

# The Who's Who

## CHEAT SHEET OF MENTAL HEALTH CARE PROVIDERS

### MEDICAL PROFESSIONALS

CAN PRESCRIBE  
& MONITOR MEDICATION

#### 01. Primary Care Physicians (MD or DO)

**Degree requirements:** Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO).

**Licensure & credentials:** Licensed physician in the state where they are practicing.

#### 02. Psychiatrists (MD or DO)

**Degree requirements:** Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO), plus completion of residency training in psychiatry.

**Licensure & credentials:** Licensed physician in the state where they are practicing; may be Board-Certified Psychiatrist by the Board of Neurology and Psychiatry.

#### 03. Nurse practitioners or Psychiatric/Mental Health Nurse Practitioners (MS or PhD)

**Degree requirements:** Master of Science (MS) or Doctor of Philosophy (PhD) in nursing with specialized focus on psychiatry.

**Licensure & credentials:** Licensed nurse in the state where they are practicing.

The following clinicians typically provide psychotherapy and can help you better understand and cope with thoughts, feelings and behaviors. They can evaluate your mental health and diagnosis mental health conditions. They will offer guidance to help improve your ability to achieve life goals. They are trained to and may use therapeutic techniques based on specific training programs such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) and other behavioral therapy interventions They can provide both individual and group therapy.

### PSYCHOLOGISTS

CAN PRESCRIBE  
& MONITOR MEDICATION  
\*STATE DEPENDING

#### 04. Psychologists (PhD or PsyD)

**Degree requirements:** Doctor of Philosophy (PhD) in a field of psychology or Doctor of Psychology (PsyD).

**Licensure & credentials:** Psychologists are licensed by licensure boards in each state.

**Supervised work hours:** Range from 1,500 to 6,000 hours, depending on the state for licensure

\* Psychologists may do research &/or psychotherapy

### LICENSED COUNSELORS, CLINICIANS & THERAPISTS

CANNOT PRESCRIBE  
& MONITOR MEDICATION

#### 05. Licensed Professional Counselors

#### 06. Licensed Clinical Social Workers

#### 07. Licensed Marriage & Family Therapists

**Degree requirements:** Master's degree (MS MA or MSW) in a mental health-related field such as psychology, counseling psychology, marriage or family therapy, among others.

**Licensure & Certification:** Varies by specialty and state

**Supervised work hours:** Approximately 3,000 hours, depending on respective state board

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### SCHOOL COUNSELORS

#### 08. School Counselors & Psychologists (MA, MS MEd or PhD)

**Degree requirements:** Master of Art (MA), Master of Science (MS) or Master of Education (MA), or Doctor of Philosophy (PhD) with a specialized focus on school psychology or a closely related field

**Licensure & Credentials:** School counselors are credentialed at the state level and licensure varies by state

**Supervised work hours:** Most states require at least 1,200 hours of supervised experience

**\*School psychologists typically do not have authority to prescribe medications but might consult with physicians to help diagnose and monitor medication**

### OTHER COUNSELORS CLINICIANS THERAPISTS

#### 09. Counselors In General (unlicensed)

**Degree requirements:** Undergraduate Degree, Master of Art (MA), Master of Science (MS) or Master of Education (MA), with a specialized focus on school psychology or a closely related field

**Licensure & Credentials:** n/a, they are unlicensed but may have extensive and specialized training

#### 10. Drug & Alcohol Abuse Counselors

**Degree requirements:** Education varies based on certification or license, job description, or place of employment. At a minimum, counselors in this field must have a high school diploma or have a GED. An undergraduate &/or a graduate degree and clinical practice hours in a professional setting are very common state requirements to become a certified or licensed addiction counselor.

**Licensure & Credentials:** Certification and Licensure requirements vary by state

**Supervised work hours:** Most states require at least 3,000 hours of supervised experience to be a Master's level addiction counselors

### COSTS

#### Average Full Cost Per Session

- Psychiatrist \$100 – \$200
- Psychologist \$70 – \$150
- Psychotherapist \$100 – \$300
- Counselor \$20 – \$80

*\*However with insurance, copays typically are: \$20 – \$50*