Comparing and Contrasting Psychologists and Psychiatrists

Psychologists

 study and train for at least 6 years
 cannot prescribe medication but can offer a range of psychotherapies and counselling

 have no medical degree but may
 still work in hospitals in order to develop programs, counsel and support patients and their families

 may choose to work in one or more of a range of fields: child psychology, education, health, organisational psychology, vocational psychology, research, forensic psychology, sports psychology, counselling, etc.

 focus on promoting well-being as well as on supporting those with mental health concerns

often deal with more commonly
 experienced problems such as stress,
 grief, everyday anxieties, learning
 difficulties, behavioural problems, etc.

may be qualified to carry out
 psychological testing, e.g. IQ
 tests, vocational tests

have
 a shared
 interest in
 human
 behaviour,
 well-being and the
 treatment of mental
 illness

 clinical psychologists, like psychiatrists, focus on the field of mental illness especially

both employ
 psychotherapies

 (e.g. cognitive behaviour therapy)
 in order to support
 their clients or
 patients

 Psychiatrists
 are doctors who, after completing their general medical degree, specialise in the study and treatment of mental illness, emotional disturbance and abnormal behaviour; they are therefore responsible for both medical and psychological treatment.

> • need to study for 11-12 years after school. Usually they work as GPs for a while before specialising in psychiatry.

• may work in a hospital or psychiatric institution as well as in private practice

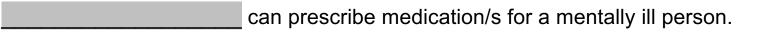
• can prescribe medications – one of the most important differences between them and psychologists

• can commit patients to a psychiatric hospital, but only in very clearly defined circumstances

Quick Knowledge and Understanding Check

Fill the blanks below. Use the gap-fillers provided.

cognitive-behaviour therapy • clinical • hospital • medications • psychiatrist x2 • psychologist x2 • psychotherapy



b Both psychologists and psychiatrists employ ______; in other words, non-medical psychological techniques in which patients are encouraged to talk through problems, identify faulty thought patterns and change their behaviours in systematic and reflective ways.

c An example of a psychotherapy is ______, in which both unhelpful thought patterns and problematic behaviours are addressed through personal interaction between the therapist and the patient or client.

d The kind of psychologist whose work is most similar to a psychiatrist's is a ______psychologist. Although this professional works with the mentally ill, he or she cannot prescribe such an antidepressants or anti-psychotic drugs.

e Widespread problems that all people are likely to face in the course of a lifetime, such as grief or stress, are more likely to be dealt with by a ______.

f Both psychologists and psychiatrists may work in medical institutions such as a _____ in private practice.



a A

g David has been deeply depressed for over a year and is beginning to feel as though he cannot bear to live on. He visits his GP, who is most likely to refer him to a ______.

h Rosie is concerned that her child is not coping well with school work and is struggling to make friends and feel a sense of belonging at school. She might consider seeking support from a child ______.



or