

Psychology at work

[Psychology](#), [Psychotherapy](#)



PSYCHOLOGY AT WORK Health Psychology In the field of physical health and psychological well-being, health psychology specializes in exploring biological, psychological, cultural, societal, and environmental factors of life, and how each of these affects physical health. There are some who include the spiritual or religious aspects to this model; however, traditionally the model includes biological, psychological, and social components. While it may be common knowledge among certain populations about the negative effects that a person's emotional mindset can have on their health, there continues to be a great deal of denial and research about the interactivity of these aspects in a person's life. Physical Health can be directly affected by the environment in which we live. Today, people are living longer and healthier lives than ever before. In contrast to the diseases that were most often the causes of illness and death in the early 1900's, the most common causes of death and illness today are strongly related to the behaviors in which a person chooses to engage. Unhealthy behaviors, from smoking cigarettes and poor diet, to sedentary lifestyle and poor coping skills, are all major contributors to death and illness. Fortunately, we can learn ways to control negative thoughts and behaviors in which we choose to engage. By learning specific skills, we can make positive, healthy changes in our lives.

Psychology as a Career Many people think of psychologists either as therapist or as teacher psychology as a profession can be traced back only to the turn of 21st century through the writings of Sigmund Freud, John Dewey, and others. During the founding of the American Psychological Association in 1892 the members were chiefly academic psychologist-teachers of psychology and persons engaged in research in psychology principles. At that

time, psychology was almost entirely a “ pure” science, relatively uninvolved with social application.

Academic Psychology The primary function of academic psychologist is TEACHING and RESEARCH. College Teaching- In Addition to teaching, preparing examination and evaluating student’s achievement, the college teacher takes part in many professional activities such as organizing and preparing course materials, setting in academic committees or carrying out administrative responsibilities. Research- the most common work setting of research psychologist are the universities and the research foundations. General research is usually combined with teaching and involve the study of basic theoretical problem in such field as learning, perception, motivation and emotion behavior.

Clinical Psychology Clinical psychology is the branch of psychology concerned with the assessment and treatment of mental illness, abnormal behavior and psychiatric problems. This field integrates the science of psychology with the treatment of complex human problems, making it an exciting career choice for people who are looking for a challenging and rewarding field. The

psychometrist A psychometrist is a person who has received training in psychology or related field with an emphasis in tests and measurement. The basic function of a psychometrist is to administer and score psychological tests under the direct supervision of a clinical psychologist. Psychometrists work both in inpatient and outpatient settings. An important goal of the psychometrist in the assessment process is to determine a patient’s optimal level of performance on a particular battery of tests. In addition to test administration, it is typically the role of the psychometrist to establish rapport with the patient and to structure the assessment to motivate the

patient in order facilitate the goal of optimal performance. Psychometrists also are required to accurately record responses and score tests using appropriate norms. Psychometrists keep note of test behavior, especially any behaviors which might affect test results. Psychometrists must be competent in their use of a variety of tests in order assess intelligence, personality, aptitude, achievement, comprehension, memory, perception, and motor skills. They should be aware of ethical issues regarding patient confidentiality, protection of test security, and constraints about dual relationships with patients

Career in Hospitals the largest single source of employment for clinical psychologist is the psychiatric Hospital, Particular the state mental Hospital. Child Guidance The principles psychology function in child guidance is essentially the same as in adult guidance. What Is Counseling Psychology Counseling psychology focuses on providing therapeutic treatments to clients who experience a wide variety of symptoms. It is also one of the largest specialty areas within psychology. The Society of Counseling Psychology describes the field as " a psychological specialty [that] facilitates personal and interpersonal functioning across the life span with a focus on emotional, social, vocational, educational, health-related, developmental and organizational concerns." Many counseling psychologists provide psychotherapy services, but other career paths are also available. Research, teaching and vocational counseling are just a few of the possible alternatives to psychotherapy. No matter what the job setting, individuals who choose to enter into a career in counseling psychology utilize psychological theories to help people overcome problems and realize their full-potential.