

Mental Health Therapist; Social Worker/Professional Counselor

Overview: Work with individuals, groups, and families affected by emotional, mental, behavioral, social, and adjustment issues, to help them cope with the challenges in their lives.

Duties and Responsibilities:

- Provide timely and appropriate assessment, interpretation and diagnosis of mental, social and emotional disorders
- Collect relevant supplementary documentation and information to assist in determining treatment plans and interventions
- Refer clients for supplementary tests as indicated, including psychological, psychiatric, and medical tests to assist in determining diagnosis and treatment plans
- Develop and implement individualized treatment plans for the presenting problems, in consultation with other professionals as appropriate
- Implement treatment interventions including individual, couples, group, and family therapy, behavior modification techniques, coping strategies; apply specialized techniques and modalities as appropriate
- Effectively provide psycho-education, support, and resources to clients and family members
- Research and refer clients and family members to other services where necessary (e.g., employment services, psychiatric rehabilitation services, medication management)
- Ensure the treatment plan is being adhered to
- Monitor and evaluate progress towards treatment goals and adjust treatment plans as necessary
- Provide crisis intervention as necessary
- Maintain current, accurate and complete clinical records
- Prepare required reports and documentation in a timely fashion
- Meet all continuing education requirements to maintain active license and certifications
- Comply with organizational, state and federal regulations and guidelines

Competencies:

- Understanding of human psychology
- Understanding of human developmental stages
- Cultural sensitivity to persons served, other personnel, visitors and other stakeholders
- Empathy, to better understand client's points of view
- Knowledge of interventions applicable to the specialty (i.e., marriage and family counseling, alcohol and drug usage, art therapy)
- Professional Boundary Setting, for ethical reasons and to maintain appropriate objectivity

- Active listening skills, to ensure that communications are clearly and accurately understood
- Critical thinking skills, to understand client issues and formulate appropriate treatment plans
- Verbal and written communication skills, to effectively communicate with clients, other stakeholders, colleagues, etc.
- Organizational skills, to facilitate multi-tasking and permit prioritization of competing duties and responsibilities
- Detailed note taking ability, to record client and colleague comments

Requirements:

Entry level requirements: licensed master's degree in social work, professional counseling, or related field, such as:

LMSW: Licensed Master Social Worker

LGPC: Licensed Graduate Professional Counselor

Journey level requirements:

Education: master's degree in social work, professional counseling, or psychology which enables licensure in the State of Maryland as one of the following:

LCSW-C: Licensed certified social worker - clinical

LCMFT: Licensed certified marriage and family therapist

LCADC: Licensed certified alcohol and drug counselor

LCPAT: Licensed certified professional art therapist

LCPC: Licensed certified professional counselor

PsyD: Doctor of Psychology