



Effective communication for Psychologist

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**Introduction**

The communication is the use of a code for the transmission of a message. It can be done in various ways such as by using body language, verbal interaction, or by eye contact. But clarity of message is important and some of these ways are limited in clarifying what one wants to convey like body language cannot be used alone in communication. Effective communication is significant in every profession. Profession of Psychology requires a good understanding of the workings of modern psychological techniques. However, there are some other communications skills that are significant for a psychologist. It requires certain skills to develop effective communication. In this paper, we have discussed the interview responses of a psychologist with respect to significant skills for effective communication which helps one to convey a message properly, clearly, easily and a good effective way.

They should not discriminate on the basis of religion, ethnicity, nationality, social class, socio-economic status, gender, sexual orientation or disability. They should use methods and techniques for safeguarding these principles. When conflicts of interest arise between the user and the institution in which the psychologist works, he must explain to the parties, with clarity, the terms of their responsibilities and constraints which are professionally maintained. In all cases in which the recipient and the commissioner of support or psychotherapy do not coincide, the psychologist protects the recipient of the assistance (Schinka & Velicer, 2003).

## Discussion

Firstly, the field of psychology involves communication on daily basis. The psychologist is required to have effective skills of listening to the problems of the patient as they are required to be capable of understanding and assessing the issues of patient or clients (Schinka & Velicer, 2003). According to the interview analysis, a psychologist is required to have the capability of empathizing inspiring and leading others through their spoken demonstration or communication. Moreover, they are required to have active listening and the ability of asking right questions to the elicit responses that will assist them to perform their job in an effective manner (Parson, 2012).

Secondly, according to the study, the profession of psychology is equipped with professional researches in addition to health-care services. Therefore, they require effective written communication skills. Reports are usual clinical psychologists who are required to document the findings of their studies and usual patient's treatment. For publication of their reports they are required to command on English language. For them, the capability of conveying statistical data in a fashion of accessibility is significant for effective communication in a written form (Hargie, 2012).

Finally, most of the time, psychologists have to counsel their patients face to face. Their patients consult them face to face most of the time. Therefore, they are required to have welcoming and pleasant attitude. In addition, their job involves the case management skills (Schinka & Velicer, 2003).

There are several challenges that are faced by psychologist in their practices, as in psychologists believe that they should increase the knowledge of human behavior and use it in the psychological well-being of people and the community. In this profession, a psychologist

works to improve the ability of people to understand themselves and others and to behave in a consciously effective and appropriate way. The psychologist is aware of social responsibility resulting from the fact that they exercise the profession and they can have a significant influence on the lives of others. Therefore should pay particular attention to personal, social, organizational, financial and political, to prevent unauthorized use of its influence, and not unduly exploit the trust. The psychologist is responsible for their professional actions and their likely direct consequences (Parson, 2012).

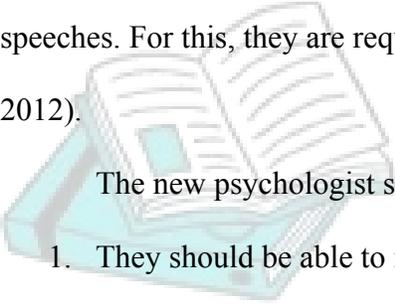
In the exercise of the profession, the psychologist has the challenge to respect the dignity, the right to privacy, self-determination and autonomy of those who use his services. They are required to respect their opinions and refrain from imposing their value system.

It is the challenge for new psychologist that they should not accept working conditions with the compromise of their professional autonomy and compliance with the provisions of the code of conduct. The psychologist preserves his autonomy in the choice of methods, techniques and psychological tools and their use, so they are responsible for the application and use of the results of the evaluations and interpretations stemming there from. In collaboration with professionals from other disciplines, they carry full professional autonomy in accordance with the skills of others (Schinka & Velicer, 2003).

In the professional activities of psychologists, in research and communication of their results, as well as in teaching, psychologists carefully assess the degree of validity and reliability of the information, data and sources on which they base their conclusions, alternative interpretations, and state the limits of the results. The psychologist, in specific cases, expresses professional assessments and judgments only if they are based on knowledge or on an adequate and reliable documentation (Parson, 2012).

The psychologist is required to maintain an adequate level of professional training and to update in their discipline specifically in the field in which it operates. They have to face the challenge of limiting their competence and uses. Therefore, they just have theoretical-practical instruments for which they have acquired sufficient competence (Hargie, 2012).

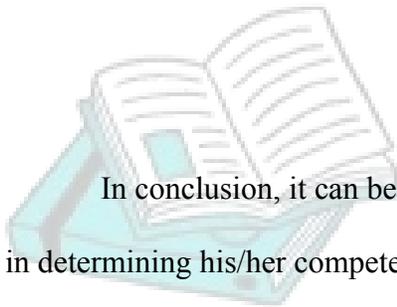
It is important for a psychologist to have a degree in the field of psychology. Psychologists are required to study the mind of a human and their behavior in order to assist the patient in overcoming their psychological or emotional issues. They might work in several specialties like school, psychology or clinical. Moreover, working with people, they might work with larger organizations and companies for the improvement of workplace productivity or the satisfaction of workforce. On the other hand, they might conduct researches and provide speeches. For this, they are required to study the psychology in comprehensive manner (Parson, 2012).



The new psychologist should have following skills:

1. They should be able to interact with the client to define the objectives of the service to be provided.
2. They should obtain the information about client's needs using appropriate methods. Clarification needs analysis and to a point that can determine significant actions to perform.
3. They should propose and negotiate with client objectives. They should also establish acceptable and achievable objectives and specify criteria for evaluating those goals later.
4. They should perform assessment of individuals through interviews, tests and observation in a setting relevant for the service demanded.

5. In addition, they should perform assessment of groups through interviews, tests and observation in a setting relevant for the service demanded.
6. They should perform appropriate assessment to examine the situation through interviews, surveys and other methods and techniques in a context that is relevant to the requested service.
7. Moreover, they should develop services or products from psychological theories and methods to be used by psychologists or customers themselves.
8. A psychologist must get each of these skills as applicable to a particular professional context. In order to obtain the job, competition should be sufficient to expect the psychologist perform each of the six main roles adequately and independently.



### **Conclusion**

In conclusion, it can be said that the communication skills of a psychologist are important in determining his/her competency in this profession. Moreover, it is important for a psychologist to have the ability to feel the problems of the patient. Since this profession requires the ability to empathize the problems of clients.

There are two main groups of skills, which relate to the psychological content of the process of professional practice and the skills that allow professionals to provide services effectively. The primary skills are specific to the psychological profession in content, knowledge and skills required for their performance. Enablers' competencies are shared with other professionals and service providers (Schinka & Velicer, 2003). Both the primary races as enablers are essential to provide the services of a professionally acceptable.

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