
  - Interesting new cases for exploration
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## Rewards and Reasons Cont....

- ▶ Work in different environments
  - ▶ Personal growth and transformation
  - ▶ Fun in offering new perspectives to clients
  - ▶ Privileged by patients trust and opening up
  - ▶ New exiting personal stories and experiences
  - ▶ Participate in a team and share knowledge
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## Expected Conflicts

- Referring LGBT clients based on religious beliefs
- Breaking client trust and disclose confidential information
- Conflict of culture regarding information collectiveness
- Sharing experiences in research work
- Conflict in explaining chronic results
- Boundaries and multiple relationships

## Expected Conflicts Cont....

- Counselling issues related to termination of pregnancies
- Cultural disparity between psychologist and client
- Accepting gift and favours from the client
- Clients right of autonomy in therapy goals and plans
- Being honest after applying a detrimental technique
- Providing emergency counselling in untrained areas



## Conflict Resolution

- Adherence to code of ethics on discrimination
  - Disclose information upon legal requests
  - Share information based on informed consent
  - Intuitional approvals and informed consent for research
  - Client's right to truthful information communicated hopefully
  - Avoid multiple relationships which impair competency
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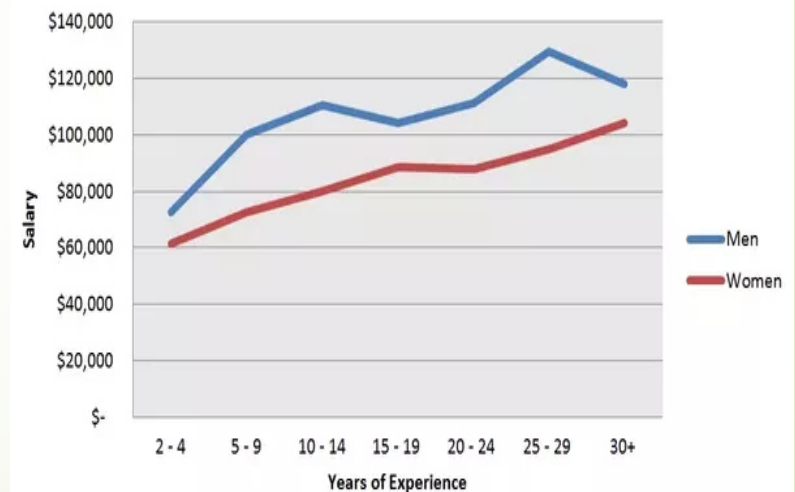
## Conflict Resolution Cont....

- Pregnancy counselling on medical grounds
- Consult other professionals and make referrals
- Act within boundaries of the profession.
- Avoid receiving gifts and favors from patients
- Appropriate procedures and client self-determination rights
- Offer emergency counselling in absence of services

## Annual Salary and Expectations

- Average of \$70,580 and \$51,000 first year
- Annual salary increments based on experience
- Potential of earning up to \$120,000
- A significantly high amount in fifth year
- Expected demand in psychology counselling
- Expected increase in employment rates

Mean Full-time Salaries of Licensed Doctoral-level Psychologists in Clinical Positions by Years of Work Experience and Gender (2007)





## Salary and Expectations Cont....

- ▶ Job competitions despite job growth
- ▶ High earning potentials in large cities
- ▶ Higher salaries in private health centres
- ▶ Medical benefits and dental insurance cover
- ▶ Entitlement to bonuses at least \$10,000
- ▶ Retirement benefits and allowances

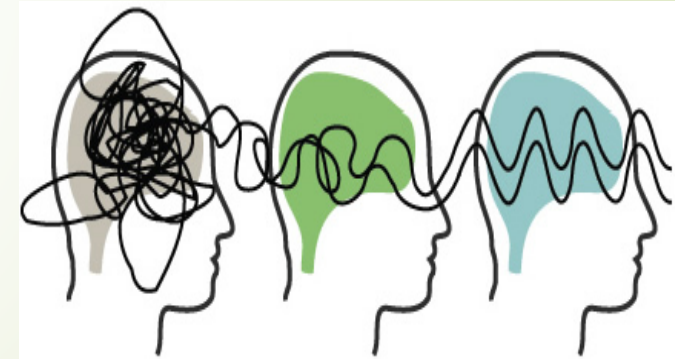


## Most Beneficial Part of Education

- ▶ Psychotherapy skills have high potential
  - ▶ Multi-disciplinary applications
  - ▶ Used to treat emotional, behavioural and mental disorders
  - ▶ Characterized by regular sessions
  - ▶ Combines various techniques
  - ▶ Supported by technological development
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## Psychotherapy Education Cont....

- Entails psychoanalysis associated with better results
- Offers different behaviour theories and approaches
- Humanistic theories to overcome social problems
- Treats commons like phobia, post-trauma and obsessions
- Basis of promoting positive thinking
- Starting point of most interventions





## **Required Continued Education For Credentials and Growth**

- At least 12 credits of continuing education
  - Relevant to psychology and approved by Board
  - One year completion preceding licensure
  - Provide satisfactory evidence through documentation
  - At least 24 hours continuing education
  - Content related to ethical practice
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## Continued Education Cont....

- ▶ Participation in a program by approved sponsors
- ▶ Attendance certification for programs
- ▶ Maximum of 18 credits for distance learning
- ▶ Distance courses include examinations
- ▶ Current psychoanalysis and psychotherapy practises
- ▶ Legal and regulations updates



## Conclusion/Summary

- ▶ Expect application, research and interactions
  - ▶ Focus on interpersonal skills, hope and understanding
  - ▶ Personal, team, client interaction and communications
  - ▶ Gratification, salary, personal development and networking
  - ▶ Ethical, values, interest conflicts, code of ethics
  - ▶ High salary, bonuses, allowances, more opportunities
  - ▶ Beneficial psychotherapy education and credits for re-licensure
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