

URBAN AFFAIRS

MAJORS & CAREERS

Section V

MARRIAGE & FAMILY THERAPY

Table of Contents:

Marriage & Family Therapy: Counselor Page 132

Marriage & Family: Social Worker Page 1139

Marriage & Family: Psychologists Page 146

Marriage & Family: Social and Human Service Assistants Page 152

MARRIAGE & FAMILY THERAPY: Counselor

Marriage & Family Therapy: Counselor

School counselors must be certified, and other counselors must be licensed to practice in all but two States. A master's degree generally is needed to become a licensed counselor.

Job opportunities for counselors should be very good because job openings are expected to exceed the number of graduates from counseling programs.

State and local governments employ about 4 in 10 counselors, and the health services industry employs most of the others.

Marriage & Family Therapy: Counselor: Nature of the Work

Counselors assist people with personal, family, educational, mental health, and career decisions and problems. Their duties depend on the individuals they serve and on the settings in which they work.

Marriage and family therapists apply principles, methods, and therapeutic techniques to individuals, families, couples, or organizations in order to resolve emotional conflicts. In doing so, they modify people's perceptions and behaviors, enhance communication and understanding among family members, and help to prevent family and individual crises. Marriage and family therapists also may engage in psychotherapy of a nonmedical nature, make appropriate referrals to psychiatric resources, perform research, and teach courses about human development and interpersonal relationships.

Educational, vocational, and school counselors provide individuals and groups with career and educational counseling. In school settings—elementary through postsecondary—they usually are called school counselors, and they work with students, including those with academic and social development problems and those with special needs. They advocate for students and work with other individuals and organizations to promote the academic, career, personal, and social development of children and youths. School counselors help students evaluate their abilities, interests, talents, and personality characteristics in order to develop realistic academic and career goals. Counselors use interviews, counseling sessions, interest and aptitude assessment tests, and other methods to evaluate and advise students. They also operate career information centers and career education programs. High school counselors advise students regarding college majors, admission requirements, entrance exams, financial aid, trade or technical schools, and apprenticeship programs. They help students develop job search skills, such as resume writing and interviewing techniques. College career planning and placement counselors assist alumni or students with career development and job-hunting techniques.

Elementary school counselors observe younger children during classroom and play activities and confer with their teachers and parents to evaluate the children's strengths, problems, or special needs. In conjunction with teachers and administrators, they make

sure that the curriculum addresses both the academic and the emotional development needs of students. Elementary school counselors do less vocational and academic counseling than do secondary school counselors.

School counselors at all levels help students to understand and deal with social, behavioral, and personal problems. These counselors emphasize preventive and developmental counseling to provide students with the life skills needed to deal with problems before they occur and to enhance students' personal, social, and academic growth. Counselors provide special services, including alcohol and drug prevention programs and conflict resolution classes. They also try to identify cases of domestic abuse and other family problems that can affect a student's development. Counselors interact with students individually, in small groups, or with entire classes. They consult and collaborate with parents, teachers, school administrators, school psychologists, medical professionals, and social workers in order to develop and implement strategies to help students be successful in the education system.

Vocational counselors who provide mainly career counseling outside the school setting are also referred to as *employment counselors* or *career counselors*. Their chief focus is helping individuals with career decisions. Vocational counselors explore and evaluate the client's education, training, work history, interests, skills, and personality traits, and arrange for aptitude and achievement tests to assist the client in making career decisions. They also work with individuals to develop their job-search skills, and they assist clients in locating and applying for jobs. In addition, career counselors provide support to persons experiencing job loss, job stress, or other career transition issues.

Rehabilitation counselors help people deal with the personal, social, and vocational effects of disabilities. They counsel people with disabilities resulting from birth defects, illness or disease, accidents, or the stress of daily life. They evaluate the strengths and limitations of individuals, provide personal and vocational counseling, and arrange for medical care, vocational training, and job placement. Rehabilitation counselors interview both individuals with disabilities and their families, evaluate school and medical reports, and confer and plan with physicians, psychologists, occupational therapists, and employers to determine the capabilities and skills of the individual. Conferring with the client, they develop a rehabilitation program that often includes training to help the person develop job skills. Rehabilitation counselors also work toward increasing the client's capacity to live independently.

Mental health counselors work with individuals, families, and groups to address and treat mental and emotional disorders and to promote optimum mental health. They are trained in a variety of therapeutic techniques used to address a wide range of issues, including depression, addiction and substance abuse, suicidal impulses, stress management, problems with self-esteem, issues associated with aging, job and career concerns, educational decisions, issues related to mental and emotional health, and family, parenting, and marital or other relationship problems. Mental health counselors often work closely with other mental health specialists, such as psychiatrists, psychologists, clinical social workers, psychiatric nurses, and school counselors.

Substance abuse and behavioral disorder counselors help people who have problems with alcohol, drugs, gambling, and eating disorders. They counsel individuals who are addicted to drugs, helping them to identify behaviors and problems related to their addiction. They also conduct programs aimed at preventing addictions from occurring in the first place. These counselors hold sessions designed for individuals, families, or groups.

Other counseling specialties include **gerontological, multicultural, and genetic counseling**. A gerontological counselor provides services to elderly persons and their families when they face changing lifestyles as they grow older. A multicultural counselor helps employers adjust to an increasingly diverse workforce. Genetic counselors provide information and support to families who have members with birth defects or genetic disorders and to families who may be at risk for a variety of inherited conditions. These counselors identify families at risk, investigate the problem that is present in the family, interpret information about the disorder, analyze inheritance patterns and risks of recurrence, and review available options with the family.

Marriage & Family: Counselor: Working Conditions

Some school counselors work the traditional 9- to 10-month school year with a 2- to 3-month vacation, but increasing numbers, especially those working in middle and high schools, are employed on 11-month or full-year contracts. They usually work the same hours as teachers, but may travel more frequently to attend conferences and conventions. College career planning and placement counselors work long and irregular hours during student recruiting periods.

Rehabilitation counselors usually work a standard 40-hour week. Self-employed counselors and those working in mental health and community agencies, such as substance abuse and behavioral disorder counselors, frequently work evenings in order to counsel clients who work during the day. Both mental health counselors and marriage and family therapists also often work flexible hours to accommodate families in crisis or working couples who must have evening or weekend appointments.

