

EXPLORE MENTAL HEALTH COUNSELING CAREERS

WHAT IS COUNSELING?

The practice of counseling encompasses a broad range of culturally sensitive practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. They conduct counseling/psychotherapy, teach, and perform scientific research with individuals of all ages, families, and organizations.

FREQUENT JOB TITLES

- Psychotherapist
- Marriage & Family Therapist
- Mental Health Counselor
- Rehabilitation Counselor
- Counseling Psychologist
- Licensed Clinical Social Worker

KEY SKILLS

- Social Perceptiveness
- Active Listening
- Critical Thinking
- Written & Verbal Communication
- Complex Problem Solving
- Monitoring

RELATED STUDENT ORGS

- Psychology Club
- National Alliance on Mental Illness
- ASK.LISTEN.SAVE
(Suicide Prevention at UW)

QUALIFICATIONS

- Master's (MS, MA, MSW, MEd) Program
Examples:
 - Clinical Mental Health Counseling
 - Counseling Psychology
 - Marriage & Family Therapy
 - Social Work
 - Rehabilitation Psychology
- Doctor of Philosophy (PhD)
- PsyD

COMMON EMPLOYERS

- Higher Education Institutions
- State Agencies
- Mental Health Clinics
- Community Organizations
- Private Practice

LICENSURE

- Follow state licensure requirements
- Licensure Examples include:
 - Licensed Professional Counselor (LPC)
 - National Certified Counselor (NCC)
 - Certified Rehabilitation Counselor (CRC)
 - Licensed Clinical Social Worker (LCSW)

ASSOCIATIONS

- American Psychological Association
- American Counseling Association
- The National Rehabilitation Association
- Many more

SUGGESTED ACTIVITIES

- Gain on-campus research experience
- Gain experience working 1:1 with populations of interest