Erin Brill

Mr. Speice

Independent Study and Mentorship 3B

10 November 2017

**Interview Assessment #5**

**Name of Professional:** Linda Farias

**Profession/Title:** Licensed Clinical Social Worker

**Business/Company Name:** Haven Behavioral Hospital of Frisco

**Date of Interview:** 10/24/17

On October 24, 2017, I met with Linda Farias, a Licensed Clinical Social Worker. Ms. Farias is currently employed at Haven Behavioral Hospital of Frisco, a hospital that specializes in the care and treatment of the mentally ill. Unfortunately, this facility does not engage in research in psychological research, so this interview was not as helpful as I had hoped it would be. However, I was able to learn about another occupation in the field of psychology.

As a Licensed Clinical Social Worker, Ms. Farias handles discharge papers for patients and she runs a group therapy session every morning from 9:00 AM to 10:00 AM. This was interesting for me to hear about because, prior to this interview, I was clueless about the typical responsibilities that would be handled by someone with this occupation. It also helped me to realize that I was correct in switching to research. I am not sure how comfortable I would be with patients and I am unsure of how I would handle hearing the heartbreaking stories from patients...
with trauma or depression. Ms. Farias said that talking to the patients and hearing these stories is a big part of her job, and I feel like this would be difficult for me.

I also talked to Ms. Farias about some important qualities in a social worker and about what I can start doing now to prepare myself for a future career in psychological research. According to Ms. Farias, successful social workers are open-minded and willing to listen. I would consider myself to be open-minded, which will help me if I go into psychology. However, I think research is a better fit for me because I would rather help indirectly than directly work with patients. I believe I my emotions are easily affected by sad stories, and directly hearing from patients would be very hard on me. In regards to what I can begin doing now to prepare myself for a future career in research psychology, Ms. Farias commended me for getting involved in the ISM program. She said that I am on the right path for a successful career. She recommended that I look into attending a support group or other team group setting. By doing so, I can observe and interact with people that are struggling with mental illness. This advice was useful, but I am not sure that it would prepare me for a career in research because I will most likely not need to directly interact with patients.

Since Ms. Farias was relatively unfamiliar with the research aspects of psychology, I asked her if she had any college advice for me. She told me to stay away from parties and find a good extracurricular group to join. College can be scary, and it is nice to have a group of people to look out for you. She told me that in order to be successful in this field, I will need to get my Ph.D.. I am prepared for this and I am willing to attain this additional education.
Overall, this interview was helpful, but not as helpful as I had hoped it would be. In the future, I am going to reach out to professionals that are more involved in research. By doing so, I will learn more specific information about my topic of study.