



HS Intro to Public Services

Friday, May 8, 2020



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Overall Lesson: **Professions in the Social Work Field**

Sub lesson for Friday, May 8, 2020 : Interview with
Therapist

Learning Target:

Students will be able to identify and explain the duties of a therapist.



Opening Exercise

Yesterday, you read an [article](#) about things to know before you become a therapist. At the end of the article, it offered this advice:

Many of these things will be learned after you become a therapist, but it's good to know these details when going into the profession. For more information, try interviewing therapists in your community. Talking to working therapists about the realities of the job can help you decide for sure if this is the right profession for you.

Today's lesson includes an interview with a therapist to help you understand what it's like to be a therapist.



Activity #1

- [HERE](#) is an interview with Kate Beem, a therapist at a shelter for pregnant and mothering teens. Listen to the first 7:40 of this interview and be ready to answer these questions:
 1. Where does Kate Beem work?
 2. What made her become a therapist?
 3. What education is required to become a therapist?
 4. What is the average salary of a therapist?



Activity #1 - ANSWERS

- Did you catch these answers?
 1. Where does Kate Beem work? **She works at Mother's Refuge, which is a shelter for pregnant and parenting young women.**
 2. What made her become a therapist? **She wanted to help people.**
 3. What education is required to become a therapist? **A Master's Degree is required to become a therapist. The degree can be in social work, psychology or counseling.**
 4. What is the average salary of a therapist? **For a full-time therapist, the salary is \$40,000 and up.**



Activity #2

- [HERE](#) is an interview with Kate Beem, a therapist at a shelter for pregnant and mothering teens. Listen from 7:40 to 11:55 of this interview and be ready to answer these questions:
 1. What different environments can therapists work in?
 2. What does a typical day look like for a therapist?



Activity #2 - ANSWERS

- Did you catch these answers?
 1. What different environments can therapists work in? **Therapists can work in places like hospitals, community-based centers, agencies, college campuses, and substance abuse programs.**
 2. What does a typical day look like for a therapist? **In addition to holding therapy sessions, a typical day may include scheduling sessions, looking over notes from previous sessions and preparing a treatment plan for clients.**



Activity #3

- [HERE](#) is an interview with Kate Beem, a therapist at a shelter for pregnant and mothering teens. Listen from 14:30 to the end of this interview and be ready to answer these questions:
 1. According to Kate, what is the best part of being a therapist?
 2. What are the challenges or worst parts of being a therapist?
 3. What kind of person makes a good therapist?



Activity #3 - ANSWERS

- Did you catch these answers?
 1. According to Kate, what is the best part of being a therapist? **The best part is helping people figure out how to move forward in their lives.**
 2. What are the challenges or worst parts of being a therapist? **Having a client who does not want to participate in therapy is a challenge.**
 3. What kind of person makes a good therapist? **Many therapists have had a positive experience in therapy. In addition, you need to be a good listener, be empathetic, and be able to set healthy boundaries.**



Activity #4 - REFLECTION

- After listening to the interview, take some time to think about the answers to these questions.
 1. What was the most interesting thing you learned about being a therapist from this interview?
 2. What surprised you about a career as a therapist?
 3. If you were thinking of becoming a therapist, did this interview change your mind? Why or why not?
 4. Do you think you'd like to become a therapist? Why or why not?



Additional Resources

- [ARTICLE](#): 5 Signs You'd Be a Great Therapist
- [ARTICLE](#): Psychology Careers That Don't Require a License
- [QUIZ & SELF-ASSESSMENT TEST](#): Should I Become a Therapist?