



## PSYCHOLOGIST OR PSYCHIATRIST

It is easy to get confused with a psychologist and psychiatrist because both work in the treatment of clients.

However, there are definite differences in their training and what they do. Psychologists often have a six year training period at a university, which includes two years of internship. A psychiatrist studied to be a medical doctor and then continues their studies in mental health. Consequently, a psychiatrist can diagnose mental illness and they prescribe medication as necessary.

Psychologists apply their expertise in mental health, learning and behaviour to help students succeed academically, socially, behaviourally and emotionally. We partner with families, teachers school administrators and other professionals to create a safe, healthy and supportive learning environment that enhances the bonds between home, school and the community.

Many students, at some point in their school life, will benefit from psychological advice and care. A school psychologist assists students with a variety of situations and skill areas, including, but not limited to:

- Managing friendships
- Resolving conflict
- Self-harm
- Anxiety
- Cyber safety
- Study methods

- Developing their social skills
- Adolescents with shyness
- Responding to name calling or teasing
- Managing their emotions more effectively
- Increasing their self-awareness and how their behaviours impact on others
- Identifying learning difficulties and many other areas
- Managing their digital diet and digital nutrition

Attached find a link to a Youtube clip that discusses the differences and similarities between a psychologist and a psychiatrist really well.

<https://www.youtube.com/watch?v=bNntgCwjyVU>

Feel free to contact us and let us know if you have any questions that you wish for us to respond to in this section.

**Jacoline Petersen**

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