

Psychiatric Mental Health Practitioner

Goals and Aspirations

Name

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About 43 million Americans of adult age will in a given year experience a case of mental illness; this makes up for about 20% of the American population (Dahl, 2015). The data is according to the National Alliance of Mental Illness. The Affordable Care Act by the former president Barack Obama requires that every member to have mental-health coverage yet there are not enough mental health practitioners across the nation. The ACA may be under threat of extinction by the current government, but that does not mean that people will no longer suffer from mental illnesses. My goal is to fill in space and help people and families suffering from related psychiatric disorders to come into terms with reality through therapy and medical treatment and therefore minimize the mushrooming number of patients.

Having acquired a BSN degree, I feel that there is more than I can do than being a general nursing practitioner which has led me into advancing my career in psychiatric health. I have encountered a countless number of mental disorders such as depression which has resulted in drug abuse and school dropouts among peers we started within the Nursing school. I do find myself curious over the possible causes for such behavior and the possible prevention measures. I would say this has contributed significantly to my desire to join a psychiatric health program. I want to do more than assess and speculate on the mental care needs of my peers and take it to the community while being more professional at it.

As a psychiatric nurse practitioner, I want to be able to attend to the mental care needs of people, groups, families, and the community at large. My goal is to be able to come up with healthcare plans, provide treatment, and assess how useful the progress is both long-term and short-term. Enrolling to a course in psychiatric health will enable me to develop my knowledge and skills on how to formulate holistic care plans such as family risk analysis, mental health tests, conducting diagnostic exams, and general physical examinations. I look forward into

broadening my knowledge and skills in the programs under psychiatric health courses such as child and adolescent mental healthcare, advanced family clinical practice, psychopharmacology and biological interventions, psychopharmacological interventions, and psychiatric mental health disorders.

As an individual, I have what it takes to serve as a psychiatric health practitioner. I believe in effective communication which is my driving force in my work ethics. Team-work and team spirit is a characteristic that has helped me grow my career through collaborating with my peers as well as members of the interdisciplinary team during practice. I have broadened my knowledge base regarding the impact of mental health issues on the society which I would say is the reason as to why I want to advance into a psychiatric health practitioner and serve the existing mental healthcare needs. I aim to exercise empathy, compassion, and to be sensitive while dealing with the people that need mental health care. It has always been my dream since childhood to be of service to the community but not until I joined my BSN program that I realized how volatile human beings are and how a mental disturbance can destabilize them as well as those dependent on them. I look forward to being aware of situations that may lead to a negative impact on their mental health and be able to avoid such circumstances. I look forward to a society with minimal cases of mental illnesses because the members will be well educated on the need to watch over their behaviors and activities that may result in mental illnesses. My goal is to create awareness on the importance of health behaviors and provide an environment where people will feel free to seek mental health assistance. Having the national accreditation by the American Nurse Credentialing Center and getting to serve as a psychiatric mental health practitioner is my biggest aspiration.

Reference

Dahl, M. (2015). *There's a Shortage of Mental Health Professionals in the U.S.* Retrieved from <https://www.thecut.com/2015/10/theres-a-shortage-of-therapists-in-the-us.html>

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