

Who Do Clinical Mental Health Counselors Work With?

Some clinical mental health counselors focus their work in a specific population or field of therapy. Here are just a few examples.



Marital and family counselors meet with both partners in a marriage to help them develop insight into their relationship and communicate effectively. Family counselors work with entire families, focusing on the ways that behavior within the family affects each family member.



Alcohol and substance abuse counselors provide guidance and a course of treatment for clients suffering with addiction issues. Treatment may be administered either one-on-one or in group settings. These clinicians must be aware of the signs of drug dependency, and they provide treatment in clinics, group homes or in private practice.



School counselors work with students to help them achieve their educational goals. One study indicates that a single additional counselor at a school has as much impact on college preparedness as two teachers. These counselors specialize in childhood development and advise students and faculty on maximizing the educational possibilities for students under their care.



Vocational counselors, like school counselors, focus on helping their clients to achieve goals. In this case, they're dealing with adult clients to improve their overall career satisfaction.