

Exploring Careers in Mental Health

Lian Liu, PhD

Child and Adolescent Psychologist
Clinical Child and Community Psychology
Nemours Children's Health



TABLE OF CONTENTS

01 *Introductions*

About me and my journey to becoming a psychologist

03 *Mental Health and Medicine*

Zeroing in on mental health careers in medicine

02 *The Options*

Exploring the many options for careers in mental health

04 *Q&A*

Answering your questions about careers in mental health



01

Introductions

About me and my journey
to becoming a psychologist



The Basics

Identities

Chinese immigrant,
Delawarean, woman in
STEM

Training

PhD from Lehigh
University, Master's from
UPenn



- Worked in a diversity of settings
- Trained in many modalities of therapy
- Worked with patients across the lifespan

Current Role

Child psychologist,
outpatient therapist, clinical
assistant professor

Specialization

Trauma, severe mental
health disorders, high risk
behaviors

What did I want to be when I grew up?



- Cultural influences on my career decisions.
- Balancing carving my own path with respect for my parents own knowledge and life experiences.
- Passion and interest in what makes people click
- It's a story of failure!
 - Challenge yourself to learn from these experiences.
- Discovering my love for research and a lifetime of learning

My Timeline to Becoming a Psychologist

Bachelor of Science
from the University
of Michigan

Lab technician and
genomics research
at DuPont/Pioneer

Master's degrees
from the University
of Pennsylvania

PhD in counseling
psychology from
Lehigh University



Undergrad
2010

Postbacc
2014

Master's
2016

Doctoral
2022

02

The Options

Exploring the many
options for careers in
mental health



What can a mental health professional do?



- There are degrees in mental health at the undergraduate and graduate levels.
- Mental health workers occupy all different sorts of settings.
 - Medical settings
 - Corporate settings
 - Consultation
 - Research
 - Education
 - Clinical
- You can work with people across the life-span.

Careers at Every Degree

Bachelor's

- Mental health technician
 - Behavioral, psychiatric
- Applied Behavior Analysis (ABA) behavioral technician
 - Autism treatment
- Research coordinator

Master's

- Psychology technician
- Applied Behavior Analyst (ABA)
- Clinical social worker (LCSW)
- Marriage and family therapist (LMFT)
- Licensed mental health counselor (LPC)
- Psychiatric nurse practitioner
- Psychiatric physicians assistant

Doctoral

- Psychiatrist
 - MD
 - DO
 - 8-10 years
- Psychologist
 - PhD
 - PsyD
 - 5-7 years

Settings Where You Can Work

Hospitals

Across many different specialties beyond behavioral health.

Outpatient

Community-based, private practice, hospital-based.

Veterans Health

VA hospitals and facilities across the country.

Inpatient

Psychiatric hospitals, medical hospitals residential facilities, emergency care.

Schools

Providing therapy, assessments, educational recommendations, etc...

In-Home

Some mental health professionals make house calls!

03

***Mental Health
and Medicine***



Zeroing in on mental
health careers in medicine

Settings Where You Can Work

Hospitals

Across many different specialties beyond behavioral health.

Veterans Health

VA hospitals and facilities across the country.

Schools

Providing therapy, assessments, educational recommendations, etc...

Outpatient

Community-based, private practice, hospital-based.

Inpatient

Psychiatric hospitals, medical hospitals residential facilities, emergency care.

In-Home

Some mental health professionals make house calls!

Veterans Health

- Behavioral health services across the adult life span.
 - Including end-of-life, dementia, long term care for the medically complex
- Outpatient treatment for a range of mental health conditions
 - PTSD, depression, substance use, schizophrenia, bipolar disorder, TBIs, sexual trauma
 - Individual, group, couples, and family therapy
- Comprehensive psychological testing
 - Neuropsych, psychodiagnostic, etc...
- Medication management
- The veterans setting, like a hospital setting, provides a diverse range of physical and mental health conditions to consider in treatment
- Research opportunities

Inpatient Care

Medical Hospital

- Emergency and crisis care
- Inpatient hospitalization
- Some have a designated psychiatry department
- Focus on stabilization and short term care



Psychiatric Hospital

- Emergency care
- Inpatient hospitalization
- Intensive therapeutic services
 - Partial hospital programs
 - Intensive outpatient programs
- Long-term care
- Focus on stabilization

Mental Health Careers in Hospitals



- MH Providers can work in a diversity of health psychology disciplines. Some examples:
 - Diabetes, oncology, homotology, neurology, urology, primary care
 - Nemours, for example, is a pioneer in integrated primary care services
- Many treatment modalities
 - Brief consultation in inpatient hospital settings for patients across disciplines
 - Long-term care providing guidance on treatment adherence, grief and loss, anxiety and depression specific to chronic health diagnoses

Psychologists in Hospitals



- Many treatment modalities
 - Therapy groups
 - Comprehensive psych and neuropsych testing
 - Medication management
- Opportunities for research
 - Academic medical settings
- Health psychology versus behavioral health
- Interdisciplinary collaboration
- Children's hospital versus general hospitals

Outpatient Treatment

- My role: Outpatient psychologist with Nemours in behavioral health.
 - Specifically clinical child and community psychology.
- Hospital based and community based behavioral health can provide similar services.
- There can be some benefit of hospital based care but also some drawbacks.
- What can be included in behavioral health?
 - Wide range of mental health presentations
 - Parent coaching and family therapy
 - Childhood specific conditions at the intersection of physical and mental health
 - Elimination disorders, feeding disorders, neurodevelopmental disorders
- Private practice

03

Q&A



Answering your questions
about careers in mental
health

Any Questions?

Q&A

Email: lian.liu@nemours.org

