

Helping Professions: Who Provides What?*
a comparison of some popular occupations that help people psychologically

Title and Typical Degree or License**	Usual Preparation	Primary focus
Psychiatrist M.D.	BA/BS + 4 years of medical school + internship and residency (~4 yrs)	Biomedical therapy; prescribing drugs; treating more severe disorders (bipolar, schizophrenia, etc.)
Clinical Psychologist Ph.D., Psy.D., or Ed.D.	BA/BS + 3-5 years of graduate school + internship	Psychological testing; psychotherapy
Counseling Psychologist*** Ph.D., Psy.D., or Ed.D.	BA/BS + 3-5 years of graduate school + internship	Career counseling, personal/social issues
Social Worker M.S.W./L.C.S.W.	BSW/BA/BS + 2 years of graduate school and possible internship	Individual and family therapy, group work, community organizing, social policy and research
Counselor (Clinical)*** M.A./M.F.T.	BA/BS + 2 years grad school + internship	Individual, marriage and family therapy
Educational Counselor*** M.S.	BA/BS + 2 years grad school	Helping college students with career and major planning, personal issues
School Psychologist*** M.S.	BA/BS + 2 years grad school + credential	Working with K-12 students to identify and treat learning and social issues
School Counselor*** M.S.	BA/BS + 2 years grad school + credential	Helping K-12 students plan careers and courses
Rehab Counselor*** M.A.	BA/BS + 2 years grad school	Vocational counseling with people who have various disabilities
Human Services Paraprofessional Certificate, A.A., B.A.	Varies – 46 units (certificate) to 2 years (A.A.) to 4 years (B.A.)	Alcohol/drug counseling; career specialist; psychiatric technician; eating disorders; case management, etc.

*Titles, degrees, licenses and functions vary somewhat by state, and functions may overlap considerably. The order shown here should not be construed as a hierarchy.

**M.D. = Doctor of Medicine; Ph.D. = Doctor of Philosophy (in this case, specializing in Psychology); Psy.D. = Doctor of Psychology; Ed.D. = Doctor of Education (in this case, specializing in Educational or Counseling Psychology); M.S.W. = Master of Social Work; L.C.S.W. = Licensed Clinical Social Worker; M.A. = Master of Arts; M.S. = Master of Science; M.F.T. = Licensed Marriage and Family Therapist; B.S.W. = Bachelor of Social Work; B.A. = Bachelor of Arts; B.S. = Bachelor of Science; A.A. = Associate of Arts.

***Training programs in these areas are often found in universities' schools of Education