

What is the difference between Psychology and Psychiatry?

Psychiatrists receive training in medical school and receive an M.D. (Doctor of Medicine) upon completion of their training. Specifically, the doctor will complete their residency training in psychiatry where they learn more specifics about mental illness and ways to treat symptoms of these illnesses through medication. Psychiatrists do not receive training in school on psychotherapy; however, they may choose to use therapy practices once they have completed school. If this is the case, they will enhance their learning by taking more courses in psychotherapy.

Psychologists are trained heavily in psychotherapy and assessments for mental illness. They cannot prescribe medication and upon completion of school will have a Ph.D. (Doctorate of philosophy) or a Psy.D. (Doctorate of Psychology). Psychologists assess effective treatment methods of psychological disorders through their own research studies and keeping up to date with current treatment models. There are many different theories of psychotherapy and psychologists are trained in all of these to better service their patients. Psychologists provide tools such as learning new life skills, relaxation techniques, and stress management. This is done by discussing the patient's lifestyle and implementing changes that make life more manageable.

Does seeing a Psychologist make me crazy?

The answer is no. Psychologists are here to help with any changes that may impact a person throughout the course of their life. There are mental health disorders that may be more severe and require more frequent visits, however, the majority of patients seen in a mental health environment are suffering from varying levels of depression and anxiety. The use of psychotherapy allows these individuals to learn new ways to cope with life changes in a safe environment without judgment.