

Clinical Psychologist Job Description

Duties and Responsibilities:

- Evaluate clients to identify the psychological needs
- Develop appropriate treatment strategy to address the mental health needs of a patient
- Work alongside doctors and nurses in a hospital setting to oversee the general wellbeing of a patient
- Organize individual/group therapy sessions during which they communicate with client(s) to resolve any mental distress
- Proffer advice and treatment for mental/social issues such as anxiety, eating disorder, depression, and relationship problems
- Monitor the progress of patients to re-strategize treatment plan if necessary
- Engage in psychological intervention to minimize the risk of escalating a mental health problem
- Employ various treatment techniques such as patient interview, psychometric, and diagnostic tests in resolving psychological disorders
- Conduct research and survey on the human behavior to come up with better treatment methods
- Provide consultation services to clients/organizations that wish to adopt a psychological approach in their operations
- Often produce reports that serve as evidence in a court trial
- Assist patients to properly adjust and manage the psychological effects of an illness
- Maintain accurate record and documentation of patient profile and treatment progress
- Aid clients/patient in making healthy lifestyle choices such as proper dieting and suitable exercise
- May specialize in neuropsychology where they study the impact of brain and nervous system disorder and proffer treatment.

Clinical Psychologist Requirements – Skills, Knowledge, and Abilities

- **Education and Training:** Clinical psychologists usually go through a medical degree study over the period of 4 years to obtain their doctoral degree (Psy.D.). They also go for internships and take a licensing examination in order to become a practicing clinical psychologist. They may engage in psychiatry as a sub-specialty and will require certifications from a psychiatry board to practice
- **Patience:** Clinical psychologists require lots of patience in dealing with clients of varying psychological needs and behavioral disposition
- **Observational Skills:** Clinical psychologists possess a keen sense of observation which they employ in identifying obscure mental disorder
- **Trustworthiness:** As part of their responsibilities, clinical psychologists maintain the confidentiality of clients' mental health issues
- **Problem-solving Skills:** Among their key qualities is the ability to proffer appropriate solution and treatment required for a specific type of ailment
- **Communication Skill:** Clinical psychologists exercise effective communication skills in interacting with patients to addressing their mental health needs.