

Psychology Professionals Explained

Psychiatrist

Psychiatrists are medical doctors and are the only ones who can prescribe medication. Some Psychiatrists may also conduct research. They are trained to be able to identify a range of mental health disorders and often will do so with the support of mental health questionnaires.

Education: Medical Doctorate
Cost: Most expensive

Psychologist

Can diagnose mental health disorders and conduct talk therapies. They use standardized psychological testing is used to inform the assessments and diagnoses. Their scope also includes research, program development and evaluation, and consultation.

Education: Doctorate
Cost: Mid-range

Counselling Therapists Psychotherapists

They cannot diagnose but must identify signs of mental health disorders. They will refer to psychologists to diagnose if appropriate. They work beyond the focus of individual disorders, which may include: career, family, marriage counselling etc. They offer a range of therapy types.

Education: Master's degree
Cost: Most accessible

Social Workers

Provides talk therapy to address challenges with social work knowledge, skills, interventions, and strategies to assist individuals, families, organizations, and communities in achieving optimum psychosocial and social functioning. Some can diagnose mental health concerns depending on location.

Education: Master's degree
Cost: Most accessible