

# 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*.

