



# Career Pathways: Mental Health Counselor

A Mental Health Counselor assesses and treats mental and emotional health disorders, relationship issues, and life challenges. Through various methods of psychotherapy, counselors work with patients to develop meaningful behavioral changes. They also offer coping strategies for navigating life's struggles.



## About Mental Health Counselors

Mental Health Counselors work with their clients to establish goals and develop approaches to address emotional issues, shore up skills in coping and communication, improve self-esteem, promote changes in behavior, and strive for improved mental well-being.

Licensing requirements vary from state to state, but in general, mental health counselors hold an accredited master's degree in counseling and have 2 to 3 years of supervised counseling practice.



## Key Tasks

- Encourage clients to express their feelings and discuss what is happening in their lives, helping them to develop insight into themselves or their relationships
- Prepare and maintain all required treatment records and reports while maintaining confidentiality of records relating to clients' treatment
- Collaborate with mental health professionals and other staff members to perform clinical assessments or develop treatment plans
- Plan, organize, or lead structured programs of counseling, work, study, recreation, or social activities for clients
- Develop and implement treatment plans based on clinical experience and knowledge



## Key Skills

- Communication
- Empathy
- Problem Solving
- Listening and Responding
- Focus
- Discretion



## Education & Certifications

- Most of these occupations require a bachelor's or master's degree
- Licensed Social Worker
- Provisional Social Worker



## Local College/University Programs

- Clarks Summit University
- University of Scranton
- Marywood University
- Misericordia University



## Industry Sector Employers

- Scranton Counseling Center
- Geisinger
- Restorative Family Services
- Puglisi Counseling
- Healing Within Counseling & Psychotherapy
- The Wright Center

*\*List above shows a sampling of sector employers and college/university programs which is not limited to the list above.*



Learn more about Mental Health Counselor and other career pathways at **ScrantonChamber.com**

### Sources:

- <https://www.forbes.com/health/mind/what-is-a-mental-health-counselor/>
- <https://www.healthline.com/health/mental-health/mental-health-counselors#counselor-vs-psychologist>
- <https://counseling.online.wfu.edu/blog/what-is-clinical-mental-health-counseling/>
- <https://www.onetonline.org/link/summary/21-1014.00>

