

# Psychotherapy vs. counseling



 **Calmerry**

## PSYCHOTHERAPY

## COUNSELING

### Focus

Predominantly on chronic, recurrent issues. There may be a greater emphasis on a person's entrenched beliefs, patterns of thinking, or behaviors

Tends to be on more immediate or short-term issues. There may be a greater emphasis on the here-and-now or specific behaviors or circumstances

### Issues

Related to complex emotional difficulties, long-standing problems, or mental health disorders

Tend to be more immediate in nature (adjustment issues, relationship issues, parenting, stress management, grief and loss, etc.)

### Types of therapy

Psychotherapists use a number of therapeutic modalities depending on a person's needs as well as the therapist's own training and theoretical orientation. Some of those modalities are what you'd recognize as "talk therapy," while others may utilize other strategies.

The process is like a focused, purposeful conversation between the person and their counselor. Through those conversations, clients can explore issues and make powerful connections and insights. Therapists may also utilize CBT or other therapeutic modalities as part of the counseling process.

### Duration

Tends to be longer in duration – weeks or months, even years for people with a severe chronic mental health issue.

Tends to be shorter in duration. Some issues can be addressed in 6-12 sessions. Other issues may take significantly longer.

### Credentials of a mental health professional

In general, licensed mental health clinicians (**LPC, LCSW, LMFT, or LP**, to name a few) can diagnose and treat mental health conditions that are within their scope of practice, whether using counseling or psychotherapeutic interventions.

So, for many people, the issue may not be as much about psychotherapist vs. counselor or a credential, but rather which clinician **has the skills and expertise** to provide the services for **your particular set of needs**.