

Career Development for
People with Psychiatric
Disabilities

Vocational Implications of Psychiatric Disabilities

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1

Vocational Implications of
Psychiatric Disabilities

- Diagnosis does not determine career area or employability
- Important to understand how mental illness affects a person's ability to function
- Psycho-social benefits of work and career

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2

Medical and Rehabilitation
Model

- Medical model, functional limitations
- Rehabilitation model, growth , strength, improve, change

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3

Collaboration, Clients Engaged in the Career Development Process

- The importance of the language we use
- Respect and appreciation for each person's career and life journey
- Fear of moving forward

4

Carl Rogers

- Carl Rogers, congruence authentic, unconditional positive regard, empathetic understanding
- Active listening
- Empathy
- Direct eye contact

5

Build Rapport

- Begin rapport building
- Empower the client
- Provide information and hope

6

Step by Step Progress

- Each goal can be broken down into small steps
- Key point, client is taking action and following through with agreements
- Frame the career plan in terms of long term and short term goals
- Identify goals

7

Have a Plan

- Have a good plan, with a specific objective
- Create a road map
- Meet your client where they are and start from that point

8

Clear Sense of Career Identity

- Career Interest Inventory
- Designing a Resume
- Interview Skills and Role Playing

9

Help Clients Discover Skills, Interests, Abilities and Support Needs

- Key indicator past job experience and job history
- Identify transferable skills
- Beginning career development a decade behind peers

10

Take Action

- Reactivate Resume
- Job Shadowing
- Informational Interviews
- Volunteer positions or internships

11

Knowledge

- Positive approach expands awareness beyond crisis management
- Expansion of knowledge on which to base a career decision
- Open career options and possibilities

12

Research

- Occupational Outlook Handbook
- Career information Systems
- Oregon Employment Department

13

Provide Hope

- Frame career development as an exploratory mission
- Help overcome anxiety and fear of failure
- Provide hope

14

Increase Capacity and Build on Success

- Taking action, making progress, a career path will be the end result
- Clearer sense of Career Identity

15
