

Different Kinds of Mental Health Providers

Conversations with a Child Psychologist

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Webinar 1.1



DOCTOR
COUNSELOR
SCHOOL COUNSELOR
therapist
PSYCHOLOGIST
SOCIAL WORKER
SHRINKMENTOR

Types of Mental Health Support


- Assistance or counseling

- Individual, groups

- Psychotherapy

- Individual, family, couples, groups
- In office, in-home, in-patient hospital (medical or psych)

- Psychiatric medication



Dr. Melanie Morse
Different Kinds of Psychotherapy
12/9/25

What is and isn't psychotherapy?

■ Counseling

- **Assistance**, advice, guidance, mentoring, support
- Can include self-disclosure, friendship, pure advice giving
- Can be informal

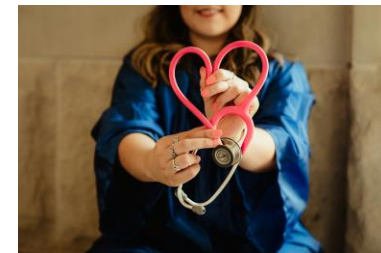
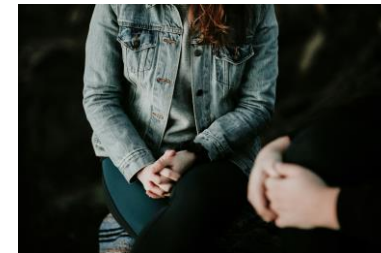


■ Psychotherapy

- **Treatment** for mental, emotional, behavioral health conditions
- Evidence-based psychotherapy: has science showing the treatment works
- Formal relationship with defined boundaries
- Rarely includes self-disclosure; never a friendship

Types of Mental Health Providers

- Peer Support
assistance & counseling
- Supervised Mental Health Support
assistance & counseling
- Psychotherapists
psychotherapy treatment
- Nurses & Psychiatrists
psychiatric medication



Peer Support

WHAT THEY'RE CALLED

- Peer support
- Family navigator
- Parent partner
- 12-step sponsor
- Friend

WHAT THEY DO

- Provide advice, support, informal mentoring, and encouragement
- Connect you to resources
- Cannot do psychotherapy
- Cannot prescribe medication



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TRAINING

- Lived expertise

Supervised Mental Health Support

WHAT THEY'RE CALLED

- QMHP – Qualified Mental Health Provider
- BCaBA – Board Certified Assistant Behavior Analyst
- Mental health mentor, Mentor
- Counselor
- Staff
- Tech
- Behavior specialist
- Case manager



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TRAINING

- Usually 4-year college degree
- Can have a certification or license
- Work under the supervision of a licensed mental health provider

Supervised Mental Health Support



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WHAT THEY DO

- Provide advice, support, counseling, formal mentoring, and coaching
- Cannot do psychotherapy
- Cannot prescribe medicine

Psychotherapists **Master's level**

WHAT THEY'RE CALLED

- LPC - Licensed Professional Counselor
- LCSW - Licensed Clinical Social Worker
- LMFT - Licensed Marriage and Family Therapist
- BCBA – Board Certified Behavior Analyst
- EdS – Master's in School Psychology
- School psychologist
- Social worker, Case manager
- ABA therapist
- Therapist
- Psychotherapist
- Counselor, School counselor



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TRAINING

- 4-year college degree
- 2-year Master's program
- Often trained in psychotherapy
- Licensed provider

Psychotherapists **Master's level**



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WHAT THEY DO

- Many are trained to provide counseling and/or psychotherapy
- Cannot prescribe medication
- School psychologists can do assessment/testing
 - School psychologists cannot do psychotherapy or prescribe medicine

Psychotherapists Doctoral level

WHAT THEY'RE CALLED

- PhD – Clinical Psychologist
- PsyD – Clinical Psychologist
- PhD – Neuropsychologist, Clinical Neuropsychologist
- Therapist
- Psychotherapist
- Psychologist
- Doctor
- Evaluator/Assessor



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TRAINING

- 4-year college degree
- 6+ years of master's & doctoral training
- 1-3 years of specialized post-doctoral training
- Training in psychotherapy, assessment, neuropsychology
- Licensed provider

Psychotherapists **Doctoral level**



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WHAT THEY DO

- Psychotherapy, usually evidence-based
- Assessment/evaluation/testing
- Cannot prescribe medication in Virginia

Psychiatric Nurse Practitioner

WHAT THEY'RE CALLED

- NP – Nurse Practitioner
- Mental Health Nurse
- Psychiatric Nurse Practitioner
- Nurse

WHAT THEY DO

- Prescribe medicine
- Cannot do psychotherapy



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TRAINING

- 4-year college, plus Registered Nurse (RN),
- Master's in Nursing (MSN)
- Additional training/certification (NP)

- Medical training
- Licensed provider

Psychiatrist

WHAT THEY'RE CALLED

- MD – Psychiatrist
- DO – Psychiatrist
- Psychiatrist
- Doctor
- Shrink

WHAT THEY DO

- Prescribe medication
- Sometimes do psychotherapy
- Cannot do assessment/testing



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TRAINING

- 4-year college degree
- 4-year medical school
- 4-year residency

- Medical training
- Licensed provider

Who's right for you?



Peer Support Assistance & Counseling



Supervised Mental Health Assistance & Counseling



Master's Level Counseling or Psychotherapy



Doctoral Level Psychotherapy (sometimes counseling)



Psychiatric Nurse Practitioner Medication



Psychiatrist Medication



Mental Health Emergencies

EMERGENCIES

- National Suicide Prevention Lifeline **call or text 988** or on-line chat <https://chat.988lifeline.org/>
- Trans Lifeline **(877) 565-8860** 11:00 a.m. to 5:00 a.m. EST
- Trevor Project Lifeline **(866) 488-7386** available 24/7



Mental Health Resources

FIND A PROVIDER

- Virginia Community Services Boards: mental health, substance use, and mental health emergencies <https://vacsb.org/csb-bha-directory/>
- Psychology Today: psychotherapists, psychiatrists) <https://www.psychologytoday.com/us/therapists/>
- American Psychological Association: psychologists <https://locator.apa.org/>



Mental Health Resources

EXPLAINERS

- Mental Health America: Mental Health 101 <https://screening.mhanational.org/mental-health-101/>
- Child Mind Institute: Complete Guide to Getting Good Care <https://childmind.org/guide/parents-guide-to-getting-good-care/>
- Child Mind Institute: Topics A-Z <https://childmind.org/topics-a-z/>
- Child Mind Institute: Symptom Checker <https://childmind.org/symptomchecker/>



Other Resources

Bridge2ResourcesVA

Resources for (almost) every need across Virginia

<https://bridge2resourcesva.org/> all languages

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