

Professional Performance of The Clinical Psychologist in Primary Health Care



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Summary

Through observation and exchanges with clinical psychologists about their functions, little clarity about their professional performances has been confirmed; sometimes not performing some of them and that is why the 4 functions of this specialist in primary care are described. Of health. From the care point of view, guidelines are provided, from the teaching aspect it is necessary to promote the instructional and educational aspects of undergraduate and postgraduate students, in the investigative aspect it is urgent to relate psychology with nanoscience and from the administrative aspect, it has to assume its role of facilitator between patients and other health professionals.

Keywords: Clinical Psychology; Human Development; Primary Health Care

Introduction

Psychology Represented in Society

On one occasion, an illustrious professor of psychology stated: psychology is a profession of help and its most visible arm in society is clinical-health psychology. The other specialties of psychology (organizational psychology, psychology of religions, social psychology, educational psychology, sports psychology, and special psychology) are not being underestimated, but society at an international level mostly recognizes professionals in clinical-health psychology [1,2]; or, on the contrary, they associate that this professional is a doctor with basic training.

This could be because the clinical psychologist wears a sanitary gown, creating a social representation in the inhabitants of that society that he is a trained doctor (perhaps a new medical specialty that links medicine and psychology is necessary), and thus how the subjects sometimes raise somatic problems in clinical-health psychology consultations; that is why the necessary preparation of this specialist on somatic pathologies and their bidirectional relationship with the human psyche [3].

In the exercise of his profession, the clinical psychologist displays several functions at the same time, all in favor of strengthening and visualizing psychological science; where all its psychosocial interventions [4,5] seek to be in the human development of individuals. In short, it can be summarized that the clinical psychologist has 4 functions in the performance of his professional skills: assistance, teaching, research, and administration. The objective of this work is that clinical-health psychology specialists have clarity about their professional functions.

The health system of a country must necessarily be subdivided into 3 levels of medical care: primary health care (including polyclinics) is the basic level where the population seeks to alleviate their ailments, according to studies, more than 70% of the population is attended to this instance; On the other hand, there is secondary health care (constituted by hospitals), at this level you can find all the medical specialties and ending there is the tertiary level of health, this is made up of specialized institutes such as: orthopedic institute, endocrinological institute,

etc The care function (called psychological interconsultation in Cuba, since the resident doctor participates in the process of psychological help to the subject)

This function is the most visible for our Latin American societies, since a certain subject who demands psychological help knows where to go, expects this professional through the word (the most used tool in interconsultation) to provide accurate help, light or alternative to their problems. On the other hand, the clinical psychologist through the methods: constructive-interpretative, psychological interview, participatory observation, psychoanalysis and simple analogy, is able to explore the subjectivity of this applicant who does not have subjective mechanisms at that time [6] to give solution to your reality and place all your faith in this professional.

In the first instance, when the clinical psychologist provides specialized help to a subject, he seeks to assess to what extent his reason for consultation affects his adjustment to his social environment, making his creative adaptation impossible and negatively affecting his human development [7-11], This professional has the ability to listen to the subject's dissimilar problems, and at the same time observe their behavior and interpret the subjectivity [12,13] of the individual; relies on normality/abnormality criteria to determine whether or not it presents a specific psychopathological entity.

Fulfilling the above, this professional is directed to determine which psychotherapist modality [14,15] (EMDR, Psychodrama, Cognitive-behavioral Psychotherapy, therapeutic hypnosis, Humanist Psychotherapy, Gestalt psychotherapy, post-rationalist cognitive Psychotherapy) is the ideal one for that applicant; or on the contrary, carry out a family or couple dynamic, counseling or advice. It all depends on the reason for the consultation, what is observed, what is analyzed and how the subject manifests himself in the help process.

Basic principles in psychological assistance (psychological consultation)

1. Ideal place for interconsultation.
2. Know how to listen and interrupt the subject in a timely manner.
3. Do not criticize the subject despite his obvious subculturation and deteriorated image.
4. The applicant for psychological help has to know that we are here to help him.
5. Show empathy.
6. Professional limits.

Teaching Function

It is deployed by providing knowledge to undergraduate

and graduate students of medical sciences, social sciences, and humanistic sciences; since the center of these disciplines is the human being and psychology as a science has the epistemological bases for understanding human behavior. It should be noted that in the psychological consultations, teaching is also provided to the parents of the children who are taken to the consultation for dissimilar problems. In this role, the clinical psychologist as a teacher seeks to instruct and educate the student, forming in them human values [16] and professional skills, while at the same time ensuring that they become excellent human beings, awakening passion for their professions and the birth of the future. Investigator. In this way, an excellent professional and a future teacher who can contribute to the development of their sciences is achieved.

Investigative Function

The clinical psychology professional has the scientific training to inquire about the human psyche and the possible interrelationships of psychology with the sciences, to demonstrate new psychotherapeutic methods under the principle of the Helsinki declaration [17]. Little has been investigated regarding nanotechnology [18] intertwining in the human organism as a hybrid and its repercussion on subjectivity, another topic little studied is psychoacoustics [19] from psychology. In short, several research paths could be opened; but all this requires investments and technological infrastructure that sustains this investigative process in the long term.

Administrative Function

It is possible that this function is the least executed by clinical psychologists, but due to its performance and its skills in managing human beings, it is the most indicated in health administrations, in decision-making and in the management of human groups. This professional is at the same level as the pediatrician, gynecologist, and specialist in internal medicine; these specialists, for the most part, have the category of professors and dominate a field of knowledge that seeks to alleviate the ailments of human beings.

Conclusions

It is evident that the clinical psychologist, due to his professional performances, is projected in the assistance, teaching, investigative and administrative functions; it also has the responsibility of being a bridge between patients and various health professionals; We have to emphasize that this professional can investigate nanoscience's and psychology, as well as new technologies imbricated in the human organism as a hybrid, having an impact on human subjectivity.

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