

Services Guide

Psychologists

**NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-contextualize information incorporating SEO and business specifics.*

**NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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1. PSYCHOLOGISTS OVERVIEW

1.1 GENERAL INFORMATION

<https://en.wikipedia.org/wiki/Psychologist>

<http://www.allpsychologyschools.com/psychology/psychology-vs-psychiatry/>

- A professional who evaluates and studies behaviour and mental processes
- Typically a psychologist must have completed a university degree in psychology
- The definition of psychologist is non-exclusive, as members of other professions (such as counselors and psychiatrists) can also evaluate, diagnose, treat, and study mental processes
- Psychologists are generally divided into three different fields
 - Clinical, counselling, and school psychologists; work with patients in a variety of therapeutic contexts
 - Industrial, organizational, and community psychologists who apply psychological research, theories, and techniques to ‘real world’ problems, questions, and issues in business, industry, social benefit organizations, and government
 - Academics conducting psychological research in a college or university
- Most people think of clinical or counselling psychologists when they think of psychologists
- A psychologist should not be confused with a psychiatrist
 - Psychiatrists are trained medical doctors and can prescribe medications, spending time with their patients on medication management
- Psychologists focus extensively on psychotherapy and treating emotional and mental suffering in patients with behavioural intervention
- Psychologists are qualified to conduct psychological testing, which is critical in assessing a person’s mental state
- A psychologist may refer a patient to a psychiatrist who can prescribe and monitor medication

1.2 SEO

Keywords (First Row – BEST, Last Row – LEAST)

○ Psychologist	○ Mental health counselor	○ Therapy	○ Child psychologist
○ Psychotherapy	○ Mental health therapist	○ Counseling psychology	○ Counselling
○ Marriage counselling	○ Counselling services	○ Counsellor	○ Family counselling
○ Relationship counselling	○ Grief counselling	○ Trauma counselling	○ Counselling service

1.3 LICENSURE OF THE PRACTICE OF PSYCHOLOGY IN CANADA

- To practice psychology in Canada, a psychologist must be licensed
- Licensure to practice is granted by regulatory bodies in each Canadian jurisdiction
- Alternate terms for licensure are ‘registered’ and ‘chartered’
- Requirements for licensure differ from jurisdiction to jurisdiction
- It is a good idea to seek the services of someone who is licensed to ensure they have met and are accountable to rigorous standards of justice
- Psychologists with a doctoral degree can use the title “Dr.”
- Psychologists already registered in one Canadian jurisdiction that want to practice in another jurisdiction may be able to transfer under the Mutual Recognition Agreement
- Psychologists trained outside of Canada who want to move practice in a Canadian jurisdiction should contact the regulator body in the jurisdiction they want to practice in to determine if they have the necessary qualifications for registration

1.4 COUNSELLING VS PSYCHOTHERAPY

<https://willowtreecounselling.ca/articles/counselling-vs-psychotherapy-whats-the-diff/>

General:

- There are a lot of questions as to what the difference between **counselling** and **therapy** is
- They are very similar terms and are often used interchangeably
- Both are unregulated terms, so anyone can use them and it is more “buyer beware” than anything
- There are, however, some subtle differences in these terms that are more interpretive than definitive

Counselling vs Therapy	Description
Similarities	<ul style="list-style-type: none">○ The two terms do share some things in common in that they both have the aim of trying to help people make changes within themselves and their lives○ It is not a random process; the therapist or counsellor asks questions and gives feedback to a patient, acting to assist clients to help them find the answers within themselves
Differences	<ul style="list-style-type: none">○ The differences are more contextual rather than specifically defined and are understood as:<ul style="list-style-type: none">• Counselling is related to assisting clients in resolving specific

- problems, changes in life adjustment, and fostering clients' wellbeing
- Therapy is more “a journey for understanding the self” and restructuring the personality through development of insight
- It's ultimately up to the client to decide what is better

2. PSYCHOTHERAPY

<https://en.wikipedia.org/wiki/Psychotherapy>

https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy

- Psychotherapy is the use of psychological methods to help a person change and overcome problems in desired ways
- It aims to improve an individual's well-being and mental health
- The term is derived from Ancient Greek *psyche* (meaning “breath; spirit; soul”) and *therapeia* (meaning “healing; medical treatment”)
- Defined by the Oxford English Dictionary as “the treatment of disorders of the mind or personality by psychological methods”

2.1 TYPES OF PSYCHOTHERAPY

There are hundreds of approaches or schools of thought to psychotherapy. In fact, by the beginning of the 21st century, there were over 1000 different named psychotherapies with some being minor variations while others are based on very different concepts of psychology, ethics, and technique.

