

Mental Health

Is helping others become active in the community important to you? Are you a supportive person? Do you work well both individually and as a part of a team? Mental health professionals are healthcare practitioners or community-based workers who provide services for the purpose of improving an individual's mental health or to treat mental disorders.

Mental health professionals work with a variety of clients on an individual basis or in groups. Duties vary considerably, however in general, mental health professionals: provide specific support for clients and their families, including developing skills to deal with their problems; work with interdisciplinary teams to assess clients needs, and provide appropriate treatment plans; work with mental health promotions and prevention programs; and work with the objective of increasing quality of life.

COUNSELLING

Are you interested in providing an opportunity for people to work towards living more satisfyingly and resourcefully? Are you interested in mentoring in order to counsel people on personal and social issues such as substance abuse, suicidal tendencies, eating disorders, self-esteem, family problems, relationship and interpersonal skills? Counselling is a relational process based upon the ethical use of specific professional competencies to facilitate human change. It is the provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties.

Counsellors work with individuals or groups of people. In general, their duties are: counsel people who are experiencing personal, social, educational or behavioral problems; promote mental health by developing personal awareness and resources, personal and relational growth and well-being; provide specific treatment for disorders in cognitive, behavioral, interpersonal and emotional functioning; and may also include supervision, education, training, research, diagnosis and referral.

COUNSELLOR / CLINICAL PSYCHOLOGIST / REGISTERED SOCIAL WORKER / REGISTERED PSYCHIATRIC NURSE

Generic job description:

- Examine and assess behaviour. Use standard psychological tests for assessment
- Apply psychological theory and principles regarding behaviour and mental processes
- Diagnose behavioural, emotional and cognitive disorders
- Help clients manage psychological illness and disorders. Counsel clients and provide therapy
- Coordinate treatment services; facilitate services and community referrals
- Plan intervention programs and conduct program evaluation
- Maintain regular contact with families, clinicians, and referring parties as needed
- Participate in administrative meetings, manage client files and documentation
- May conduct studies and publish research papers, educational texts and articles
- May deliver presentations at conferences, workshops or symposia
- May provide consultation services to government and other organizations

Skills:

- Knowledge of a variety of psychological conditions, assessments and treatments
- Able to research, review and apply evidence-based treatments to solve client cases
- Exceptional interpersonal skills
- Strong written and verbal communication skills
- File management and documentation
- Autonomy and ability to collaborate with others to support client care

Qualifications:

- MSc in Counselling, Clinical Psychology, or Social Work (clinical designation).
- Must be eligible to register with the College of Alberta Psychologists or Alberta College of Social Workers
- Some counselling positions require a bachelor's degree with experience in counselling
- Clear Criminal Record Check
- Flexibility with potential evening work, and phone coaching