Presentation Notes for Careers in Counseling and Mental Health

Slide 1

Careers in Counseling and Mental Health
Short-term goals and long-terms career goals should align with opportunities based on interests and work values. Match characteristics of the current or most recent occupation with similar occupations, and find specific information such as the fastest growing jobs, levels of education and training requirements, and average salaries. For a self assessment, skills transferability, exploring work, career clusters and occupational information, refer to [Texas Cares](http://www.texascaresonline.com/wowmenu.asp).
Personal Interests, Aptitudes and Abilities that are Needed in the Counseling and Mental Health

- Students can visit several sites such as Texas Workforce Commission for a personal career assessment. Refer to Texas Job Hunter’s Guide.
- This will help the students assess their interests and personalities.
- Certification upon completion.

Students can take the O*Net Work Importance Locator or Interest Profiler self-assessment test at [http://www.texascaresonline.com/wowmenu.asp](http://www.texascaresonline.com/wowmenu.asp)
Education requirements for counselors vary depending on their specialty and their state’s licensure requirements. A master’s degree is usually required to gain licensure, but some states will accept a bachelor’s degree in a field relevant to counseling work. These degree programs require experience in the following course topics:

• Human growth and development
• Social and cultural diversity
• Relationships
• Group work
• Career development
• Assessment techniques
• Research and program evaluation
• Professional identity
Aspiring counselors can often find bachelor’s and master’s degree programs at four-year universities that specialize in particular counseling practices. These include:

- College student affairs
- Elementary and secondary school counseling
- Counseling education and training
- Gerontological counseling
- Marriage and family therapy
- Substance abuse counseling
- Rehabilitation counseling
- Agency or community counseling
- Clinical mental health counseling
- Career counseling
Psychologists study mental processes and human behavior by observing, interpreting, and recording how people and other animals relate to one another and the environment.

Employment of psychologists is expected to grow 22 percent from 2010 to 2020, faster than the average for all occupations. Job prospects should be best for those who have a doctoral degree in an applied specialty and those with a specialist or doctoral degree in school psychology.

Careers in Psychology: What Is It Like to Be a Psychologist?
A psychologist is somebody who studies human behavior to try to help people, and psychologists usually take part in a variety of jobs. Find out how psychologists look for ways to help people engage in healthy behavior with help from a licensed mental health counselor in this free video on psychology.
http://youtu.be/wgZwf0W5cLc
Decisions Concerning Your Future Career

There are many career options in the area of Counseling and Mental Health: 

**School counselors** help students develop social skills and succeed in school. Career counselors assist people with the process of making career decisions by helping them choose a career or educational program. Employment of school and career counselors is expected to grow by 19 percent from 2010 to 2020, about as fast as the average for all occupations. The number of students attending schools at all levels is expected to increase during the projections decade, boosting demand for both school and career counselors.

**Substance abuse and behavioral disorder counselors** advise people who have alcoholism or other types of addiction, eating disorders, or other behavioral problems. They provide treatment and support to help clients recover from addiction or modify problem behaviors. Employment of substance abuse and behavioral disorder counselors is expected to grow by 27 percent from 2010 to 2020, faster than the average for all occupations. Growth is expected as more people seek treatment for their addictions or other behaviors and drug offenders are increasingly sentenced to treatment rather than jail time.

**Rehabilitation counselors** help people with emotional and physical disabilities live independently. They help their clients overcome personal, social, and professional effects of disabilities as they relate to employment or independent living. Employment of rehabilitation counselors is expected to grow by 28 percent from 2010 to 2020, faster than the average for all occupations. Demand for rehabilitation counselors is expected to grow with the increase in the elderly population and with the continued rehabilitation needs of other groups, such as veterans and people with disabilities.

Career and Cluster Videos
These videos show the types of work people do in nearly 550 careers, organized by the 16 career clusters recognized by the U.S. Department of Education. 
Employment Opportunities

Employment of mental health counselors is expected to grow by 36 percent from 2010 to 2020, much faster than the average for all occupations. Employment of marriage and family therapists is expected to grow by 41 percent from 2010 to 2020, much faster than the average for all occupations. Growth is expected as the overall population grows and as insurance companies increasingly provide for reimbursement of counselors and marriage and family therapists as a less costly alternative to psychiatrists and psychologists.
Deciding on a Career

- Mental health counselors
- Marriage and family therapist
- Social and community service managers
- Social and human service assistants
- Social workers

Mental health counselors and marriage and family therapists work in a variety of settings, such as private practice and mental health centers. Most work full time. All states require both mental health counselors and marriage and family therapists to have a master’s degree and a license to practice. Employment of marriage and family therapists is expected to grow by 41 percent from 2010 to 2020, much faster than the average for all occupations. Growth is expected as the overall population grows and as insurance companies increasingly provide for reimbursement of counselors and marriage and family therapists as a less costly alternative to psychiatrists and psychologists.

