

Mental Health Counselor Job Description

Duties and Responsibilities:

- Interview clients to obtain information regarding their medical history, background, and issues
- Create and maintain an up-to-date client profile to effectively track patient treatment process
- Proffer recommendations and solutions to address health issues such as depression, stress, suicide impulse, and anger
- Liaise with the families of patients to monitor and assist patients through the recovery process
- Assist clients to take appropriate decisions concerning their career, marriage, and relationship
- Refer clients to psychiatrists or psychologists for proper medical attention
- Organize group/personal counseling sessions to advise and assist individual(s) struggling with dependencies or adjusting to harsh circumstances
- Help clients cultivate skills and coping mechanisms necessary in overcoming their challenges
- Develop and implement treatment plans/procedures effective in resolving patients' issues
- Track the progress of treatment to determine the need for plan adjustment
- Carry out assessments to evaluate the effectiveness of counseling programs in resolving patients' problems
- Monitor and regulate the intake/use of medication by patients
- Organize programs to educate the community on ways to improve mental health conditions
- Supervise junior/trainee counselors to ensure services provided are up to acceptable standards
- Participate in conferences and seminars to improve job knowledge/skill.

Mental Health Counselor Requirements – Skills, Knowledge, and Abilities

- **Education and Training:** To become a mental health counselor, you require a Bachelor's degree in courses such as psychology, sociology, or biology, or in other related field. This allows for entry into a Master's degree program in counseling, social work or psychology. Mental health counselors are usually required to pass a licensing exam in order to obtain licensure for practice
- **Communication Skill:** Mental health counselors are able to interact with clients using clear and understandable language
- **Analytical Skill:** They are able to thoroughly evaluate patient condition to determine suitable plan for treatment
- **Interpersonal Skill:** They are well versed in working with various clients, psychiatrics, and psychologists.