

Responsibilities and Distinction in Counselors and a Counseling Psychologists

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Introduction

Counselors and counseling psychologists have comparable responsibilities, but there are a few major distinctions. Counselors and counseling psychologists both assist individuals live better lives, but they come from various educational backgrounds, have different areas of interest and expertise, and operate in different contexts.

Similarities

Counselors and counseling psychologists have certain commonalities, such as the fact that both professions:

1. Are mental health professional
2. Able to diagnose and treat mental health issues
3. Able to provide psychotherapy
4. Assist clients in enhancing their well-being
5. May focus on a certain area, such as dealing with children, adults, or couples
6. Work in a variety of settings, such as hospitals, government agencies, mental health clinics, academic institutions, and private practice.

Differences

A master's degree is normally required of counselors. Using conversation therapy and skill development, primarily address clients' emotional and relational concerns. Frequently work in school or in a professional situation. Psychologists who provide counseling possess a doctoral degree. Treating clients with major mental illnesses, as well as conducting research and teaching working at medical and mental health clinics is common.

Educational Requirements for Counselors

A master's degree in counseling or psychology is usually required of counselors. A person must pass a national professional exam and complete a certain

number of supervised hours in the field to become a licensed professional counselor (LPC). Counseling programmes take less time to complete than doctoral programmes, allowing students to begin working sooner.

Some master's programmes allow students to study part-time while working full-time, allowing them to keep their present job while pursuing their degree. Many of these programmes are also available online in some form or another.

Educational Requirements for Counseling Psychologists

Counseling psychologists, on the other hand, have a doctorate in counseling psychology (PhD, PsyD, or EdD). Counseling psychologists' curriculum places a larger emphasis on research than master's level counseling schools. Typically, these doctoral programmes require at least five years completing.

The first four years are devoted to necessary courses, research, clinical experiences, and a dissertation; the fifth year is devoted to a supervised internship in the field. Some PhD, PsyD, and EdD degree programmes, like master's programmes, can be completed partially or entirely online.

Scope of Practice

Another significant distinction between counselors and counseling psychologists is the type of work they do. Counseling psychologists are more likely to conduct psychological evaluations and offer diagnostic tests to clients, whereas counselors are less likely to do so. Counseling psychologists often work with people who are suffering from major mental illnesses. Clients with emotional, relationship, social, or academic issues are frequently referred to a counselor since these specialists typically provide more cost-effective solutions. Both experts provide vital mental health services aimed at assisting people in overcoming obstacles and improving their overall well-being.

Specializing

Counselors and psychologists can specialize in a specific topic, which may be relevant to the setting in which they practice or the kind of clients with whom they deal. Specializing often necessitates more education, training, and licensing, as well as research, internships, and fieldwork.

School counselors, career counselors, marriage and family counselors, mental health counselors, and addiction counselors are some of the specialties available to counselors. Substance addiction, child development, health psychology, community psychology, crisis intervention, and developmental disabilities are among areas where counseling psychologists can specialize.

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