Social and community service managers work for nonprofit organizations, private for-profit social service agencies, and government agencies. Most work full time. Social and community service managers need at least a bachelor’s degree and some work experience. However, many employers prefer candidates who have a master’s degree. Employment of social and community service managers is expected to grow by 27 percent from 2010 to 2020, faster than the average for all occupations. Growth is expected due to increases in the aging population, increases in demand for substance abuse treatment, and overall population growth.

Social and human service assistants work for nonprofit organizations, for-profit social service agencies, and state and local governments. They generally work full time, and some work nights and weekends. The minimum requirement is a high school diploma or equivalent, but some employers prefer to hire workers who have additional education or experience. Without additional education, advancement opportunities are limited. Employment of social and human service assistants is expected to grow by 28 percent from 2010 to 2020, faster than the average...
for all occupations. There should be good job prospects, as low pay and heavy workloads cause many workers to leave this occupation.

_Social workers_ work in a variety of settings, including mental health clinics, schools, hospitals, and private practices. They generally work full time and may need to work evenings and weekends. A bachelor's degree is required for most direct-service social work positions, but some positions and settings require a master’s degree. Clinical social workers must have a master’s degree. Licensure for social workers varies by state. Clinical social workers must be licensed. Employment of social workers is expected to grow by 25 percent from 2010 to 2020, faster than the average for all occupations. Growth will be due to an increase in demand for health care and social services but will vary by specialty.

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Deciding on a Career

- Family psychologist
- Home health aide
- Occupational therapy assistants and aides
- Registered nurse
- Probation officer
- Certified crisis intervention counselor

Family psychologist - Psychologists study mental processes and human behavior by observing, interpreting, and recording how people and other animals relate to one another and the environment. Family support worker, family counselor and family therapist can be included in this category.

Home health aide - Home health and personal care aides help people who are disabled, chronically ill, or cognitively impaired. They also help older adults who may need assistance. They help with activities such as bathing and dressing, and they provide services such as light housekeeping. In some states, home health aides may be able to give a client medication or check the client’s vital signs under the direction of a nurse or other healthcare practitioner.

Occupational therapy assistants and aides - They work under the direction of occupational therapists in treating patients with injuries, illnesses, or disabilities through the therapeutic use of everyday activities. They help these patients develop, recover, and improve the skills needed for daily living and working.

Registered nurse - Registered nurses (RNs) provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support to patients and their family members.

Probation officer - Probation officers and correctional treatment specialists work with, and monitor, offenders to prevent them from committing new crimes.

Certified crisis intervention counselor - These highly trained individuals introduce strategies and help you execute the intervention.
Careers in Psychology, Counseling and Social Work

Are you thinking about a career in psychology, social work, or counseling? Would you like to know more about the differences between the areas? Join us for an opportunity to meet professionals in these fields, learn if one of these is the career for you, and make sure you are on the right path.

http://youtu.be/6iskVuzXL2c
O*NET® Career Exploration Tools

The O*NET® Career Exploration Tools are a suite of assessment instruments designed for career counseling, career planning, and career exploration.

For a self assessment, skills transferability, exploring work, career clusters and occupational information, refer to [http://www.texascaresonline.com/wowmenu.asp](http://www.texascaresonline.com/wowmenu.asp)
References and Resources

Images:
Microsoft Office Clip Art: Used with permission from Microsoft.

Textbook:

Websites:
Achieve Texas
An education initiative designed to prepare students for a lifetime of success
http://www.achievetexas.org/

Browse by Career Cluster - Counseling and Mental Health
http://www.onetonline.org/find/career?c=9&g=Go


CTE - Learning that works for America
Nationwide, Career Technical Education (CTE) programs are changing, evolving and increasing to better serve the country’s needs.
http://www.careertech.org/

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References and Resources

O*NET OnLine
Detailed descriptions of the world of work for use by job seekers, students, career development and HR professionals, analysts, researchers, and more!
http://www.onetonline.org/

Texas Work Prep Learning Management System
http://www.texasworkprep.com/texasworkprep.htm

What's in it for me?
http://www.bls.gov/k12/index.htm

Videos
Career and Cluster Videos
More than 7,200 videos that show the types of work people do in as many as 1,000 careers, organized by the 16 career clusters recognized by the U.S. Department of Education.

YouTube
Careers in Psychology, Counseling and Social Work
Are you thinking about a career in psychology, social work, or counseling? Would you like to learn more about the differences between the areas? Join us for an opportunity to meet professionals in these fields, learn more about the work they do, and make informed career decisions.
http://www.youtube.com/watch?v=6iskVuzXL2c

Careers in Psychology: What Is It Like to Be a Psychologist?
A psychologist is somebody who makes human behavior the focus of their work – helping people explore how they think and feel, and that is something that psychologists are really passionate about. In this free video on psychology, you’ll learn about the various roles and settings where psychologists can work.
http://www.youtube.com/watch?v=wgZwf0W5cLc