Title page

Peer review

The article uncovers the professional skills required by psychologists for working with clients. It is important for the therapists too possess profession skills for helping clients in dealing with complex psychological and mental problems. Due to increased demand for psychologists it has become essential for using professional skills for giving best services. The article explains that the therapists face significant challenges in offering fair and unbiased counseling services to the clients. It also aims at exploring the counseling therapies that are more effective in realistic settings. They must follow professional code of ethics for fulfilling their professional obligations. Training is an important aspects for offering proper counseling. The article has used empirical evidence for determining the impact of professional skills on services of the therapists. Scholarly database is considered for finding relevant research articles. Literature is used for determining how counseling techniques can produce better results in terms of improved mental health (Brady-Amoon & Keefe-Cooperman, 2017).

The findings of the article depict a positive relationship between professional skills and counseling services. Current knowledge of psychologist depends on their professional training, education and experience. Psychologists who have acquired professional trainings are more likely to integrate with clients in efficient manner compared to the therapists that are lacking trainings. Iterative development also has positive impact on performance of the therapist because they are able to understand the issues of clients and help them in building realistic goals for improvement. The results of the study are supported by empirical evidence. It states that the efficiency of the psychologists depends on their education, training and skills. The skills that a therapist must possess include; ability of understanding patients, are able to adopt right counseling strategy, possess effective communication skills, empathy and compassion. These attributes allow psychologists to offer professional and responsive services to the patients. Empathy is an important trait that a therapist must possess because it encourage them to understand clients and avoid showing irritation. This is important for making clients believe that they can trust the therapist and share their concerns. Compassion is another skill that help psychologists in creating feelings of comfort. The results of the article also depicts that identification of right counseling method improved the outcomes of every counseling session. Psychologists that rely on their skills for choosing the therapy manages to offer better services that leads to the overall development of the clients.

The article also explains that the services of the therapist are also dependent on their ability of using ethical guidelines of psychology. This allows them to fulfill the ethical conditions such as by maintaining confidentiality and concealing the personal information of clients. The ethical guidelines also improves professional service because therapists avoid building personal relationship with clients. The article also provides future direction for researching the skills that are more important and cannot be neglected. Similarly, primary research can be conducted for evaluating how professional skills and training influences the performance of psychologists. The satisfaction of clients related to therapies can also be examined.

Reference

Brady-Amoon, P., & Keefe-Cooperman, K. (2017). Psychology, Counseling Psychology, and Professional Counseling: Shared Roots, Challenges, and Opportunities. *The European Jourrnal of Counseling Psychology* *, 6* (1).