Title page

Psychology paper

I have chosen the career of clinical psychologist that requires understanding the nature of job and building adequate skills. After completing my degree in psychology I would try to get a job at a psychological clinic. The purpose would be to practically apply my knowledge and utilize skills. This career is about understanding the ways in which people think, behave and feel about the world. My interview with an experienced psychologist helped me to build awareness about the skills that I will need to develop for entering this career. I have shortlisted thee goals and activities that I will perform as a psychologist. My primary goal would be to develop knowledge of conducting psychological assessment of the patients for determining clinical conditions. This also required developing professional skills for conducting interviews with the clients. I would interview many professional psychologists that will help me understanding the techniques for conducting effective interviews. After finding a job I would focus on helping clients in appropriate manner. This process will require integrating various strategies and skills for supporting them By integrating my knowledge of behavior therapist I would focus on resolving the problems. The most important step is to determine the cause behind disturbed behaviors and choosing the right strategy for assisting clients (Padilla & Griffiths, 2011).

My interview with a senior psychologist helped me to understand the important aspects of this career. After 1 year of experience I would try to find a better job and also Pass Examination for Professional Psychology. During the job I would focus on learning the techniques of creating treatment plans and identifying best possible therapies according to patient’s conditions . This will be a step towards my career growth. I will try to find a job at well reputed organization. During my services I would learn from senior therapists and enhance my competency. My final goal will be to start my own clinic after building credibility.

It is important to create a positive and compassionate experience for the clients. Counseling requires building meaningful engagement and delivering services. Therapist-patient relationship has direct impact on patients welfare and leads to improved health. This allow therapist to understand the issues of the patients and offer them timely help. Understanding their needs and leads to the provision of client-centered care. This requires provision of friendly environment to the patients so they can feel comfortable during their encounter with the sessions. I believe that through communications the therapist can play a better role because it allows them to give awareness to the patients. Effective communications are also required for improving knowledge of the clients that will remove their fears and negative feelings.

Therapist patient interactions also depend on non-verbal communications that include facial expressions, eye contact and body gesture. These play significant role in building a positive relationship with the clients. I think that non-verbal communications is an effective interactional strategy that allow therapist to comfort the patients and offer them a friendly environment. Appropriate facial expressions that a nurse must adopt during her interaction with the patients include smile and a pleasant expression. The therapist muse avoid showing anger or discomfort because it would have negative impact on patients. A therapist must display appropriate gestures that include keeping a straight body posture and building rapport with the patients. I also think that the therapiist must be able to exchange feelings of satisfaction and happiness that help patients in overcoming fear or discomfort.

References

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