



# There is a difference!

## The Psychologist

The psychologist holds an **academic degree** (*Ph.D., Psy.D. or Ed.D.*) and has not been to medical school.

Psychologists have training in abnormal psychology, psychological theory, psychological testing, counseling techniques and psycho-social evaluations. The **training emphasis is on human behavior and testing**. Psychologists focus on the human mind and behavioral change through **talk therapy**, not on underlying biological causes and problems.

## The Psychiatrist

The psychiatrist is a **medical doctor** (*M.D. or D.O.*) who specializes in the treatment of the mental illnesses, just as a cardiologist specializes in heart disease.

Training for such a degree involves **four years of pre-medical school education**, including courses in biology, chemistry, genetics, physics, anatomy **and four years of medical school** (a minimum of 4,000 actual hours); **and,**

- ε **four more years of internship and residency training** nearly all of which takes place in an inpatient hospital setting; **followed by,**
- ε **one or more years of additional training** if the medical doctor wishes to specialize in the treatment of children, adolescents, substance abuse, geriatrics, etc.

As a medical doctor, the psychiatrist is trained to diagnose and treat medical and psychiatric illnesses. Some psychiatric illnesses may appear to be psychological when in fact they have a **critical biological** cause like depression caused by thyroid disease. Psychiatrists are trained to balance the treatment between medical and biological illnesses.

As a medical doctor, the psychiatrist is trained to review medical records, examine patients, order medical tests, analyze laboratory reports, take medical histories, and prescribe medications. The **psychiatrist is trained daily in pharmacology** and the complex, potentially dangerous, interactions involving medications.

Psychiatrists focus on the human brain as a part of the neurological system, working with the entire brain, mind and body of the patient.

**Allowing psychologists to prescribe medications in Oklahoma would be a Prescription for Disaster!**