

# Career Opportunities

## Counselling and Psychotherapy

### **1. Why the Need for a Trained Psychotherapist ?**

As is experienced, talking things over, has helped all of us in finding solutions to our problems or reducing our tensions. Psychotherapy is also aimed at reducing our distress or anxiety and equipping us in finding our own solutions. Psychotherapy works on the assumption that pathology (physical & mental) is a result of a person's perceptions, interpretations, beliefs & expectations about oneself as well as others. A child has stomach ache to skip school, a teenager has fever just before the examination, and a manager has backache due to excessive work pressure. All these people are suffering from physical ailments but have psychological causes. We tend to ignore the causes and treat the symptoms to experience the same pain again & increase the dosage of medicine next time.

Finding these causes & equipping people to handle stress & anxiety better

Changing maladaptive patterns of behaviour

Improving the quality of interpersonal relationships & interaction abilities

Modifying false interpretations and beliefs

Understanding & resolving conflicts arising from expectations from self as well as others

Reducing the damaging impact of emotional reactions and

Equipping in problem solving & resolving crisis

The list is quite exhaustive and can go on and on. In short, the objective of psychotherapy is to remove/reduce distress & improve the quality of living ailments but have psychological causes. We tend to ignore the causes and treat the symptoms to experience the same pain again & increase the dosage of medicine next time.

### **2. How does psychotherapy work?**

Psychotherapy practised by mental health professionals works by total acceptance of the client. It is a process, where the therapist introduces certain psychological interventions in the relationship-making this relationship different from other relationships. These interventions are deliberately planned and are introduced after ascertaining the readiness of the client. The therapist uses his knowledge of psychological theories to structure

interventions. These interventions bring about changes in the cognition, emotive and action of the client. The therapist facilitates the process of change in the desired direction.

### **3. Who can be a psychotherapist?**

The therapist is genuinely interested in people and wishes to alleviate distress or suffering. He is warm, receptive and most of all non-judgemental. He is perceptive, having an ability of picking up the said as well as the unsaid, and the impact of this on the client. He should be self aware and in control of his emotions. He is trained in the theories of Psychology & Psychotherapy. He has an understanding of human behaviour and is trained in using the techniques of counselling & psychotherapy.

### **4. In what fields are counselling & psychotherapy applicable?**

Counseling & Psychotherapy is applicable in every field that deals with people. Doctors, lawyers, teachers, clergymen are all involved in counseling in some form or the other. The different kinds of therapies available are:-

- a. Student Counseling
- b. Career Counseling
- c. Parent Counseling
- d. Vocational Guidance
- e. Play Therapy
- f. Insight Oriented Individual Therapy
- g. Individual Behaviour Therapy
- h. Family & Marriage Counseling
- i. Group Therapy

### **5. Conclusion: Felt Need**

Despite an increase in scientific productivity and material success, statistics show that the rate of mental disturbances in terms of suicides, alcoholism, drugs, marital breakdown and the like are increasing at an exponential rate. It would seem that as the material comforts of life have increased, mental health is deteriorating. Mental health is achieved if man develops into full maturity according to the characteristics and laws of human nature. Mental illness consists in the failure of such development.

According to the National Mental Health Programme document about 20-30 million Indians are in need of some form of mental health care. Every year, 250,000 new cases are reported. But those figures do not include the thousands of others who may be suffering in silence without access to help. With proper care, at least 60% of these mentally ill people can recover completely and atleast 70% can avoid chronic illness and disability. A large number of people can be helped merely by listening, providing care and equipping them with the skills to cope up with stressful situations in life.

A growing awareness of the shortage of professional guidance and the ineffectiveness of traditional treatment has led to a large number of persons to seek new avenues.

In the next 5 years India needs at least 100,000 counselors nationwide. Right now, hardly there are 5000 people around.

Based on the above mentioned details citing the importance of counselling & psychotherapy, Medall has conceptualised, designed and developed career programmes in its effort to augment the demand supply gap in the field of incisive counselling & psychotherapy:-