

How to become a successful psychologist?

Math Homework

Success in the professional sector and the level of income in the future depends on the right choice of training. According to the report of the Ministry of Science and Education, psychology recent years is the third in popularity of the learning area. One far is not everyone knows how to become a psychologist, and what is required for this. In addition to obtaining profile education, a person will have to study special literature, improve the qualifications in order to be able to adapt psychological assistance methods to the latest standards.

How to become a psychologist?

To become a psychologist, you first need to get a higher education in psychology (Master's degree), and then choose a specialization. Next will need to constantly work on your personal qualities - empathy, patience, a sense of tact, personal culture, the ability to listen and hear, to exercise empathy and, of course, strictly follow the rules of professional ethics. The main task of a specialist is not to evaluate a person, but help him deal with feelings and emotions. One of the most important skills in the profession of a psychologist is to build trust relationships.

The person who has decided to become a psychologist must know the exact answer to the question: what is attracted by this profession? A huge mistake - go to study at a psychologist to solve your own problems. With this approach, the specialist will involuntarily project his difficulties for customers. What qualities should a psychologist possess?

It's hard to answer exactly what a good psychologist should be. Psychology - the area is extremely extensive because it is engaged in a person in all possible contexts and conventions.

In addition to knowledge about the work of the central nervous system, a psychologist must have certain personal qualities. He should have a sense of responsibility, because the profession of a psychologist is a profession of public confidence, which has a special social significance.

A good psychologist should be unbiased, stay flexible and be able to go beyond stereotypical thinking. It is also important to have a sincere desire to learn a person, refraining from condemnation.

The psychologist is not a doctor, he is engaged in the processes occurring in the psyche of man, and the relationship between man and his environment. On the basis of the information collected, it chooses a suitable assistance form. This may be: psychological support, crisis intervention or psychotherapy. The psychologist with a license of a psychotherapist can help people with mental and psychological problems, using various methods of psychotherapy. What is the psychologist

doing?

Discussion with patients of their problems - so the work of the psychologist see many people who do not know this profession from the inside. However, psychologists have much more duties depending on their specialization.

The psychologist-consultant is engaged in prevention of mental disorders, provides psychological assistance and support in solving various problems of personal character. It also conducts psychological diagnosis - gives conclusions, forecasts and recommendations for further actions on the basis of conversations with the client and tests exploring various mental properties (intelligence, personality, cognitive functions). It should be remembered that the psychologist cannot write off recipes, because he is not a doctor. It helps to determine the nature of the problem, identify its causes and possible consequences. In accordance with the principles contained in the Ethical Code, the psychologist does not give advice and does not try to solve the problems of its customers, he only accompanies them in the process of adopting independent decisions.

A good psychologist should be able to "read" people on non-verbal signs. Such a skill can be developed using the "Profiling" Wikium course.