

Psychiatrist Vs. Psychologist Expert: Clearing the Confusions!

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Life is an unending series of challenges for all of us. Some break and become, while others become and break. However, these challenges keep our lives crisp and help us become stronger and wiser. More often than not, we lose control, and things can become complicated. Thus, seeking professional help from psychiatrists and psychologist experts becomes part of the process.

And professional help comes with technical limitations and utter confusion between various terms used interchangeably because the roles and meanings overlap. You will likely encounter terms including psychotherapists, counsellors, psychologists, and psychiatrists. And we get it; it's totally normal.

The most considerable confusion occurs between psychiatrists and psychologist experts. *Individuals use them interchangeably even though they carry out different things.*

Thus, understanding their differences is imperative to make an informed and wise decision.

Roles of Psychiatrists and Psychologist Experts

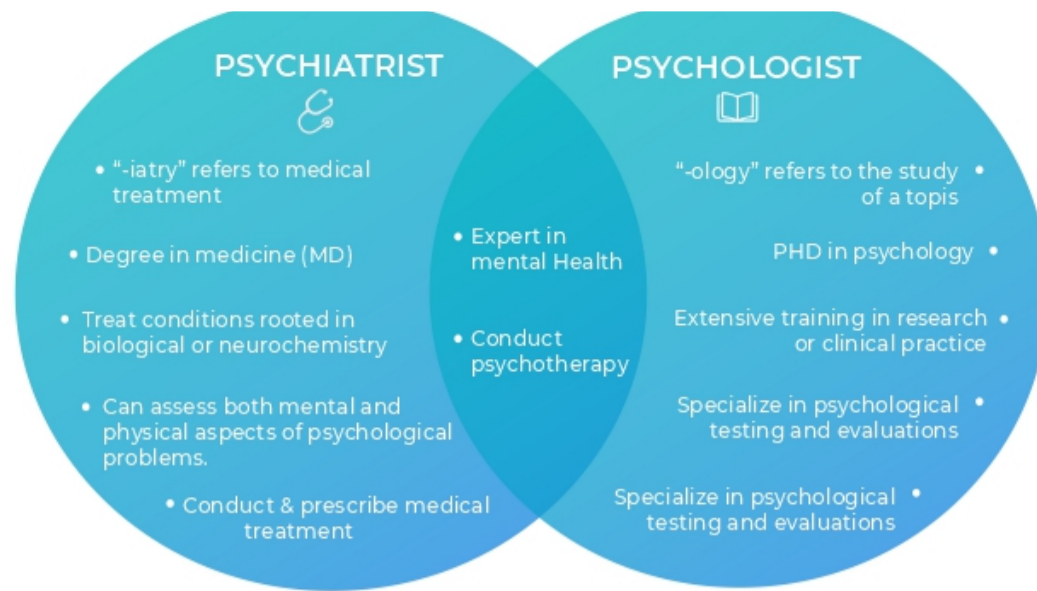
Both, psychologists and psychiatrists, are experts in human mental health and behaviour; however, they aren't the same. They are often misunderstood and used interchangeably, but one should always know the core differences between psychologists and psychiatrists.

Psychological studies can be described as the study of behaviour in a scientific manner in humans and their minds. People who research and apply psychology are called psychologists. They investigate how human beings perceive, feel and behave in various social situations, *BUT psychologist experts cannot prescribe medicine.*

On the other hand, psychiatry is the branch of medicine that deals with mental disorders, abnormal behaviour and emotional disorders. Psychiatric specialists examine biological, neurological and biochemical abnormalities to identify mental disorders and prescribe medical treatments and diagnoses to treat diseases.

Who are Psychiatrist Experts?

Psychiatrists treat mental disorders with medicine and diagnosis. *And you will need to remember this!* The word psychiatry stems from the terms 'psyche,' referring to soul and 'iatry,' which refers to the use of medicine. A psychiatrist can take on any mental health condition primarily rooted in neurochemistry and biology. Thus, he assesses the mental as well as physical aspects of a psychological issue. Theoretically, psychiatrists are medical professionals or doctors who work in hospitals, mental health clinics and private practices. In the medical field, psychiatrists specialise in mental health and can focus on the issue. Psychiatry further specialises in mental severities, including addiction psychiatry and forensic psychotherapy, neurophysiology, insomnia and eating disorders, etc.



Who are Psychologist Experts?

The word psychology stems from the terms 'psyche,' referring to soul and 'ology', which means the study of a particular topic. Thus, psychologist experts do not have the liberty to prescribe medicine. They can, alternatively, use therapeutic treatment plans to treat any mental illness that roots in behaviour and emotions. However, they cannot assess the physical aspects of a psychological problem.

Psychological studies apply to all mental health disciplines, including child psychology, sports psychology, forensic psychology, educational psychology, etc. They can, however, use a variety of treatments like psychodynamic therapy, Cognitive Behavioural Therapy, Gestalt Therapy, Rational Emotive Behaviour Therapy (REBT), etc. They can also carry tests that assess individual characteristics and mental health to determine the most appropriate path to be followed by the patient's medical treatment.

The Overlap That Roots the Confusion

The primary cause of confusion is that they both work in mental health. The main point of difference is the liberty to prescribe a medicine. Nevertheless, with the increasing demand for psychotherapies, psychologists are also being trained in psychotherapies and have the liberty to conduct one.

Previously, psychiatrists could only prescribe psychotherapy, but times have changed. Psychologists can also prescribe and provide psychotherapy, such as psychoanalysis and Cognitive Behavioural Therapy (CBT).

But that, right there, is the only point of overlap.

We need you to remember this because we care for you!


Still in Doubt?


The main difference between a psychologist and a psychiatrist is the approach to treating a mental illness. *It's easy!* Psychiatrists are practising medical doctors who can prescribe a medical treatment plan, while a psychologist cannot.

The two specialists differ in their professional work. However, they need to collaborate often to solve their patient's problems.

Nevertheless, if you need help with how to go about it, do not worry; we have you covered. Concise Medico can help you choose the best professional after carefully assessing your needs and health situation. So, what's keeping you await?

Give us a Phone Call or Contact Us from getting the **RIGHT** Help.
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