

What is a psychologist?

In short, psychologists have knowledge, training and expertise in learning and managing change in human behaviour and, from an understanding of the processes determining how people reason, think, feel, react, behave and interact, can assist people to achieve those objectives for which they strive.

What is the difference between a psychologist and a psychiatrist?

Psychiatrists are medically trained doctors who have furthered their medical studies in the assessment, diagnosis and treatment of mental illness and severe emotional disturbance.

Psychologists have six to eight years University study in the assessment, diagnosis and treatment of a wide range of social and emotional difficulties including anxieties, depression, relationship difficulties, crises and catastrophe, conflict and trauma, bullying, harassment and victimization and Post Traumatic Stress Disorder.

Unlike psychiatrists, psychologists are not medically trained and are not qualified to prescribe medication as part of patient treatment or care.

However there are many aspects of psychology which may overlap with psychiatry and both professions frequently work together or alongside each other in the care of patients.