

Target Keyword: Should You Become a Therapist?
Word Count: 783
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With the economy in continuous turmoil and individuals retiring much later these days, you are probably aware of the significance of choosing the right career path. If you are considering a career in therapy, you have probably asked yourself, "Should you become a therapist?" There are some important factors you may wish to consider before you finalize your career choice.

There are various types of therapist careers, each with specific areas of expertise, job descriptions, pay rates, education requirements, and occupational outlooks. Before you decide to become a therapist, you may wish to consider the types of careers that are available, and the pros and cons that each type of therapy career has to offer.

What types of therapy careers are available?

If you are interested in a career in therapy, you will be delighted to know that there are various fields that may be of interest to you. Some of the types of careers you might find include:

- **Psychological:** A therapist that specializes in psychological therapy can be a counselor, a psychologist, a psychiatrist, an art therapist, or another type of therapist that concentrates on the mental health aspects of therapy. Psychological therapists work in a variety of environments including schools, clinics, hospitals, and private practice offices.
- **Physical:** Physical therapists are therapists that concentrate their efforts on the physical aspects of the body in order to improve a patient's physical ability. Physical therapists frequently treat patients after surgery or injury, and are often seen working in clinics, hospitals, and private practice offices.
- **Occupational:** Occupational therapists specialize in treating patients who have suffered from illness, injury, or disability by incorporating activities that improve patient ability to experience daily work and home life.
- **Respiratory:** Respiratory therapy is designed to treat patients who suffer from breathing problems. This type of therapist frequently works alongside physicians in order to improve the overall respiratory health of patients.

Psychological Therapist Careers

There are varying levels of careers in psychological therapy.

- **Counselor:** A counselor is commonly the first step an individual takes when developing a career in psychological therapy. Counselors are

- mental health professionals who offer individual, couples, and family talk-therapy. Licensing or certification is required, and the level of education required varies from an associate's degree to a bachelor's degree.
- **Psychologist:** The professional psychologist is much like a counselor, but their studies are more in depth. The psychologist examines and treats mental health issues with the use of talk-therapy, behavioral therapy, and cognitive therapy. Psychologists must be licensed or certified to practice, and obtain such licensing and certifications by completing education in the field. In most cases, psychologists need to obtain their master's or doctoral degree.
 - **Psychiatrist:** A psychiatrist is a mental health professional that has completed training as a medical doctor. This type of therapist offers mental health counseling as well as medicinal treatment.

The average salary for a psychological therapist ranges from \$35,000 for counselors to \$140,000 for psychologists and psychiatrists, depending on the level of education and title held. The projected job growth for this field is approximately 22 percent, which is faster than average. This would definitely be a career to consider, should you become a therapist.

Physical Therapist Careers

A career in physical therapy can be both emotionally and financially rewarding. While many other types of therapy careers require working off hours and days, it is very common for a physical therapist to work more mainstream hours. Physical therapists often offer their services in clinics and hospitals, and see patients on a daily or weekly basis. While a physical therapist typically needs to obtain a minimum of a master's degree, the job growth is astounding in this field, with a projected growth of approximately 27 percent. Their average annual income is approximately \$70,000.

Occupational Therapist Careers

An occupational therapist can be an excellent choice, should you become a therapist. The average salary for an occupational therapist is about \$72,000, and the number of jobs in this field is expected to grow at a pace that is much faster than average (33%). While approximately 48% of occupational therapists work in therapy clinics and hospitals, others work in nursing homes, schools, and home health fields. A master's degree is required.

Respiratory Therapist Careers

Although the expected job growth for this field, (19%), is not quite as high as some of the other therapy fields, should you become a therapist you might wish to consider respiratory therapy. The average respiratory therapist brings in about \$47,000 to \$64,000 per year, and if you are looking for a career with a lower

education requirement, an associate's degree and CPR certification is the minimum required.

If you are still asking yourself should you be a therapist, you might consider speaking with a career counselor for more personalized information.