Counselors must possess high physical and emotional energy to handle the array of problems that they address. Dealing daily with these problems can cause stress. Although the risk of litigation is relatively low, it is still prudent for counselors in all fields to hold some form of personal liability insurance. Because privacy is essential for confidential and frank discussions with clients, counselors usually have private offices.

Marriage & Family: Counselor: Training, Other Qualifications and Advancement

All States require school counselors to hold a State school counseling certification and to have completed at least some graduate course work; most require the completion of a master's degree. Some States require public school counselors to have both counseling and teaching certificates and to have had some teaching experience before receiving certification. For counselors based outside of schools, 48 States and the District of

Columbia have some form of counselor licensure that governs their practice of counseling. Requirements typically include the completion of a master's degree in counseling, the accumulation of 2 years or 3,000 hours of supervised clinical experience beyond the master's degree level, the passage of a State-recognized exam, adherence to ethical codes and standards, and the completion of annual continuing education requirements.

Counselors must be aware of educational and training requirements that are often very detailed and that vary by area and by counseling specialty. Prospective counselors should check with State and local governments, employers, and national voluntary certification organizations in order to determine which requirements apply.

As mentioned, a master's degree is typically required to be licensed as a counselor. A bachelor's degree often qualifies a person to work as a counseling aide, rehabilitation aide, or social service worker. Some States require counselors in public employment to have a master's degree; others accept a bachelor's degree with appropriate counseling courses. Counselor education programs in colleges and universities usually are found in departments of education or psychology. Fields of study include college student affairs, elementary or secondary school counseling, education, gerontological counseling, marriage and family counseling, substance abuse counseling, rehabilitation counseling, agency or community counseling, clinical mental health counseling, counseling psychology, career counseling, and related fields. Courses are grouped into eight core areas: Human growth and development, social and cultural diversity, relationships, group work, career development, assessment, research and program evaluation, and professional identity. In an accredited master's degree program, 48 to 60 semester hours of graduate study, including a period of supervised clinical experience in counseling, are required.

Graduate programs in career, community, gerontological, mental health, school, student affairs, and marriage and family counseling are accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). While completion of a CACREP-accredited program is not necessary to become a counselor, it makes it easier to fulfill the requirements for State licensing. Another organization, the Council on Rehabilitation Education (CORE), accredits graduate programs in rehabilitation counseling. Accredited master's degree programs include a minimum of 2 years of full-time study, including 600 hours of supervised clinical internship experience.

Some counselors elect to be nationally certified by the National Board for Certified Counselors, Inc. (NBCC), which grants the general practice credential "National Certified Counselor." To be certified, a counselor must hold a master's degree with a concentration in counseling from a regionally accredited college or university; must have at least 2 years of supervised field experience in a counseling setting (graduates from counselor education programs accredited by CACREP are exempted); must provide two professional endorsements, one of which must be from a recent supervisor; and must have a passing score on the NBCC's National Counselor Examination for Licensure and Certification (NCE). This national certification is voluntary and is distinct from State

licensing. However, in some States, those who pass the national exam are exempted from taking a State certification exam. NBCC also offers specialty certifications in school, clinical mental health, and addiction counseling, which supplement the national certified counselor designation. These specialty certifications require passage of a supplemental exam. To maintain their certification, counselors retake and pass the NCE or complete 100 credit hours of acceptable continuing education every 5 years.

Another organization, the Commission on Rehabilitation Counselor Certification, offers voluntary national certification for rehabilitation counselors. Some employers may require rehabilitation counselors to be nationally certified. To become certified, rehabilitation counselors usually must graduate from an accredited educational program, complete an internship, and pass a written examination. (Certification requirements vary according to an applicant's educational history. Employment experience, for example, is required for those with a counseling degree in a specialty other than rehabilitation.) After meeting these requirements, candidates are designated "Certified Rehabilitation Counselors." To maintain their certification, counselors must successfully retake the certification exam or complete 100 credit hours of acceptable continuing education every 5 years.

Other counseling organizations also offer certification in particular counseling specialties. Usually, becoming certified is voluntary, but having certification may enhance one's job prospects.

Some employers provide training for newly hired counselors. Others may offer time off or provide help with tuition if it is needed to complete a graduate degree. Counselors must participate in graduate studies, workshops, and personal studies to maintain their certificates and licenses.

Persons interested in counseling should have a strong desire to help others and should possess the ability to inspire respect, trust, and confidence. They should be able to work independently or as part of a team. Counselors must follow the code of ethics associated with their respective certifications and licenses.

Prospects for advancement vary by counseling field. School counselors can move to a larger school; become directors or supervisors of counseling, guidance, or pupil personnel services; or, usually with further graduate education, become counselor educators, counseling psychologists, or school administrators. Some counselors choose to work for a State's department of education. For marriage and family therapists, doctoral education in family therapy emphasizes the training of supervisors, teachers, researchers, and clinicians in the discipline.

Counselors can become supervisors or administrators in their agencies. Some counselors move into research, consulting, or college teaching or go into private or group practice.

Marriage & Family: Counselor: Employment

Counselors held about 601,000 jobs in 2004. Employment was distributed among the counseling specialties as follows:

Educational, vocational, and school counselors	248,000
Rehabilitation counselors	131,000
Mental health counselors	96,000
Substance abuse and behavioral disorder counselors	76,000
Marriage and family therapists	24,000
Counselors, all other	25,000

Educational, vocational, and school counselors work primarily in elementary and secondary schools and colleges and universities. Other types of counselors work in a wide variety of public and private establishments, including healthcare facilities; job training, career development, and vocational rehabilitation centers; social agencies; correctional institutions; and residential care facilities, such as halfway houses for criminal offenders and group homes for children, the elderly, and the disabled. Some substance abuse and behavioral disorder counselors work in therapeutic communities where addicts live while undergoing treatment. Counselors also work in organizations engaged in community improvement and social change, drug and alcohol rehabilitation programs, and State and local government agencies. A growing number of counselors are self-employed and work in group practices or private practice, due in part to new laws allowing counselors to be paid for their services by insurance companies and to the growing recognition that counselors are well-trained, effective professionals.

Marriage & Family: Counselor: Job Outlook

Overall employment of counselors is expected to grow faster than the average for all occupations through 2014. In addition, numerous job openings will occur as many counselors retire or leave the profession. While job prospects will vary with location and specialization, opportunities generally should be very good because the number of job openings that arise should exceed the number of graduates of counseling programs. Rehabilitation counselors and substance abuse and behavioral disorder counselors, in particular, should experience excellent prospects.

