

Mental Health Matters

Do you ever feel: Overwhelmed? Anxious? Sad? Stressed? Hopeless?

According to the National Institute of Mental Health, more than a quarter of American adults experience depression, anxiety or another mental disorder in any given year. Others need help coping with a serious illness, losing weight, or stopping smoking. Still others struggle to cope with relationship troubles, job loss, the death of a loved one, stress, substance abuse, or other issues. And these problems can often become debilitating.

How a psychologist can help

EDUCATION & TRAINING

Psychologists earn a doctoral degree (PhD, PsyD, EdD) and in psychology, are licensed, and are highly trained to treat a full range of mental health issues. Psychologists have expertise in assessment, diagnosis, and treatment and work with clients to change feelings, thoughts, and behaviors through techniques that are based on research. Some may have additional training in specific forms of talk and behavioral interventions.

UNDERSTANDING PSYCHOTHERAPY

Therapy is a collaborative process between client and psychologist. The psychologist assists clients in problem solving, developing new skills to face challenges, and helps clients take advantage of available resources. The psychologist employs different orientations of therapy that are rooted in research, to assist the client to understanding feelings, change his/her behavior, and navigate through changes in his/her life. People may consider therapy when they are feeling overwhelmed, sad, anxious, helpless, and hopeless. People may also consider therapy when functioning day to day becomes difficult or when their actions become harmful to themselves or others. Individuals may seek therapy in group settings, when family members or close friends are facing difficulty, or individually.

DIVERSITY

Psychologists are trained to provide services to an increasingly diversified national population. Racial and ethnic minorities experience access-to-care and socio-cultural difficulties that must be addressed to ensure quality care. Women, children, and adolescents, the elderly, persons of diverse sexual orientation, and the disabled have unique needs that call for the interventions psychologists are trained to provide.

SETTINGS

Psychologists provide services in healthcare facilities and many other settings such as outpatient care, inpatient, integrated health care, schools and the workplace, and the criminal justice system. Psychologists may work in their own private practice or with a group of other psychologists or health care professionals. Psychologists also help the victims of disasters or terrorist attacks understand and cope with their experiences.



Contact NJPA to locate a psychologist in your area:



Phone: 973-243-9800



Website: www.psychologynj.org

Connect with us!

