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IS THERE A DIFFERENCE IN MENTAL HEALTH PROFESSIONALS?

Psychiatrist:

Medical doctors who have been trained in the area of mental health conditions. Psychiatrists prescribe medications to help treat various mental health disorders. Psychiatrists are licensed and governed through State boards and regulations. While there are some psychiatrists who provide psychotherapy most focus on medication management.

Clinical Psychologist:

Licensed Clinical Psychologist conduct psychotherapy and provide psychological testing for their clients. While Psychologists do not prescribe medication, they work closely and collaboratively with psychiatrists when they feel their clients could benefit from medication.

Licensed Clinical Social Worker & Marriage and Family Therapist:

These licensed clinicians perform counseling and psychotherapy with their specialty being mental health and human relationships. LCSWs and MFTs receive Masters level education and are licensed, governed and regulated by the California Board of Behavioral Sciences.

Life Coach:

Life coaches motivate and inspire their clients to achieve personal or professional goals. Life coaches can become certified after only a few days training depending on the certification or schooling chosen. Life coaches do not require any specific length of education or degree. **Life coaches are not licensed** or governed by state boards.