



CLINICAL PSYCHOLOGY EC-1
M.A SEMESTER 4
TOPIC: MAJOR PROFESSIONS IN THE MENTAL HEALTH FIELD

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Clinical Psychology- According to the APA, clinical Psychology attempts to use the principles of Psychology to better understand, predict, and alleviate intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning (APA, 2000b). Clinical Psychology is the aspect of psychological science and practice concerned with the analysis, treatment, and prevention of human psychological disabilities and with the enhancing of personal adjustment and effectiveness (Rodnick, 1985, p. 1929). Clinical Psychology focuses on the assessment, treatment, and understanding of psychological and behavioral problems and disorders. Clinical Psychology focuses its efforts on the ways in which the human psyche interacts with physical, emotional, and social aspects of health and dysfunction.



- The term **Clinical Psychology** was first used in print by **Lightner Witmer** in 1907. Witmer was also the first to operate a psychological clinic (Benjamin, 1996, 2005).
- The field of Clinical Psychology integrates science, theory, and practice to understand, predict, and alleviate maladjustment, disability, and discomfort as well as to promote human adaptation, adjustment, and personal development. It focuses on the intellectual, emotional, biological, psychological, social, and behavioral aspects of human functioning across the life span, in varying cultures, and at all socioeconomic levels. (American Psychological Association, 2009a)



MAJOR PROFESSIONS IN THE MENTAL HEALTH FIELD-

1. Clinical Psychologist- A member of a profession devoted to understanding and treating individuals affected by a variety of emotional, behavioral, and/ or cognitive difficulties. Clinical psychologists may be involved in numerous activities, including psychotherapy, assessment and diagnosis, teaching, supervision, research, consultation, and administration. Although clinical psychologists are trained academically in universities, their practitioner training occur primarily in psychiatric hospitals and clinics. In these settings, clinical psychologists work primarily as psycho diagnosticians under the direction of psychiatrists trained in medicine and psychoanalysis. Clinical psychology is concerned with psychopathology – deviant, abnormal, and maladaptive behavioral and emotional conditions. Thus, Clinical Psychologists focus is not be on facilitating mental health but on alleviating mental illness: not on the everyday problems in living, but on severe conditions experienced by a relatively small number of people. Clinical Psychologists’s task is to identify (diagnose) the disorder (disease) inside the person (patient) and to prescribe an intervention (treatment) for eliminating (curing) the internal disorder (disease) responsible for the symptoms.



2. Psychiatrists-Psychiatrists are physicians who earn a medical degree (MD) and complete residency training in psychiatry. Psychiatrists are often accorded the power and status of the medical profession, even though their intellectual heritage comes from the non-medical contributions of Freud, Jung, Adler, and others. **Psychiatrists** go to medical school and are licensed as physicians. As physicians, they are allowed to prescribe medication, treat physical ailments, and give physical examinations. After the completion of the medical degree and the general medical internship required of all physicians, the typical psychiatrist-to-be receives psychiatric training. During this training, they involve in supervised work with patients in hospital setting, accompanied by seminars, reading, discussion, and related activities. Clinical psychologists are certainly trained to appreciate the biological aspects of their clients' problems, but psychiatrists' training emphasizes biology to such an extent that disorders—depression, anxiety disorders, attention deficit/ hyperactivity disorder (ADHD), borderline personality disorder, and so on—are viewed first and foremost as physiological abnormalities of the brain. to fix the problem, psychiatrists tend to fix the brain by prescribing medication.



3. School Psychologists- School psychologists typically work in elementary, secondary, or special education schools providing cognitive testing, brief counseling, and consultation to school teachers, administrators, parents, and students. Some school psychologists also provide tutoring help and some maintain private practices. School Psychologists often work with children receiving special education services for problems such as Attention Deficit Hyperactivity Disorder, Learning Disabilities or Mental Retardation. Their primary function is to enhance the intellectual, emotional, social, and developmental lives of students. School psychologists may conduct psychological and educational assessments, develop learning programs and evaluate their effectiveness, and consult with teachers, parents, and school officials.