Methods	Description
2.1.1 Humanistic	<ul style="list-style-type: none">○ The psychotherapies are also known as experiential○ They're based on humanistic psychology○ They are primarily concerned with human development and needs of the individual with an emphasis on subjective meaning, a rejection of determinism, and a concern for positive growth rather than pathology○ Some posit an inherent human capacity to maximize potential
2.1.1 Insight-Oriented	<ul style="list-style-type: none">○ Focuses on revealing or interpreting unconscious process○ Most commonly refers to psychodynamic therapy○ Encourages verbalization of the patient's thoughts, including free associations, fantasies, and dreams○ Oldest form was developed by Freud, and is known as

	<p>psychoanalysis</p> <ul style="list-style-type: none">○ There is some evidence that suggests the process of insight-oriented psychotherapy can be improved by the use of drugs, described as psychedelic drugs (meaning “mind-manifesting”)○ It has also been found that psychedelics are effective in easing the process of dying patients
2.1.3 Cognitive Behavioural	<ul style="list-style-type: none">○ A psychosocial intervention that is the most widely used evidence-based practice for treating mental disorders○ Guided by empirical research, this focuses on the development of personal coping strategies that target solving current problems and changing unhelpful patterns in cognitions○ Found to be effective for less severe forms of depression and anxiety, PTSD, tics, substance abuse (with the exception of opioid use disorder), eating disorders, and borderline personality disorder○ It is also often recommended in combination with medication for treating other conditions such as severe OCD and major depression, opioid addiction, bipolar, and psychotic disorders○ It is further recommended as the first line of treatment for the majority of psychological disorders in children and adolescents
2.1.4 Systemic	<ul style="list-style-type: none">○ Seeks to address people not just individually, but in a relationship, dealing with the interactions of groups, their patterns and dynamics○ This includes family therapy and marriage counselling○ It neither attempts a treatment of causes nor symptoms, rather it gives living systems nudges that help them to develop new patterns together
2.1.5 Expressive	<ul style="list-style-type: none">○ Any form of therapy that utilizes artistic expression as its core means of treating clients○ Therapists use the different disciplines of creative arts as therapeutic interventions○ Some common types of expressive therapy include:<ul style="list-style-type: none">● Art therapy● Dance therapy● Drama therapy● Psychodrama● Music therapy

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	<ul style="list-style-type: none">• Writing therapy• Film/video therapy○ Horticultural therapy is often not listed with other expressive therapies and is not universally considered a form of expressive therapy or creative therapy○ All expressive therapists share the belief that through creative expression and the tapping of the imagination, a person can examine the body, feelings, emotions and his or her thought process
2.1.6 Postmodernist	<ul style="list-style-type: none">○ Social and cultural influence may be explored○ Coherence therapy posits multiple levels of mental constructs that create symptoms as a way to strive for self-protection or self-realization○ Feminist therapy does not accept that there is one single or correct way of looking at reality and is therefore considered a postmodernist approach
2.1.7 Other	<ul style="list-style-type: none">○ As mentioned above, there are more than a thousand different types and subtypes, these are a few that don't fit under the previous six○ Transpersonal psychology addresses the client in the context of a spiritual understanding of consciousness○ Positive psychotherapy is a method in the field of humanistic and psychodynamic psychotherapy and is based on a positive image of humans with a health-promoting, resource-oriented and conflict-centered approach○ Hypnotherapy is undertaken while the subject is in a state of hypnosis and is often applied to modify a subject's behavior, emotional content, and attitudes○ Body psychotherapy focuses on the link between the mind and the body

