

Counseling



Nature of the Profession

Counselors assist people with personal, family, mental health, educational, and career decisions and problems. Their duties depend on the individuals they serve and the settings in which they work. Rehabilitation counselors help people deal with the personal, social, and vocational effects of disabilities. They provide personal and vocational counseling, and arrange for medical care, vocational training, and job placement. Mental health counselors emphasize prevention and work with individuals and groups to promote mental health. They help individuals deal with substance abuse, suicide, stress management, self-esteem problems, job and career concerns, educational decisions, and family, parenting, and marital problems. School and college counselors work in schools and they help students evaluate their abilities, interests, talents, and personality characteristics to develop realistic academic and career goals. Counselors use interviews, counseling sessions, tests, or other methods when evaluating and advising students. They operate career information centers and career education programs.

Aptitudes

- Ability to learn and apply counseling theories and techniques
- Strong verbal abilities for talking with and listening to clients, reading professional literature, and writing reports
- Ability to work with a variety of people and a desire to help others
- Ability to make judgments based on data, observations, and experience
- Good math skills for interpreting test results

Education

The minimum educational requirement is a master's degree in counseling. This requires a four-year bachelor's degree and a minimum of two years in a master's level program.

Certification

An applicant for a license to practice as a mental health practitioner must have a master's degree, have three thousand (3,000) hours of supervised experience in mental health practice, and have passed the mental health practitioner exam.

Annual Mean Wage

\$66,220

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