4. Health Psychologist- Health psychologists are those who, through their research or practice, contribute to the promotion and maintenance of good health. They are also involved in the prevention and treatment of illness. They may design, execute, and study programs to help people stop smoking, manage stress, lose weight, or stay fit.



5. Counseling Psychologists- Counseling Psychologists are similar to clinical Psychologists in actual practice. These two fields are also similar in that their graduate students occupy the same internship sites, often earn the same degree (the PhD), and obtain the same licensure status. But both are different in certain manners. Clinical Psychologists still tend to work with more seriously disturbed populations and, correspondingly, tend to work more often in settings such as hospitals and inpatient psychiatric units. Counseling psychologists still tend to work with less seriously disturbed populations and, correspondingly, tend to work more often in university counseling centers. Counseling Psychologists tend to be more interested in vocational testing and career counseling, whereas clinical Psychologists tend to be more interested in applications of Psychology to medical settings. the following services: (a) preventive treatment, (b) consultation, (c) development of outreach programs, (d) vocational counseling, and (e) short-term counseling/therapy.



6. Social Workers- Traditionally, social workers have focused their work on the interaction between an individual and the components of society that may contribute to or alleviate the individual's problems. They saw many of their clients' problems as products of social ills—racism, oppressive gender roles, poverty, abuse, and so on. They also helped their clients by connecting them with social services, such as welfare agencies, disability offices, or job-training sites. In more recent years, the social work profession has grown to encompass a wider range of activities, and the similarity of some social workers (especially those conducting therapy) to clinical psychologists. Many social workers conduct psychotherapy on an individual or group basis and contribute to the diagnostic process as well. The training of social workers, however, remains quite different from the training of clinical psychologists. They typically earn a master's degree rather than a doctorate, and although their training includes a strong emphasis on supervised fieldwork, it includes very little on research methods, psychological testing, The practice of social work requires knowledge of human development and behavior, of social, economic and cultural institutions, and of the interaction of all these factors. Social workers can conduct psychotherapy with individuals, families or groups, or undertake administrative roles within agencies, hospitals, or social service settings. They can be employed in numerous settings including schools, hospitals, clinics, and private practice.



7. Marriage and Family Therapists (MFT)- Marriage and Family Therapists help people, couples and families in coping them with their mental and emotional problems. They use counseling techniques and family systems theory. These methods are used to increase understanding and communication among couples and family members for behavioral development and reducing family crisis.

8. Rehabilitation Psychologist- Rehabilitation Psychologist focuses on people who are physically or cognitively disabled. They help individuals adjust to their disabilities and the physical, psychological, social, and environmental barriers that often accompany them. Rehabilitation psychologists work at medical centers, rehabilitation institutes, hospitals, community agencies, and universities.



9. Psychiatric nurses- Nurses spend many hours in close contact with patients, they are not only in a position to provide information about patients' hospital adjustment but also can play a crucial and sensitive role in fostering an appropriate therapeutic environment. They usually obtain both an undergraduate and master's degree in nursing. During their training, they learn about psychiatric diagnosis and treatment. However, they also learn about psychopharmacology and are often involved in the dispensing of psychotropic medications to patients. Psychiatric nurses provide psychotherapy to individuals, families, and groups as well as assisting in medical management of psychotropic medications.



PSYCHOLOGY DEGREES & SPECIALTIES



Counseling

Help people with problems like stress management and substance abuse.

Career requirements:

- Master's degree in psychology, usually with specialization in counseling
- State licensing



Social Work

Develop plans to improve people's situation and well-being.

Career requirements:

- Bachelor's or Master's degree in social work
- May need state licensing



Psychology

Focus on research, or treat patients in a clinical setting.

Career requirements:

- Doctoral degree in psychology (PhD or PsyD)
- State licensing



Marriage & Family Therapy

Help couples and families with emotional and behavioral problems.

Career requirements:

- Master's degree in psychology
- State licensing