Employment of school counselors is expected to grow with increases in student enrollments at postsecondary schools and colleges and as more States require elementary schools to employ counselors. Expansion of the responsibilities of school counselors should also lead to increases in their employment. For example, counselors are becoming more involved in crisis and preventive counseling, helping students deal with issues ranging from drug and alcohol abuse to death and suicide. Although schools and governments realize the value of counselors in helping their students to achieve academic success, budget constraints at every school level will dampen job growth of school

counselors. However, Federal grants and subsidies may help to offset tight budgets and allow the reduction in student-to-counselor ratios to continue. Job prospects should be more favorable in rural and inner-city schools.

Demand for vocational or career counselors should grow as multiple job and career changes become common for workers and as workers become increasingly aware of the counselors' services. In addition, State and local governments will employ growing numbers of counselors to assist beneficiaries of welfare programs who exhaust their eligibility and must find jobs. Other opportunities for employment counselors will arise in private job-training centers that provide training and other services to laid-off workers and others seeking to acquire new skills or new careers.

Demand is expected to be strong for substance abuse and behavioral disorder counselors because drug offenders are increasingly being sent to treatment programs rather than to jail. Mental health counselors will be needed to staff statewide networks that are being established to improve services for children and adolescents with serious emotional disturbances and for their family members. Under managed care systems, insurance companies are increasingly providing for reimbursement of counselors as a less costly alternative to psychiatrists and psychologists.

The number of people who will need rehabilitation counseling is expected to grow as advances in medical technology allow more people to survive injury or illness and live independently again. In addition, legislation requiring equal employment rights for people with disabilities will spur demand for counselors, who not only help these people make a transition into the workforce but also help companies to comply with the law.

Employment of mental health counselors and marriage and family therapists will grow as more people become comfortable with seeking professional help for a variety of health, personal, and family problems. Employers are also increasingly offering employee assistance programs that provide mental health and alcohol and drug abuse counseling. More people are expected to use these services as society focuses on ways of developing mental well-being, such as controlling stress associated with job and family responsibilities.

Marriage & Family: Counselor: Earnings

Median annual earnings of educational, vocational, and school counselors in May 2004 were \$45,570. The middle 50 percent earned between \$34,530 and \$58,400. The lowest 10 percent earned less than \$26,260, and the highest 10 percent earned more than \$72,390. School counselors can earn additional income working summers in the school system or in other jobs. Median annual earnings in the industries employing the largest numbers of educational, vocational, and school counselors in 2004 were as follows:

Elementary and secondary schools	\$51,160
Junior colleges	45,730
Colleges, universities, and professional schools	39,110
Individual and family services	30,240
Vocational rehabilitation services	27,800

Median annual earnings of substance abuse and behavioral disorder counselors in May 2004 were \$32,130. The middle 50 percent earned between \$25,840 and \$40,130. The lowest 10 percent earned less than \$21,060, and the highest 10 percent earned more than \$49,600.

Median annual earnings of mental health counselors in May 2004 were \$32,960. The middle 50 percent earned between \$25,660 and \$43,370. The lowest 10 percent earned less than \$20,880, and the highest 10 percent earned more than \$55,810.

Median annual earnings of rehabilitation counselors in May 2004 were \$27,870. The middle 50 percent earned between \$22,110 and \$36,120. The lowest 10 percent earned less than \$18,560, and the highest 10 percent earned more than \$48,130.

For substance abuse, mental health, and rehabilitation counselors, government employers generally pay the highest wages, followed by hospitals and social service agencies. Residential care facilities often pay the lowest wages.

Median annual earnings of marriage and family therapists in May 2004 were \$38,980. The middle 50 percent earned between \$30,260 and \$49,990. The lowest 10 percent earned less than \$23,460, and the highest 10 percent earned more than \$65,080. Median annual earnings in May 2004 were \$33,620 in individual and family social services, the industry employing the largest number of marriage and family therapists.

Self-employed counselors who have well-established practices, as well as counselors employed in group practices, usually have the highest earnings.

DEPARTMENT OF MARRIAGE & FAMILY THERAPY: Social Work

Marriage & Family: Social Worker

About 9 out of 10 jobs were in health care and social assistance industries, as well as State and local government agencies.

While a bachelor's degree is the minimum requirement, a master's degree in social work or a related field has become the standard for many positions.

Employment is projected to grow faster than average.

Competition for jobs is expected in cities, but opportunities should be good in rural areas.

Marriage & Family: Social Worker: Nature of the Work

Social work is a profession for those with a strong desire to help improve people's lives. Social workers help people function the best way they can in their environment, deal with their relationships, and solve personal and family problems. Social workers often see clients who face a life-threatening disease or a social problem, such as inadequate housing, unemployment, a serious illness, a disability, or substance abuse. Social workers also assist families that have serious domestic conflicts, sometimes involving child or spousal abuse.

Social workers often provide social services in health-related settings that now are governed by managed care organizations. To contain costs, these organizations emphasize short-term intervention, ambulatory and community-based care, and greater decentralization of services.

Most social workers specialize. Although some conduct research or are involved in planning or policy development, most social workers prefer an area of practice in which they interact with clients.

Child, family, and school social workers provide social services and assistance to improve the social and psychological functioning of children and their families and to maximize the family well-being and academic functioning of children. Some social workers assist single parents, arrange adoptions, or help find foster homes for neglected, abandoned, or abused children. In schools, they address such problems as teenage pregnancy, misbehavior, and truancy and advise teachers on how to cope with problem students. Increasingly, school social workers are teaching workshops to an entire class. Some social workers specialize in services for senior citizens, running support groups for family caregivers or for the adult children of aging parents, advising elderly people or family members about choices in areas such as housing, transportation, and long-term care, and coordinating and monitoring these services. Through employee assistance programs, they may help workers cope with job-related pressures or with personal problems that affect the quality of their work. Child, family, and school social workers typically work for individual and family services agencies, schools, or State or local governments. These social workers may be known as child welfare social workers, family services social workers, child protective services social workers, occupational social workers, or gerontology social workers.

