

# Industry 101 COUNSELING

“Counseling” is a helping profession. Counselors meet with clients one-on-one or in groups with the goal of helping with a presenting concern or problem, by providing greater clarity and offering coping skills. The type of counseling one performs varies by client, work environment, and the topic of focus.



## TRENDS & INDUSTRY INFO

Many professionals, with different job titles and varying degrees of qualifications, conduct counseling or therapy. Examples include professionals in roles as diverse as mental health counselors, social workers, counseling psychologists, clinical psychologists, psychiatric-mental health nurses, and psychiatrists.

Mental health counselors, one of the most generalized areas in counseling, had a median pay of \$43,190 per year and the profession is expected to grow by 19%, which is much faster than average (BLS, 2015). Salaries and the job outlook vary greatly based on where counselors work and which area they specialize in.



## WORK ENVIRONMENT

Counselors work in schools, universities, hospitals, rehabilitation facilities, prisons, community health centers, private practices, and more. Counseling also varies greatly based on what population you will be working with. You could be working with children, young adults, families, couples, the elderly, or multiple different types of clients.

### Sample Job Titles

- Mental Health Counselors
- Marriage and Family Therapists
- School Counselors
- Career Counselors
- Substance Abuse & Behavioral Disorder Counselors
- Rehabilitation Counselors
- Genetic Counselors
- Creative Art Therapists
- Pastoral Counselors
- Geriatric Counselors
- Veterans Counselors
- Grief Counselors

## FACTS & STATS

### Average Salary



### Industry Growth



# What can you do in COUNSELING

## SKILLS & EXPERIENCE NEEDED

### Skills Required

- Empathy
- Helping skills
- Communication skills
- Desire to help others
- Cultural awareness
- Authenticity
- Listening
- Self-reflection
- Ethics/Integrity
- Self-awareness
- Flexibility
- Confidentiality & ethics

### Experience

The majority of counselors need an advanced degree, typically a master's degree in some sort of counseling speciality, in order to meet with clients. Often, to practice as a counselor, you also need to become a licensed counselor. Licensure requirements vary state-by-state. Typically, accredited graduate programs will help you on your way to certification and/or licensure.

Counselors come from all academic backgrounds, but most often, undergraduates major in psychology or a related social science, where the many of counseling theories stem.

## ON CAMPUS RESOURCES

- University Counseling Center
- University Career Center & The President's Promise
- Department of Psychology

## OTHER RESOURCES

- American Counseling Association
- National Board for Certified Counselors: NBCC

## WHERE ARE ALUMS?

