What’s the Difference?

**Psychiatrists:**
- Are physicians (MDs or DOs).
- Have at least 12 years of medical training.
- Have 4 years of residency training in diagnosing mental and physical diseases and prescribing medication.
- Are trained to diagnose patients and review medical records in order to identify medical-mental illnesses.

**Psychologists:**
- Are not physicians.
- Are academics with a Ph.D, Psy.D, or Ed.D.
- May have degrees in:
  - Sports psychology,
  - Business psychology,
  - Education psychology, or
  - Industrial psychology.
- Are trained counselors or therapists with one year of post-doctoral supervised training in counseling or therapy.

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### Comparison of Training Hours

- **Psychiatrists:** 10,860 hours
  - Undergraduate Classroom: 6,401 hours
  - Undergraduate Clinical Training: 1,400 hours
  - Biomedical Classroom: 3,059 hours
  - Clinical Training: 400 hours
- **Psychologists:** 4,250 hours
  - Undergraduate Classroom: 2,000 hours
  - Undergraduate Clinical Training: 1,000 hours
  - Biomedical Classroom: 800 hours
  - Clinical Training: 400 hours
- **Nurse Practitioners:** 6,401 hours
  - Undergraduate Classroom: 2,000 hours
  - Undergraduate Clinical Training: 1,000 hours
  - Biomedical Classroom: 800 hours
  - Clinical Training: 400 hours
- **Physician Assistants:** 4,250 hours
  - Undergraduate Classroom: 2,000 hours
  - Undergraduate Clinical Training: 1,000 hours
  - Biomedical Classroom: 800 hours
  - Clinical Training: 400 hours
- **Post-Graduate Classroom/ Clinical Training:** 400 hours