



### **What is a clinical psychologist?**

Clinical psychologists are trained to improve the psychological wellbeing of their clients who present with a wide range of mental health problems. They are trained to use evidence-based clinical assessments and interventions which are recommended by the National Institute of Clinical Excellence (NICE).

Clinical psychologists have an undergraduate degree in psychology (accredited by the British Psychological Society), have often completed at least 2-3 years of work as an assistant or a research psychologist often within the NHS, and then have completed a three-year postgraduate Doctorate.

Doctoral training comprises several intensive placements in different specialities, many of which are within the NHS, ensuring a wide breadth of experience as well as more specialist training closer to qualification.

### **What is the difference between a clinical psychologist and a counsellor?**

Both a clinical psychologist and counsellor are trained in mental health and psychological theory. However, their approaches to therapy can be a little different. Whereas a clinical psychologist can offer a variety of different therapies, working with the client to create a therapeutic plan to move forward, a counsellor can create a space for the client to explore their thoughts and feelings, offering a safe supportive listening context in which to do this. A counsellor doesn't tend to offer solutions and advice.

### **What is the difference between a clinical psychologist and a psychiatrist?**

A clinical psychologist and psychiatrist, although both specialists in mental health, have quite different training. A psychiatrist has completed a medical degree and further training following this degree. A psychologist has completed a psychology degree (3 years) and a postgraduate clinical doctorate (3 years). A psychiatrist can prescribe medication whereas a psychologist cannot.