

Common Confusions When Considering Doing Therapy in California:

What's the Difference between a Psychiatrist, Psychologist + Psychotherapist? What's an MFT?

In this short video I'm going to address the difference between a psychologist, psychiatrist and psychotherapist just because so often this is an area of confusion! Then I will explain what the 3 letters after my name mean: MFT.

A **psychiatrist** is a medical doctor who mostly prescribes medication. Sometimes a psychiatrist also provides counseling or therapy but mostly people are referred to them to get a prescription for meds. For instance if my client tells me they are considering taking anti depressants or anti anxiety medication I will refer them to a psychiatrist.

Unlike psychiatrists, **psychologists** are also trained in giving psychological tests (like IQ tests or personality tests). People will go to a psychologist to be tested and also to do counseling or therapy. In some cases a psychologist might have completed a training that grants them prescription privileges but usually they just administer tests and do counseling.

So what about a **psychotherapist**? ***I am psychotherapist and all I do is therapy.*** I do not prescribe medication or administer tests. I am trained in all kinds of therapeutic modalities such as EMDR, hypnosis, EFT and so on. These are all just different forms of psychotherapy.

So in summary: a psychiatrist prescribes medication; a psychologist does testing and a psychotherapist does psychotherapy although all three might do some form of counseling as well.

Very briefly before we end, I just want to highlight another area of confusion which is the 3 letters after my name: **MFT**.

MFT means that I am licensed in the state of CA that is all! If you want a licensed psychotherapist (which I recommend) look for these three letters.

MFT stands for Marriage and Family Therapist. However this title is misleading because not all MFT's work with marriages or families. There are plenty of MFT's who do **not** work with marriages or families! They might just work with individuals or children for instance but they are still an MFT because they are a licensed psychotherapist in the state of CA.

So I hope this video has helped clarify some things for you because it can be confusing! If you are looking for a therapist and want some more tips on how to find the right one for you go to the 'Facts & Questions' page on my website OndinaWellness.com - <http://ondinawellness.com/faqs/>

