

Significant Roles of Psychologists and Psychiatrists and How They are Unalike

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Introduction

Although the terms "psychologist" and "psychiatrist" are sometimes interchanged to refer to anyone who delivers therapeutic services, the two professions and the services they provide are not interchangeable. It is critical to understand the differences between these professions in order to determine which practitioner is best equipped to provide your therapy.

Basic Differences

Psychiatrists are medical practitioners who can prescribe pharmaceuticals in addition to offering psychotherapy, albeit their primary focus is frequently on medical and pharmacological therapies.

Despite the fact that many psychologists have doctorates, they are not medical professionals and cannot prescribe drugs. They specialize in psychotherapy, which may include cognitive and behavioral therapies.

Requirements for Psychologists' Education, Training, and Credentials

Psychologists earn a PhD (Doctor of Philosophy) or a PsyD (Doctor of Psychology) in clinical or counselling psychology after completing graduate school. Doctoral programmes typically take five to seven years to complete, with most states requiring a one- or two-year internship to obtain license. Other states need supervised practice for another year or two before awarding full licensing. Those pursuing a PhD or a PsyD doctoral degree study courses in personality development, psychological research methodologies, treatment approaches, psychological theories, cognitive therapies, and behavioral therapies during their education.

Requirements for Psychiatrists' Education, Training, and Credentials

Psychiatrists are doctors who specialize in the evaluation, diagnosis, treatment, and prevention of mental diseases. To become a psychiatrist, students must first complete an undergraduate degree before enrolling in medical school and earning an MD.

They complete an extra four years of residency training in mental health

after completing their medical studies. Working at a hospital's psychiatric ward is a common part of this residency. They also work with a wide range of individuals, from children to adults, who may be dealing with behavioral issues, emotional issues, or a psychiatric disease.

Psychiatrists who complete this residency gain instruction and practice in diagnosing and treating a variety of psychiatric disorders, including bipolar disorder, schizophrenia, attention-deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD).

Psychiatrists are educated in a variety of psychotherapy techniques, including cognitive behavioral therapy (CBT). CBT is a widely used therapeutic method that has been demonstrated to be beneficial in the treatment of a wide range of mental problems, including anxiety disorders, somatoform disorders, stress, and anger issues.

Psychiatrists also undertake specialized training in areas such as geriatric psychiatry, child and adolescent psychiatry, addictions, and other specialties. Some doctors choose to specialize even more by completing a fellowship in psychiatry, geriatrics, adolescent psychiatry, or psychopharmacology.

What Kinds of Treatments Do They Provide?

Psychiatrists and psychologists both play significant roles in mental health therapy, despite their differences. They frequently collaborate with one another to give the best possible care for a patient.

Patients may, for example, begin by consulting with their primary care physician about their psychological issues. After that, their doctor may recommend them to a psychologist for additional assessment. Before referring the patient to a psychiatrist who can prescribe and supervise drugs, the psychologist may watch, examine, and diagnose the patient.

In order to best address the patient's symptoms, the psychologist and psychiatrist may collaborate, with the psychologist providing behavioral therapy and the psychiatrist prescribing or altering medication. The sort of treatment required is frequently determined by the intensity of the symptoms as well as the patient's wants and desires.

People have various preferences for whether they want psychotherapy alone or in combination with medication, according to research. These preferences may influence the types of professionals people encounter.

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