Medical and public health social workers provide persons, families, or vulnerable populations with the psychosocial support needed to cope with chronic, acute, or terminal illnesses, such as Alzheimer's disease, cancer, or AIDS. They also advise family caregivers, counsel patients, and help plan for patients' needs after discharge by arranging for at-home services, from meals-on-wheels to oxygen equipment. Some work

on interdisciplinary teams that evaluate certain kinds of patients—geriatric or organ transplant patients, for example. Medical and public health social workers may work for hospitals, nursing and personal care facilities, individual and family services agencies, or local governments.

Mental health and substance abuse social workers assess and treat individuals with mental illness or substance abuse problems, including abuse of alcohol, tobacco, or other drugs. Such services include individual and group therapy, outreach, crisis intervention, social rehabilitation, and training in skills of everyday living. They also may help plan for supportive services to ease patients' return to the community. Mental health and substance abuse social workers are likely to work in hospitals, substance abuse treatment centers, individual and family services agencies, or local governments. These social workers may be known as clinical social workers.

Social work planners and policymakers develop programs to address such issues as child abuse, homelessness, substance abuse, poverty, and violence. These workers research and analyze policies, programs, and regulations. They identify social problems and suggest legislative and other solutions. They may help raise funds or write grants to support these programs.

Marriage & Family: Social Worker: Working Conditions

Full-time social workers usually work a standard 40-hour week; however, some occasionally work evenings and weekends to meet with clients, attend community meetings, and handle emergencies. Some, particularly in voluntary nonprofit agencies, work part time. Social workers usually spend most of their time in an office or residential facility, but also may travel locally to visit clients, meet with service providers, or attend meetings. Some may use one of several offices within a local area in which to meet with clients. The work, while satisfying, can be emotionally draining. Understaffing and large caseloads add to the pressure in some agencies. To tend to patient care or client needs, many hospitals and long-term care facilities are employing social workers on teams with a broad mix of occupations, including clinical specialists, registered nurses, and health aides.

Marriage & Family: Social Worker: Training, Other Qualifications and Advancement

A bachelor's degree in social work (BSW) degree is the most common minimum requirement to qualify for a job as a social worker; however, majors in psychology, sociology, and related fields may qualify for some entry-level jobs, especially in small community agencies. Although a bachelor's degree is sufficient for entry into the field, an advanced degree has become the standard for many positions. A master's degree in social work (MSW) is typically required for positions in health settings and is required for clinical work as well. Some jobs in public and private agencies also may require an advanced degree, such as a master's degree in social services policy or administration. Supervisory, administrative, and staff training positions usually require an advanced

degree. College and university teaching positions and most research appointments normally require a doctorate in social work (DSW or Ph.D.).

As of 2004, the Council on Social Work Education (CSWE) accredited 442 BSW programs and 168 MSW programs. The Group for the Advancement of Doctoral Education (GADE) listed 80 doctoral programs in social work (DSW or Ph.D.). BSW programs prepare graduates for direct service positions, such as caseworker, and include courses in social work values and ethics, dealing with a culturally diverse clientele, at-risk populations, promotion of social and economic justice, human behavior and the social environment, social welfare policy and services, social work practice, social research methods, and field education. Accredited BSW programs require a minimum of 400 hours of supervised field experience.

Master's degree programs prepare graduates for work in their chosen field of concentration and continue to develop the skills required to perform clinical assessments, manage large caseloads, take on supervisory roles, and explore new ways of drawing upon social services to meet the needs of clients. Master's programs last 2 years and include a minimum of 900 hours of supervised field instruction, or internship. A part-time program may take 4 years. Entry into a master's program does not require a bachelor's degree in social work, but courses in psychology, biology, sociology, economics, political science, and social work are recommended. In addition, a second language can be very helpful. Most master's programs offer advanced standing for those with a bachelor's degree from an accredited social work program.

All States and the District of Columbia have licensing, certification, or registration requirements regarding social work practice and the use of professional titles. Although standards for licensing vary by State, a growing number of States are placing greater emphasis on communications skills, professional ethics, and sensitivity to cultural diversity issues. Most States require two years (3,000 hours) of supervised clinical experience for licensure of clinical social workers. In addition, the National Association of Social Workers (NASW) offers voluntary credentials. Social workers with an MSW may be eligible for the Academy of Certified Social Workers (ACSW), the Qualified Clinical Social Worker (QCSW), or the Diplomate in Clinical Social Work (DCSW) credential, based on their professional experience. Credentials are particularly important for those in private practice; some health insurance providers require social workers to have them in order to be reimbursed for services.

Social workers should be emotionally mature, objective, and sensitive to people and their problems. They must be able to handle responsibility, work independently, and maintain good working relationships with clients and coworkers. Volunteer or paid jobs as a social work aide offer ways of testing one's interest in this field.

Advancement to supervisor, program manager, assistant director, or executive director of a social service agency or department is possible, but usually requires an advanced degree and related work experience. Other career options for social workers include teaching, research, and consulting. Some of these workers also help formulate government policies

by analyzing and advocating policy positions in government agencies, in research institutions, and on legislators' staffs.

Some social workers go into private practice. Most private practitioners are clinical social workers who provide psychotherapy, usually paid for through health insurance or by the client themselves. Private practitioners must have at least a master's degree and a period of supervised work experience. A network of contacts for referrals also is essential. Many private practitioners split their time between working for an agency or hospital and working in their private practice. They may continue to hold a position at a hospital or agency in order to receive health and life insurance.

Marriage & Family: Social Worker: Employment

Social workers held about 562,000 jobs in 2004. About 9 out of 10 jobs were in health care and social assistance industries, as well as State and local government agencies, primarily in departments of health and human services. Although most social workers are employed in cities or suburbs, some work in rural areas. The following tabulation shows 2004 employment by type of social worker:

Child, family, and school social workers	272,000
Mental health and substance abuse social workers	116,000
Medical and public health social workers	110,000
Social workers, all other	64,000

Social Work: Social Worker: Job Outlook

Competition for social worker jobs is expected in cities, where demand for services often is highest and training programs for social workers are prevalent. However, opportunities should be good in rural areas, which often find it difficult to attract and retain qualified staff. By specialty, job prospects may be best for those social workers with a background in gerontology and substance abuse treatment.

Employment of social workers is expected to increase faster than the average for all occupations through 2014. The rapidly growing elderly population and the aging baby boom generation will create greater demand for health and social services, resulting in particularly rapid job growth among gerontology social workers. Many job openings also will stem from the need to replace social workers who leave the occupation.

