

Mental Health Therapist Job Description

Duties and Responsibilities:

- Treat people diagnosed with mental disorders
- Provide counseling to mentally ill patients
- Carry out a thorough assessment to find out the main reason for a patient's mental problem so as to develop a comprehensive treatment plan
- Conduct counseling sessions where patients are interviewed and evaluated
- Refer patients to psychologists and psychiatrists for further examination
- Proffer solutions and recommend ways patients with low self-esteem, family problems, addictions, and suicidal tendencies can overcome their health issues
- Keep accurate data of patients and also analyze the information gotten so as to determine a treatment method that suits a patient
- Work in concert with patients' family members to monitor behavioral changes and treatment response
- Provide emotional assistance to patients
- Cooperate with other professionals such as psychiatrists and social workers to ensure patients' quick recovery
- Intervene during patients' crisis situations
- Advise patients' families on the best ways to help patients to fully recover
- Give general advice to patients concerning the abuse of drugs and alcohol
- Attend conferences and seminars to improve skills or knowledge
- Supervise other junior therapists so as to ensure they discharge their duties creditably.

Mental Health Therapist Requirements – Skills, Knowledge, and Abilities

- A Bachelor's degree in mental health therapy
- Communication skills, especially in spoken form so as to be able to interact with patients in a very explicit manner
- Analytical skills are critical so as to be able to evaluate a patient's condition for the purpose of bringing up an effective treatment plan
- Interpersonal skills are required in order to work harmoniously with other professionals, such as psychiatrists
- Excellent psychological skills for the purpose of advising a patient properly
- Master's degree in mental health therapy will be an added advantage
- Attention to detail will be germane
- Observation skills are key to picking out a patient's behavioral changes
- Should be stable emotionally and mentally so as to be able to offer patients with excellent emotional and mental support.