

Licensed Mental Health Professionals

PSYC 402

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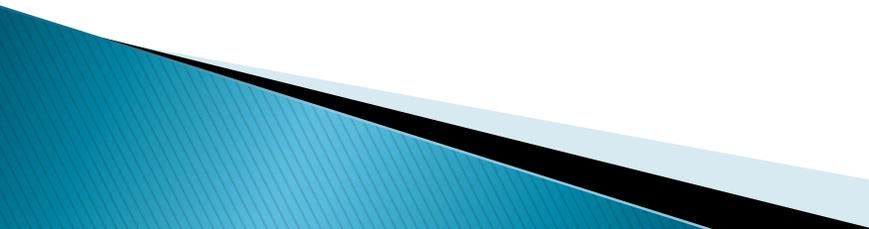
Licensed Mental Health Professionals

- ▶ Social Workers
 - ▶ Professional Counselors
 - ▶ Marriage and Family Therapists (MFT)
 - ▶ Psychiatrists
 - ▶ Health Service Psychologists
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National Association of Social Work

- ▶ Social workers help individuals, families, and groups restore or enhance their capacity for social functioning, and work to create societal conditions that support communities in need.
- ▶ The practice of social work requires knowledge of human development and behavior, of social, economic and cultural institutions, and of the interaction of all these factors.
- ▶ Social workers help people of all backgrounds address their own needs through psychosocial services and advocacy.
- ▶ Social workers help people overcome some of life's most difficult challenges: poverty, discrimination, abuse, addiction, physical illness, divorce, loss, unemployment, educational problems, disability, and mental illness. They help prevent crises and counsel individuals, families, and communities to cope more effectively with the stresses of everyday life.
 - Adopted from <https://www.socialworkers.org/News/Facts/Social-Workers>

American Counseling Association

- ▶ “Professional counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”
 - ▶ Adopted from
<https://www.counseling.org/about-us/about-aca>
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American Association for Marriage and Family Therapy

- ▶ “A family's patterns of behavior influences the individual and therefore may need to be a part of the treatment plan. In marriage and family therapy, the unit of treatment isn't just the person – even if only a single person is interviewed – it is the set of relationships in which the person is embedded.”
 - Adopted from
https://www.aamft.org/About_AAMFT/About_Marriage_and_Family_Therapists.aspx?hkey=1c77b71c-0331-417b-b59b-34358d32b909

American Psychiatric Association

- ▶ “Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.”
- ▶ Adopted from
<https://www.psychiatry.org/patients-families/what-is-psychiatry-menu>

American Psychological Association

- ▶ Assessment
- ▶ Master Clinician (5–7 years)
- ▶ Evidence-based approach
 - <https://www.apa.org/topics/about-psychologists>
 - <https://www.apa.org/action/careers/facts>
 - <https://www.apa.org/ptsd-guideline/patients-and-families/psychotherapy-professionals>