As hospitals continue to limit the length of patient stays, the demand for social workers in hospitals will grow more slowly than in other areas. Because hospitals are releasing patients earlier than in the past, social worker employment in home health care services is growing. However, the expanding senior population is an even larger factor. Employment opportunities for social workers with backgrounds in gerontology should be good in the growing numbers of assisted-living and senior-living communities. The expanding senior

population also will spur demand for social workers in nursing homes, long-term care facilities, and hospices.

Strong demand is expected for substance abuse social workers over the 2004–14 projection periods. Substance abusers are increasingly being placed into treatment programs instead of being sentenced to prison. Because of the increasing numbers of individuals sentenced to prison or probation who are substance abusers, correctional systems are increasingly requiring substance abuse treatment as a condition added to their sentencing or probation. As this trend grows, demand will increase for treatment programs and social workers to assist abusers on the road to recovery.

Employment of social workers in private social service agencies also will increase. However, agencies increasingly will restructure services and hire more lower-paid social and human service assistants instead of social workers. Employment in State and local government agencies may grow somewhat in response to increasing needs for public welfare, family services, and child protection services; however, many of these services will be contracted out to private agencies. Employment levels in public and private social services agencies may fluctuate, depending on need and government funding levels.

Employment of school social workers also is expected to grow as expanded efforts to respond to rising student enrollments and continued emphasis on integrating disabled children into the general school population lead to more jobs. There could be competition for school social work jobs in some areas because of the limited number of openings. The availability of Federal, State and local funding will be a major factor in determining the actual job growth in schools.

Opportunities for social workers in private practice will expand, but growth may be somewhat hindered by restrictions that managed care organizations put on mental health services. The growing popularity of employee assistance programs is expected to spur demand for private practitioners, some of whom provide social work services to corporations on a contractual basis. However, the popularity of employee assistance programs will fluctuate with the business cycle, because businesses are not likely to offer these services during recessions.

Marriage & Family: Social Worker: Earnings

Median annual earnings of child, family, and school social workers were \$34,820 in May 2004. The middle 50 percent earned between \$27,840 and \$45,140. The lowest 10 percent earned less than \$23,130, and the top 10 percent earned more than \$57,860. Median annual earnings in the industries employing the largest numbers of child, family, and school social workers in May 2004 were:

Elementary and secondary schools	\$44,300
Local government	40,620
State government	35,070

Individual and family services	30,680
Other residential care facilities	30,550

Median annual earnings of medical and public health social workers were \$40,080 in May 2004. The middle 50 percent earned between \$31,620 and \$50,080. The lowest 10 percent earned less than \$25,390, and the top 10 percent earned more than \$58,740. Median annual earnings in the industries employing the largest numbers of medical and public health social workers in May 2004 were:

General medical and surgical hospitals	\$44,920
Home health care services	42,710
Local government	39,390
Nursing care facilities	35,680
Individual and family services	32,100

Median annual earnings of mental health and substance abuse social workers were \$33,920 in May 2004. The middle 50 percent earned between \$26,730 and \$43,430. The lowest 10 percent earned less than \$21,590, and the top 10 percent earned more than \$54,180. Median annual earnings in the industries employing the largest numbers of mental health and substance abuse social workers in May 2004 were:

Psychiatric and substance abuse hospitals	\$36,170
Local government	35,720
Outpatient care centers	33,220
Individual and family services	32,810
Residential mental retardation, mental health and substance abuse facilities	29,110

Median annual earnings of social workers, all other were \$39,440 in May 2004. The middle 50 percent earned between \$30,350 and \$51,530. The lowest 10 percent earned less than \$24,080, and the top 10 percent earned more than \$62,720. Median annual earnings in the industries employing the largest numbers of social workers, all other in May 2004 were:

Local government	\$42,570
State government	40,940
Individual and family services	32,280

DEPARTMENT OF MARRIAGE & FAMILY THERAPY: Psychologists

Marriage & Family: Psychologists

About 4 out of 10 psychologists are self-employed, compared with less than 1 out of 10 among all professional workers.

Most specialists, including clinical and counseling psychologists, need a doctoral degree; school psychologists need an educational specialist degree, and industrial-organizational psychologists need a master's degree.

Competition for admission to graduate psychology programs is keen.

Overall employment of psychologists is expected to grow faster than the average for all occupations through 2014.

Marriage & Family: Psychologists: Nature of the Work

Psychologists study the human mind and human behavior. Research psychologists investigate the physical, cognitive, emotional, or social aspects of human behavior. Psychologists in health service provider fields provide mental health care in hospitals, clinics, schools, or private settings. Psychologists employed in applied settings, such as business, industry, government, or nonprofits, provide training, conduct research, design systems, and act as advocates for psychology.

Like other social scientists, psychologists formulate hypotheses and collect data to test their validity. Research methods vary with the topic under study. Psychologists sometimes gather information through controlled laboratory experiments or by administering personality, performance, aptitude, or intelligence tests. Other methods include observation, interviews, questionnaires, clinical studies, and surveys.

Psychologists apply their knowledge to a wide range of endeavors, including health and human services, management, education, law, and sports. In addition to working in a variety of settings, psychologists usually specialize in one of a number of different areas.

Clinical psychologists—who constitute the largest specialty—work most often in counseling centers, independent or group practices, hospitals, or clinics. They help mentally and emotionally disturbed clients adjust to life and may assist medical and surgical patients in dealing with illnesses or injuries. Some clinical psychologists work in physical rehabilitation settings, treating patients with spinal cord injuries, chronic pain or illness, stroke, arthritis, and neurological conditions. Others help people deal with times of personal crisis, such as divorce or the death of a loved one.

Clinical psychologists often interview patients and give diagnostic tests. They may provide individual, family, or group psychotherapy and may design and implement

behavior modification programs. Some clinical psychologists collaborate with physicians and other specialists to develop and implement treatment and intervention programs that patients can understand and comply with. Other clinical psychologists work in universities and medical schools, where they train graduate students in the delivery of mental health and behavioral medicine services. Some administer community mental health programs.

Areas of specialization within clinical psychology include health psychology, neuropsychology, and geropsychology. *Health psychologists* promote good health through health maintenance counseling programs designed to help people achieve goals, such as stopping smoking or losing weight. *Neuropsychologists* study the relation between the brain and behavior. They often work in stroke and head injury programs. *Geropsychologists* deal with the special problems faced by the elderly. The emergence and growth of these specialties reflects the increasing participation of psychologists in providing direct services to special patient populations.

