

ACADEMIC AND EMPLOYABILITY SKILLS

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Introduction



SKILLS REQUIRED FOR THE PSYCHOTHERAPY WORKPLACE



MY SKILLS IN COMPARISON WITH THE PSYCHOTHERAPY SKILLS REQUIRED



SWOT ANALYSIS



PDP(PROFESSIONAL DEVELOPMENT PLANNING)



CONCLUSION



REFERENCES

SKILLS REQUIRED FOR PSYCHOTHERAPY

- RESILIENT LISTENING SKILLS
- OBSERVATION
- SENSITIVITY
- SINCERITY
- DISCRETION
- EMPATHY AND RAPPORT
- POSITIVE OUTLOOK
- EXCELLENT COMMUNICATION SKILLS

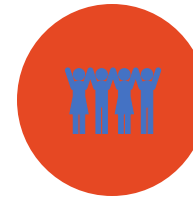
My Skills



Empathy: CONSTANTLY HAPPY TO
HELP OTHERS



Communication SKILLS (VERBAL AND
NON VERBAL)



Team Work: ALWAYS HAPPY TO
CONTRIBUTE IN A GROUP OF PEOPLE



Positive Attitude: SPREADING
POSITIVITY



Confidence: FEELING CONFIDENCE IN
ANY SITUATION



Time Management: BEING THERE ON
TIME

PSYCHOTHERAPY SKILLS

PSYCHOTHERAPIST

- CRITICAL THINKING
- BUSINESS MANAGEMENT
- BOUNDARY SETTING
- LISTENING SKILLS
- SOCIAL AND COMMUNICATION SKILLS
- EMPATHY

MY SKILLS

- COMMUNICATION SKILLS
- CONFIDENCE
- EMPATHY
- POSITIVE ATTITUDE
- TEAM WORK
- TIME MANAGEMENT

SWOT ANALYSIS

STRENGTHS

- GOOD WITH TEAMWORK
- GOOD UNDERSTANDING OF PEOPLE
- DECENT CRITICAL THINKING

OPPORTUNITIES

- WORKING PROGRESSION
- EXPERIENCE IN THE FIELD WILL BE GAINED

WEAKNESSES

- BAD TIME MANAGEMENT
- BAD DECISION MAKING

THREATS

- POSSIBLE ILLNESS
- LACK OF EXPERIENCE CAN CAUSE HARDER CHALLENGES

PROFESSIONAL DEVELOPMENT PLANNING

- REVIEW:STUDYING HEALTH AND SOCIAL CARE INTENDING TO BECOME A PSYCHOTHERAPIST,NEED MORE LEARNING AND EXPERIENCE.
- PREPARE FOR ACTION:SET STUDYING AS A PRIORITY,HAVING AS A GOAL TO ACHIEVE.
- ACTION:CONTINUOUSLY STUDYING AND RESEARCHING,GAIN EXPERIENCE.
- OUTCOME:GRADUATING AND BECOMING SUCCESSFUL AT THE JOB I HAVE CHOSEN.



SKILLS IN COMPARISON WITH THE WORKPLACE

1

Teamwork is the key to organize and make the best progress at every workplace .

2

Empathy and understanding of people's emotions are essential skills for the work progress.

3

Critical thinking is a must so that the work is done in the right way.

CONCLUSION

- PSYCHOTHERAPY IS A WORK IN WHICH YOU NEED TO CONNECT WITH PEOPLE IN ORDER TO UNDERSTAND THEM IN DEPTH.
- EMPATHY IS A WAY OF ENFORCING THIS BY GIVING THE CHANCE TO ENHANCE AND REALISE THE SOURCE OF PERSON'S PROBLEM.
- CONTINUOUS STUDYING AND RESEARCHING IS A NEED IN ORDER TO ACHIEVE BEING SUCCESSFUL IN THIS KIND OF JOB.

REFERENCES

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GOOD THERAPY(7-30-2013)"BECOME A THERAPIST"

WRITTEN BY AGCAS EDITORS (JUNE 2019) "PSYCHOTHERAPIST JOB PROFILE"