

My Career Speech

I. Introduction: I've always loved to listen to and observe people. As a little girl, I can remember just sitting and watching people was a favorite pastime. The older and more comfortable with myself I become, I'm realizing that I also really enjoy talking to people about their personal lives. I have a harder time with superficial conversations, but when it comes to the deep issues I really come alive. I'm recognizing that I'm not just nosey, I truly care about helping people recognize and deal with their issues. The more I learn about others, the more I really learn about myself. **Thesis:** Today I'm going to describe my future career as a Spiritual Psychologist. **Mapping:** First, I will tell you about the educational requirements. I will go on to explain the salary, job outlook, and nature of the work.

II. Body

1) Educational Requirements

- A) An undergraduate degree in Psychology and Spirituality will allow me to begin the process of counseling.
- B) A graduate degree will allow me to continue counseling, and become licensed by the department of health; a school counselor would be licensed by the Superintendent of public instruction.
- C) To be labeled as a Psychologist, according to the Association of State and Provincial Psychology Boards, requires a doctoral degree with a dissertation, 300 hours of practicum with 100 hours of direct supervision.
- D) In addition to this, the Washington State Department of Health requires all Psychologists to pass the EPPP (Examination for Professional Practice in Psychology).
- E) Other requirements in Washington to become a licensed Psychologist are two years of practicum and internship experience, seven hours of AIDS education, an application, and a score of at least 90% on a Jurisprudence Examination.

Transition: My goodness that is a lot of school and requirements to follow my dream! Lucky for me that this is my passion, and many of the courses I will take will teach me so much about myself at the same time!

2) Salary

- A) According to the US Department of Labor, the median salary for clinical, counseling, and school psychologists was \$54,950 in May of 2004.
- B) The salary for Industrial-Organizational psychologists was \$71,400 in May 2004.

- C) I didn't find any specific salary information for the specialty of spiritual psychology.

Transition: I recognize that the salaries for a psychologist may seem a little low compared to the amount of education necessary; I'm assuming that for a spiritual psychologist it may be even lower. I believe it will take faith and trust in the universe to develop my career over a number of years until I'm living comfortably. For me, this is not the kind of profession you go into for the money; it's about following your heart.

3) Job Outlook

- A) According to the US Department of Labor, careers in psychology will grow faster than average through the year 2014 due to increased demand from schools, hospitals, social service agencies, mental health centers, substance abuse facilities, consulting firms and private companies.
- B) All of the problems our society is facing now, including obesity, addictions, stress, financial problems, relationship problems, work, etc.....contribute to our growing need for mental health practitioners.
- C) The increasing awareness of the mind body connection is adding to the need for a spiritual component to psychology. According to the Journal of Professional School Counseling, "It's time to introduce spirituality; it's receiving increased attention and being understood now as a developmental line innate to humans."
- D) Also, the Journal of Marital and Family Therapy found from a random sample of psychologists that 72% said spirituality was relevant, while 54% wanted to integrate it more in their practice.

Transition: It seems that, although it's a sad statement of our society, more people than ever are in need of psychological/spiritual help. I feel so lucky that I'm on the path to help people in some way recognize the beauty in them and start sharing it!

4) Psychology vs. Spirituality?

- A) I believe the distinction that has been made in the past between psychology (established, researched, scientific), and spirituality (religion, new age wacko, god) should have never happened. For example, the History of Psychology website states that in 1590, when Rudolf Goelinus coined the term psychology, it was defined as a study of the soul.
- B) To me, spirituality and psychological health are two sides of the same coin. Science also backs this up. In the American Journal of Psychiatry, as reported by Psychology Today, a group of Swedish researchers have found that the presence of Serotonin receptors in the brain correlate to spiritual acceptance. The more

receptors, the strongest proclivity to spiritual acceptance. This shows me that we don't always need Prozac to increase Serotonin, maybe just a connection to your own form of spirituality whether it's God, the Source, Buddha, nature, etc.....Even witnessing an act of kindness can increase Serotonin levels, according to Dr. Wayne Dyer.

- C) The practice of Spiritual Psychology involves no specific religion; it is a very personal process of self-discovery and of integrating spiritual and psychological techniques to assist individuals in finding their own life path and fulfilling their destiny.
- D) All clients' beliefs are to be respected. It is not a process of converting clients to my own personal beliefs.

Transition: I truly believe that the new way of thinking about ourselves and the world consciousness in general will inevitably lead all of us down a path of growing self-awareness leading to greater compassion and a better world. This will involve integrating our body, mind and spirit and will not be possible with only the more traditional forms of psychology.

Conclusion: I am obviously very passionate about my future career. To me this course of study is so much more than a career. I feel for the first time that I am living on purpose, and will be able to contribute anything I can to healing others. To me, taking some time in my life to really examine what's important to me led to start on a career path that will be very fulfilling. I never wanted to have a mid-life crisis as an ad-executive or something and realize I had wasted my time here. It took having my two children, and learning from them what is really meaningful in life. It's not money or possessions, it's being balanced and healthy, and contributing whatever gifts we have with the rest of the world.

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