Often, clinical psychologists will consult with other medical personnel regarding the best treatment for patients, especially treatment that includes medication. Clinical psychologists generally are not permitted to prescribe medication to treat patients; only psychiatrists and other medical doctors may prescribe certain medications. However, two States—Louisiana and New Mexico—currently allow clinical psychologists to prescribe medication with some limitations, and similar proposals have been made in other States.

Counseling psychologists use various techniques, including interviewing and testing, to advise people on how to deal with problems of everyday living. They work in settings such as university counseling centers, hospitals, and individual or group practices.

School psychologists work with students in elementary and secondary schools. They collaborate with teachers, parents, and school personnel to create safe, healthy, and supportive learning environments for all students; address students' learning and behavior problems; improve classroom management strategies or parenting skills; counter substance abuse; assess students with learning disabilities and gifted and talented students to help determine the best way to educate them; and improve teaching, learning, and socialization strategies. They also may evaluate the effectiveness of academic programs, prevention programs, behavior management procedures, and other services provided in the school setting.

Industrial-organizational psychologists apply psychological principles and research methods to the workplace in the interest of improving productivity and the quality of worklife. They also are involved in research on management and marketing problems. They screen, train and counsel applicants for jobs, as well as perform organizational development and analysis. An industrial psychologist might work with management to reorganize the work setting in order to improve productivity or quality of life in the workplace. Industrial psychologists frequently act as consultants, brought in by management to solve a particular problem.

Developmental psychologists study the physiological, cognitive, and social development that takes place throughout life. Some specialize in behavior during infancy, childhood, and adolescence, or changes that occur during maturity or old age. Developmental psychologists also may study developmental disabilities and their effects. Increasingly, research is developing ways to help elderly people remain independent as long as possible.

Social psychologists examine people's interactions with others and with the social environment. They work in organizational consultation, marketing research, systems design, or other applied psychology fields. Prominent areas of study include group behavior, leadership, attitudes, and perception.

Experimental or research psychologists work in university and private research centers and in business, nonprofit, and governmental organizations. They study the behavior of both human beings and animals, such as rats, monkeys, and pigeons. Prominent areas of study in experimental research include motivation, thought, attention, learning and memory, sensory and perceptual processes, effects of substance abuse, and genetic and neurological factors affecting behavior.

Marriage & Family: Psychologists: Working Conditions

A psychologist's subfield and place of employment determine his or her working conditions. Clinical, school, and counseling psychologists in private practice have their own offices and set their own hours. However, they often offer evening and weekend hours to accommodate their clients. Those employed in hospitals, nursing homes, and other health care facilities may work shifts that include evenings and weekends, while those who work in schools and clinics generally work regular hours.

Psychologists employed as faculty by colleges and universities divide their time between teaching and research and also may have administrative responsibilities; many have part-time consulting practices. Most psychologists in government and industry have structured schedules.

Increasingly, many psychologists are working as part of a team, consulting with other psychologists and professionals. Many experience pressures because of deadlines, tight schedules, and overtime. Their routine may be interrupted frequently. Travel may be required in order to attend conferences or conduct research.

Marriage & Family: Psychologists: Training, Other Qualifications and Advancement

A doctoral degree usually is required for employment as an independent licensed clinical or counseling psychologist. Psychologists with a Ph.D. qualify for a wide range of teaching, research, clinical, and counseling positions in universities, health care services, elementary and secondary schools, private industry, and government. Psychologists with a Doctor of Psychology (Psy.D.) degree usually work in clinical positions or in private

practices, but they also sometime teach, conduct research, or carry out administrative responsibilities.

A doctoral degree generally requires 5 to 7 years of graduate study. The Ph.D. degree culminates in a dissertation based on original research. Courses in quantitative research methods, which include the use of computer-based analysis, are an integral part of graduate study and are necessary to complete the dissertation. The Psy.D. may be based on practical work and examinations rather than a dissertation. In clinical or counseling psychology, the requirements for the doctoral degree include at least a 1-year internship.

A specialist degree is required in most States for an individual to work as a school psychologist, although a few States still credential school psychologists with master's degrees. A specialist (Ed.S.) degree in school psychology requires a minimum of 3 years of full-time graduate study (at least 60 graduate semester hours) and a 1-year internship. Because their professional practice addresses educational and mental health components of students' development, school psychologists' training includes coursework in both education and psychology.

Persons with a master's degree in psychology may work as industrial-organizational psychologists. They also may work as psychological assistants under the supervision of doctoral-level psychologists and may conduct research or psychological evaluations. A master's degree in psychology requires at least 2 years of full-time graduate study. Requirements usually include practical experience in an applied setting and a master's thesis based on an original research project.

Competition for admission to graduate psychology programs is keen. Some universities require applicants to have an undergraduate major in psychology. Others prefer only coursework in basic psychology with courses in the biological, physical, and social sciences and in statistics and mathematics.

A bachelor's degree in psychology qualifies a person to assist psychologists and other professionals in community mental health centers, vocational rehabilitation offices, and correctional programs. Bachelor's degree holders may work as research or administrative assistants for psychologists. Some work as technicians in related fields, such as marketing research. Many find employment in other areas, such as sales or business management.

In the Federal Government, candidates having at least 24 semester hours in psychology and one course in statistics qualify for entry-level positions. However, competition for these jobs is keen because this is one of the few areas in which one can work as a psychologist without an advanced degree.

The American Psychological Association (APA) presently accredits doctoral training programs in clinical, counseling, and school psychology, as well as accrediting institutions that provide internships for doctoral students in school, clinical, and counseling psychology. The National Association of School Psychologists, with the

assistance of the National Council for Accreditation of Teacher Education, also is involved in the accreditation of advanced degree programs in school psychology.

Psychologists in independent practice or those who offer any type of patient care—including clinical, counseling, and school psychologists—must meet certification or licensing requirements in all States and the District of Columbia. Licensing laws vary by State and by type of position and require licensed or certified psychologists to limit their practice to areas in which they have developed professional competence through training and experience. Clinical and counseling psychologists usually require a doctorate in psychology, the completion of an approved internship, and 1 to 2 years of professional experience. In addition, all States require that applicants pass an examination. Most State licensing boards administer a standardized test, and many supplement that with additional oral or essay questions. Some States require continuing education for renewal of the license.

