What did I do with my Psychology major?

What is your primary discipline/field?

Licensed professional counselor

Was Psychology your undergraduate major?

- [x] Yes
- [ ] No

What degree is required (or most typical) for your job?

MA/MS

What is your primary work setting?

Private practice

In just a few words, how would you describe your job? What are the primary activities you engage in?

I provide outpatient therapy to individuals, groups, and families in a private practice setting.

Clinical assessments & treatment planning
Psychological/Psychoeducational assessments and report writing
CBT, DBT, MI, Solution-focused, Play Therapy

Can you guesstimate about what percentage of your work time you spend engaged in each of the following activities?

Research?	Teaching	Practice: Assessment	Practice: Therapy	Consultation or Administration
10	10	30	50	20

What makes your field most unique from some of the other fields on the list above?

Counseling upholds a holistic approach that aims to enhance the mental health and well-being of individuals, couples, groups and families across the lifespan. It is also a strength-based approach, in that it helps clients to identify and build upon their individual strengths and abilities.

What other non-psychology-related activities does your job entail that you did not expect? For instance, does your job include accounting, personnel management, business administration, clerical work, or other activities?

My scheduling, billing, insurance-related issues, etc. is managed by the administrative office at my practice. I am unable to think of any non-psychology-related activities that my job entails. However, my practice has recently encouraged us to engage in some of our own marketing strategies.

What is the BEST thing about your field? What would you tell a college student to encourage them to enter your field?

Counselors can provide therapy at the masters level in many different settings, without having to pursue a doctoral degree. Once fully licensed, they can practice independently and do not require supervision. I also love the holistic and strengths-based approach to providing therapeutic services.

What is your LEAST FAVORITE thing about your field? What would you tell a college student to DISCOURAGE them to enter?

The pay is somewhat less than if you have a doctoral degree; however, once fully licensed and depending on your setting (i.e., private practice), the difference in pay may not be that significant. Also, the licensing board (NCBLPC) can be a little confusing at times.

(Optional) What is your age?

28

(Optional) If you would like students to contact you with questions, please list your email below

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