2.2 GROUP THERAPY

https://en.wikipedia.org/wiki/Group_psychotherapy

- A form of psychotherapy in which one or more therapists treat a small group of clients together as a group
- The term refers to any form of psychotherapy delivered in a group format
- Most commonly known would be Alcoholics Anonymous

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- Group therapy has shown to have a clinically highly significant effect for depression, strong and moderate effect sizes for adult sexual abuse, and there is good evidence for effectiveness with chronic traumatic stress in war veterans

2.3 COUPLES THERAPY

<http://www.jerichocounselling.com/couples-marriage-counselling/>

- Couples bring a unique dynamic to therapy since both are involved in their relationship problems and both must play a role in building and implementing solutions
- Therapy provides a safe environment where both partners can feel heard and understood
- It is important that each member of the couple feel empowered to act and be accountable for contributing to the positive progress of the counselling and life outside the therapy room
- Couples therapy allows couples to move beyond the “same old arguments” common and move towards new ways of interacting

2.4 CHILD/PARENT THERAPY

2.4.1 Child Therapy

https://en.wikipedia.org/wiki/Child_psychotherapy

- Counselling and therapy must be adapted to meet the developmental needs of children
- The method varies with respect to the problem being addressed and the age and other individual characteristics of the child
- Children entering psychotherapy have often been exposed to family violence or other traumatic experiences
- Treating traumatized children may be unusually challenging because of vicarious traumatization (also called “compassion fatigue”, “secondary traumatic stress disorder”, “burnout”, “countertransference”, and “work-related stress”)
- Children may also benefit if their parents speak to a therapist (parent therapy)

2.4.2 Parent Therapy

- From the moment pregnancy is announced, parents will be inundated with suggestions and advice on how to raise their child
- Parenting is one of the most difficult aspects of a person’s life
- New parents may be overwhelmed and unsure of what is best for their child
- A therapist can help you through the tough times and help you face the challenge of raising a child
- Manage the stress or help sort through the right methods of parenting for you and your child

3. WHY GO TO THERAPY

<https://www.psychologytoday.com/blog/in-therapy/201403/8-more-reasons-go-therapy>
<http://www.guidetopsychology.com/reasons.htm>

- In the past, it was generally thought that only someone who was “crazy” or someone who had a “nervous breakdown” had a reason to see a psychologist
- The truth is that anyone can benefit from psychological services that enhance and maintain physical and mental health
- It is also very important to note that the clichés from movies are mostly inaccurate
- Most people think of Sigmund Freud when they think of therapy, but his ideas are decades obsolete

Why should one go to therapy? Ultimately, you should go because it will help you in the long run. There are many situations that may warrant counselling or therapy. These can include:

1. Everything you feel is intense
2. You’ve suffered a trauma and you can’t stop thinking about it
3. You have unexplained and recurrent headaches, stomach-aches or a run-down immune system
4. You’re using a substance to cope
5. You’re getting bad feedback at work
6. You feel disconnected from previously beloved activities
7. Your relationships are strained
8. Your friends have told you they’re concerned

Remember that someone suggesting that you go to therapy is not a condemnation. That attitude contributes to the social stigma that surrounds psychotherapy. Instead, think of psychotherapy as something that can help you fix issues, but can also help you reach a higher potential and improve an already-decent life. Here are nine other reasons to try therapy:

1. You want to love and accept yourself
2. You want to make a good marriage great
3. You want to be a fantastic parent
4. You want to thrive in your career
5. You want to understand your purpose in life
6. You want one hour each week to focus completely on yourself
7. You want to reach a fitness goal
8. You want to let go and forgive
9. You want a place to practice assertiveness, expressing emotion, or anything else

There are likely many other helpful reasons, but the point is that therapy is a helpful tool for treating serious problems and it can offer much more.

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Therapy can help with:

- Grief
- Loss
- Trauma
- Anxiety
- Stress
- Phobias
- Eating Disorders
- PTSD
- Depression