The National Association of School Psychologists (NASP) awards the Nationally Certified School Psychologist (NCSP) designation, which recognizes professional competency in school psychology at a national, rather than State, level. Currently, 26 States recognize the NCSP and allow those with the certification to transfer credentials from one State to another without taking a new certification exam. In States that recognize the NCSP, the requirements for certification or licensure and those for the NCSP often are the same or similar. Requirements for the NCSP include the completion of 60 graduate semester hours in school psychology; a 1,200-hour internship, 600 hours of which must be completed in a school setting; and a passing score on the National School Psychology Examination.

The American Board of Professional Psychology (ABPP) recognizes professional achievement by awarding specialty certification, primarily in clinical psychology, clinical neuropsychology, and counseling, forensic, industrial-organizational, and school psychology. Candidates for ABPP certification need a doctorate in psychology, postdoctoral training in their specialty, five years of experience, professional endorsements, and a passing grade on an examination.

Aspiring psychologists who are interested in direct patient care must be emotionally stable, mature, and able to deal effectively with people. Sensitivity, compassion, good communication skills, and the ability to lead and inspire others are particularly important qualities for persons wishing to do clinical work and counseling. Research psychologists should be able to do detailed work both independently and as part of a team. Patience and perseverance are vital qualities, because achieving results in the psychological treatment of patients or in research may take a long time.

Marriage & Family: Psychologists: Employment

Psychologists held about 179,000 jobs in 2004. Educational institutions employed about 1 out of 4 psychologists in positions other than teaching, such as counseling, testing, research, and administration. Almost 2 out of 10 were employed in health care, primarily

in offices of mental health practitioners, physicians' offices, outpatient mental health and substance abuse centers, and private hospitals. Government agencies at the State and local levels employed psychologists in public hospitals, clinics, correctional facilities, and other settings.

After several years of experience, some psychologists—usually those with doctoral degrees—enter private practice or set up private research or consulting firms. About 4 out of 10 psychologists were self-employed in 2004, compared with less than 1 out of 10 among all professional workers.

In addition to the previously mentioned jobs, many psychologists held faculty positions at colleges and universities and as high school psychology teachers.

Marriage & Family: Psychologists: Job Outlook

Employment of psychologists is expected to grow faster than average for all occupations through 2014, because of increased demand for psychological services in schools, hospitals, social service agencies, mental health centers, substance abuse treatment clinics, consulting firms, and private companies.

Among the specialties in this field, school psychologists—especially those with a specialist degree or higher—may enjoy the best job opportunities. Growing awareness of how students' mental health and behavioral problems, such as bullying, affect learning is increasing demand for school psychologists to offer student counseling and mental health services. Clinical and counseling psychologists will be needed to help people deal with depression and other mental disorders, marriage and family problems, job stress, and addiction. The rise in health care costs associated with unhealthy lifestyles, such as smoking, alcoholism, and obesity, has made prevention and treatment more critical. An increase in the number of employee assistance programs, which help workers deal with personal problems, also should spur job growth in clinical and counseling specialties. Industrial-organizational psychologists will be in demand to help to boost worker productivity and retention rates in a wide range of businesses. Industrial-organizational psychologists will help companies deal with issues such as workplace diversity and antidiscrimination policies. Companies also will use psychologists' expertise in survey design, analysis, and research to develop tools for marketing evaluation and statistical analysis.

Demand should be particularly strong for persons holding doctorates from leading universities in applied specialties—such as counseling, health, and school psychology. Psychologists with extensive training in quantitative research methods and computer science may have a competitive edge over applicants without background.

Master's degree holders in fields other than industrial-organizational psychology will face keen competition for jobs, because of the limited number of positions that require only a master's degree. Master's degree holders may find jobs as psychological assistants or counselors, providing mental health services under the direct supervision of a licensed

psychologist. Still others may find jobs involving research and data collection and analysis in universities, government, or private companies.

Opportunities directly related to psychology will be limited for bachelor's degree holders. Some may find jobs as assistants in rehabilitation centers or in other jobs involving data collection and analysis. Those who meet State certification requirements may become high school psychology teachers.

Marriage & Family: Psychologists: Earnings

Median annual earnings of wage and salary clinical, counseling, and school psychologists in May 2004 were \$54,950. The middle 50 percent earned between \$41,850 and \$71,880. The lowest 10 percent earned less than \$32,280, and the highest 10 percent earned more than \$92,250. Median annual earnings in the industries employing the largest numbers of clinical, counseling, and school psychologists in May 2004 were:

Offices of other health practitioners	\$64,460
Elementary and secondary schools	58,360
Outpatient care centers	46,850
Individual and family services	42,640

Median annual earnings of wage and salary industrial-organizational psychologists in May 2004 were \$71,400. The middle 50 percent earned between \$56,880 and \$93,210. The lowest 10 percent earned less than \$45,620, and the highest 10 percent earned more than \$125,560.

DEPARTMENT OF MARRIAGE & FAMILY THERAPY: Social and Human Service Assistants

Marriage & Family: Social and Human Service Assistants

While a bachelor's degree usually is not required, employers increasingly seek individuals with relevant work experience or education beyond high school.

Employment is projected to grow much faster than average.

Job opportunities should be excellent, particularly for applicants with appropriate postsecondary education, but pay is low.

Marriage & Family: Social and Human Service Assistants: Nature of the Work

Social and human service assistant is a generic term for people with a wide array of job titles, including human service worker, case management aide, social work assistant, community support worker, mental health aide, community outreach worker, life skill counselor, or gerontology aide. They usually work under the direction of workers from a variety of fields, such as nursing, psychiatry, psychology, rehabilitative or physical therapy, or social work. The amount of responsibility and supervision they are given varies a great deal. Some have little direct supervision; others work under close direction.

Social and human service assistants provide direct and indirect client services to ensure that individuals in their care reach their maximum level of functioning. They assess clients' needs, establish their eligibility for benefits and services such as food stamps, Medicaid, or welfare, and help to obtain them. They also arrange for transportation and escorts, if necessary, and provide emotional support. Social and human service assistants monitor and keep case records on clients and report progress to supervisors and case managers.

