

What Psychologists Do

A. Differences between:

1. **Psychiatrist** - A medical practitioner specializing in the diagnosis and treatment of mental illness. They can also prescribe medication.
2. **Psychologist** - An expert or specialist in psychology. Specialize in the study of the mind and human behavior. They do not prescribe medication in Texas, although they are able to in some states.
3. **LPC** - Licensed professional counselors are master's-degreed mental health service providers, trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders.
4. **LPA** – Licensed Psychological Associates are psychology practitioners licensed at the master's level. They work under a licensed Psychologist.

B. Most Common Myths –

1. What's it like to work with crazy people all day?

We don't work with crazy people – they are in the hospital.

2. Don't you get tired of hearing people whine about their problems?

You can “whine” to a friend for free. Although a good Psychologist must know how to listen to people and validate their experiences, they must also do much more than that. Psychologist's form a team to help people get “unstuck”.

3. I have problems that I can't seem to work out but I don't have any money – can you give me help for free?

No but if you call the office they can direct you towards services in the area that could be beneficial.

4. I have problems that are killing me but I don't want to go to some "head shrink" for help. Only weak people need to go to a counselor.

Fear is understandable but that's like falling out of a tree and breaking your arm and wondering if you should go to the hospital or not.

C. Areas where Psychologists work:

1. Pretty much everywhere:

- A. Medical/Mental Health Settings
- B. Schools – K – 12 and University
- C. Business
- D. Churches
- E. Government
- E. Private Practice

E. Things Psychologists help with –

1. Clinical – anxiety, depression, etc

In any given year, about seven percent - between 13 million and 14 million people - will experience a depressive disorder.

_ Of those who develop depression, only about 20 percent will receive adequate treatment.

_ About 16 percent of adults will experience depression at some point in their life.

_ About 97 percent of those reporting depression also reported that their work, home life and relationships suffered as a result.

_ Depression can quadruple a person's risk of dying within 6 months after a heart attack.

_ Depression is also known to weaken the immune system, making the body more susceptible to physical illness.

Of course, most people think of going to counseling for problems of mental or emotional illness but psychologists can help in so many other areas:

2. Relationships – parent/child, marriage, divorce, death
3. Addictions – alcohol, drugs, sex/pornography, gambling
4. Assessment/Evaluation – to determine diagnosis & treatment plan
5. School/work problems
6. Life Adjustment problems – most common reason I see people “This isn’t where I thought I would be!”
7. Weight loss/Smoking cessation
8. Eating Disorders

“HEALTHY” PSYCHOLOGY AREAS:

7. Life Satisfaction – helping people get “unstuck” from dissatisfying pattern/roles in their lives.
8. Business performance – either as coach to an individual or as consultant to a business
9. Sports performance – Charles Barkley
10. School performance
11. Spiritual issues
12. Self-growth/development
13. Stress/Anger management – Stress has been linked to nearly every possible disease of the mind and body and may be the determining factor in whether or not we actually become temporarily or chronically ill.

