

Health Psychologist Job Description

Duties and Responsibilities:

- Assist patients dealing with the psychological effect of a long term illness
- Recommend appropriate lifestyle choices, such that promotes general health
- Counsel the family of an ill one by providing tips on how to manage the psychological aspect of the illness
- Conduct research and investigation on the relationship between a physical illness and its associated mental drain
- Explain to patients their current health condition and recommend ways to improve health situation
- Promote doctor-patient communication to ensure general health needs of patients are met
- Work in a hospital setting to counsel and address the mental health needs of patients
- Engage in the study of mental processes to develop new approach to treatment
- Organize therapy sessions for clients/patients recovering from a serious illness
- Provide bereavement counseling to families that lost a loved one
- Tracking the psychological progress of a patient and modify treatment methods when necessary
- Maintain record of patient treatment plan and progress
- Proffer solutions on how to deal with psychological side effect of illnesses such as cancer and diabetes
- Give tips on how to effectively manage the pain associated with an illness
- Employ specialized treatment methods such as psychoanalysis, psychometric tests, and diagnostic tests.

Health Psychologist Requirements – Skills, Knowledge, and Abilities

- Education and Training: Prospective health psychologists usually complete psychology or a related course as an undergraduate degree study, after which they proceed for doctoral study to obtain a clinical degree (Psy.D.), which comprises of a year's internship in a clinical setting, and subsequently passing an examination to be licensed to practice as a professional psychologist
- Compassion: Health psychologists require a lot of passion for the physically and mental unhealthy individuals
- Communication: Health psychologists are able to effectively relate with patient to identify the source of a mental/behavioral distress
- Problem-solving Skills: They are also proficient in developing and implementing appropriate solutions and strategies in addressing a patient's issue
- Patience: The field of psychology deals with mental problems and habits, which take time to overcome. Therefore, health psychologists must exercise lots of patience.