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Mental Health Counseling Interview

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I have been a mental health counselor for 15 years and the knowledge I have regarding the given career has been through this serving. My specialization in mental health counseling comprises of substance abuse counseling, and I chose the area since I had a long desire to assist society with the crises they are facing. For instance, in the United States, a segment of the world that stands as the leading among the world's substance abuse is major challenge and it affects a lot of American society. I decided to major in the particular field primarily to play a role of liberating society from the dilemmas linked to the mental health challenges. It is needed heavily.

I selected a career in mental health field primarily to dispense mental health care to my society and the entire world. In the current decade, societies have placed a huge focus on mental health, and the modern world faces many of challenges, and in great need of guidance in mental health. The larger percentage of the millions of deaths that are consecutively happening in the present-day world have their roots on mental challenges according to ("Mental Health and Mental Disorders" 2020) as I researched and it is needed. Poor mental health leads to depression, suicide, homicides, and extreme stress, which ultimately leads to deaths; one is too many.

As a substance abuse counselor, I apply both the Modeling and Role modeling theory, and the King's Theory of Goal attainment. In the first concept, I developed in was the awareness that diverse patients are unique, and they need to be respected despite the variations in behavior and beliefs else you will not reach them. The Modeling and role modeling theory enhanced my understanding that it is essential to pay attention to the needs of the patients I am counseling, while comprehending that they have commonalities and variations. The King's Theory of goal enhanced my knowledge concerning social, interpersonal, and personal interaction system. Through the theory mental counseling concept, transactions will take place mainly through

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interaction for accuracy and are exemplified in mental counseling interactions. This theory enhanced my skills in counseling, and I know that satisfaction of the patient happens when transactions have taken place, allowing for the achievement of the set goals.

In the process of counseling, I hold on to the psychodynamic theory, which states that the personality and lives of human beings are influenced and shaped by the different events they experience within their childhood and growth. The relationships that a human being had with their guardian plays an important role in their daily traits, and determine how they feel and behave. The theory I believe is essential in attending to the people who suffer from serious psychological disorders like depression, to assist them form and maintain individual relationships.

The technique I apply in mental health counseling includes the cognitive behavioral therapy, the counseling approach that addresses behaviors, emotions, and thoughts. My perspective in counseling is based on the belief that holding positive and helpful ways play the role of leading to psychological changes among human beings. The attitudes that a certain human being holds can ultimately influence their behavior and feelings. Not only does therapy help those with severe mental illness, but the specific psychoanalysis is helpful for those with problems concerning alcohol and drug abuse, eating, and anxiety disorders.

Multiculturalism has become crucial in the counseling field I believe, especially due to the demographic shifts that have taken place in the world. I assess my client's level of acculturation before I counsel them, to develop the best way to attend to them. For instance, Asian American clients I encountered take it as an impolite when body languages are used to address them, so when attending one of them I counsel with skills that are accepted accordingly.

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As a Mental health counselor I advocate in the counseling profession, since it is an extremely challenging profession and demands someone to execute. It is a calling not a job to be done for pay with money. The profession currently faces dilemmas in varying states, including funding, it is just not there. Clients who meet counselors who uphold the right attitude regarding the counseling job often acquire the assistance they need which I try my best to grant to them. The skills obtained from learning institutions equip the counselors with essential knowledge that changes clients given the student apply themselves. As a counselor who is starting the job, I recommend you to ensure you develop the attitude that you are assisting the society, and be ready to attend to clients who have various attitudes.

Discussion

Mental health counseling I gained through the interview is apparently one of the most challenging professions, but a very crucial career that is highly that is needed in society. Mental health counselors are needed in every society, and they are very essential not only for the adults but for the youth. The counseling sessions are able to assist various clients that have the possibility of treating mental health challenges like depression, anxiety, and stress and obtaining results of a healthy life. The attitude showcased by the interviewee told was that mental health is not a challenging career for those that took it as means of making positive changes in society. Though in various communities the mental health counseling lacks support and funds, the right people do not focus on the money aspect, but their service in the community will stimulate them every day. I learned that counselors are required to enhance their working knowledge in regard to beliefs systems of different cultures they offer their services to. I believe attending Nyack College I can be a great counselor to make a difference in the mental health counselor field. The interviewee as neatly dressed with light colors and not loud which was not a distraction as I have

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seen with other counselors. I began to sense the counselor was a bit tired mentally in the way she responded to the questions and I could understand especially as we are in the middle of a pandemic. The counselor is currently doing sessions at a designated area in her home via zoom which I was impressed of the ability for counselors to work even when other establishments are closed. I am still confident in my desire to pursue the profession of being a Mental health counselor. I was a bit drawn back in wondering if I would be able to remember all the theories but this being my first semester I will follow the advice of the counselor to apply myself the best I can and it will become natural to me eventually.

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