Social and human service assistants play a variety of roles in a community. They may organize and lead group activities, assist clients in need of counseling or crisis intervention, or administer a food bank or emergency fuel program. In halfway houses, group homes, and government-supported housing programs, they assist adults who need supervision with personal hygiene and daily living skills. They review clients' records, ensure that they take correct doses of medication, talk with family members, and confer with medical personnel and other caregivers to gain better insight into clients' backgrounds and needs. Social and human service assistants also provide emotional support and help clients become involved in their own well-being, in community recreation programs, and in other activities.

In psychiatric hospitals, rehabilitation programs, and outpatient clinics, social and human service assistants work with professional care providers, such as psychiatrists, psychologists, and social workers, to help clients master everyday living skills, communicate more effectively, and get along better with others. They support the client's participation in a treatment plan, such as individual or group counseling or occupational therapy.

Marriage & Family: Social and Human Service Assistants: Working Conditions

Working conditions of social and human service assistants vary. Some work in offices, clinics, and hospitals, while others work in group homes, shelters, sheltered workshops, and day programs. Many work under close supervision, while others work much of the time on their own, such as those who spend their time in the field visiting clients. Sometimes visiting clients can be dangerous even though most agencies do everything they can to ensure their workers' safety. Most work a 40-hour week, although some work in the evening and on weekends.

The work, while satisfying, can be emotionally draining. Understaffing and relatively low pay may add to the pressure. Turnover is reported to be high, especially among workers without academic preparation for this field.

Marriage & Family: Social and Human Service Assistants: Training, Other Qualifications and Advancement

While a bachelor's degree usually is not required for entry into this occupation, employers increasingly seek individuals with relevant work experience or education beyond high school. Certificates or associate degrees in subjects such as social work, human services, gerontology, or one of the social or behavioral sciences meet most employers' requirements. Some jobs may require a bachelor's or master's degree in human services or a related field such as counseling, rehabilitation, or social work.

Human services degree programs have a core curriculum that trains students to observe patients and record information, conduct patient interviews, implement treatment plans, employ problem-solving techniques, handle crisis intervention matters, and use proper case management and referral procedures. General education courses in liberal arts, sciences, and the humanities also are part of the curriculum. Most programs offer the opportunity to take specialized courses related to addictions, gerontology, child protection, and other areas. Many degree programs require completion of a supervised internship.

Educational attainment often influences the kind of work employees may be assigned and the degree of responsibility that may be entrusted to them. For example, workers with no more than a high school education are likely to receive extensive on-the-job training to work in direct-care services, while employees with a college degree might be assigned to do supportive counseling, coordinate program activities, or manage a group home. Social and human service assistants with proven leadership ability, either from previous experience or as a volunteer in the field, often have greater autonomy in their work. Regardless of the academic or work background of employees, most employers provide some form of inservice training, such as seminars and workshops, to their employees.

There may be additional hiring requirements in group homes. For example, employers may require employees to have a valid driver's license or to submit to a criminal background investigation.

Employers try to select applicants who have a strong desire to help others, have effective communication skills, a strong sense of responsibility, and the ability to manage time effectively. Many human services jobs involve direct contact with people who are vulnerable to exploitation or mistreatment; therefore, patience, understanding, and a strong desire to help others are highly valued characteristics.

Formal education almost always is necessary for advancement. In general, advancement requires a bachelor's or master's degree in human services, counseling, rehabilitation,

social work, or a related field. Typically, advancement brings case management, supervision, and administration roles.

Marriage & Family: Social and Human Service Assistants: Employment

Social and human service assistants held about 352,000 jobs in 2004. More than half worked in the health care and social assistance industries. One in three were employed by State and local governments, primarily in public welfare agencies and facilities for mentally disabled and developmentally challenged individuals.

Marriage & Family: Social and Human Service Assistants: Job Outlook

Job opportunities for social and human service assistants are expected to be excellent, particularly for applicants with appropriate postsecondary education. The number of social and human service assistants is projected to grow much faster than the average for all occupations between 2004 and 2014—ranking the occupation among the most rapidly growing. Many additional job opportunities will arise from the need to replace workers who advance into new positions, retire, or leave the workforce for other reasons. There will be more competition for jobs in urban areas than in rural areas, but qualified applicants should have little difficulty finding employment. Faced with rapid growth in the demand for social and human services many employers increasingly rely on social and human service assistants to undertake greater responsibility for delivering services to clients.

Opportunities are expected to be good in private social service agencies, which provide such services as adult day care and meal delivery programs. Employment in private agencies will grow as State and local governments continue to contract out services to the private sector in an effort to cut costs. Demand for social services will expand with the growing elderly population, who are more likely to need these services. In addition, more social and human service assistants will be needed to provide services to pregnant teenagers, the homeless, the mentally disabled and developmentally challenged, and substance abusers. Some private agencies have been employing more social and human service assistants in place of social workers, who are more educated and, thus, more highly paid.

Job training programs also are expected to require additional social and human service assistants. As social welfare policies shift focus from benefit-based programs to work-based initiatives there will be more demand for people to teach job skills to the people who are new to, or returning to, the workforce.

Residential care establishments should face increased pressures to respond to the needs of the mentally and physically disabled. Many of these patients have been deinstitutionalized and lack the knowledge or the ability to care for themselves. Also, more community-based programs and supportive independent-living sites are expected to be established to house and assist the homeless and the mentally and physically disabled. As substance abusers are increasingly being sent to treatment programs instead of prison,

employment of social and human service assistants in substance abuse treatment programs also will grow.

The number of jobs for social and human service assistants in local governments will grow but not as fast as employment for social and human service assistants in other industries. Employment in the public sector may fluctuate with the level of funding provided by State and local governments. Also, some State and local governments are contracting out selected social services to private agencies in order to save money.

Marriage & Family: Social and Human Service Assistants: Earnings

Median annual earnings of social and human service assistants were \$24,270 in May 2004. The middle 50 percent earned between \$19,220 and \$30,900. The top 10 percent earned more than \$39,620, while the lowest 10 percent earned less than \$15,480.

Median annual earnings in the industries employing the largest numbers of social and human service assistants in May 2004 were:

State government	\$29,270
Local government	28,230
Individual and family services	23,400
Vocational rehabilitation services	21,770
Residential mental retardation, mental health and substance abuse facilities	20,410

Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook, 2006-07 Edition*, on the Internet at <http://www.bls.gov/oco/ocos059.htm> (visited October 17, 2007).