
Mental Health Professionals

Below is a description of services provided by professionals who are able to support mental health needs. The requirements and qualifications are based on Utah State law and may vary state-to-state.

Counseling

Psychologists

Trained to assess, diagnose, and provide treatment using clinical interviews, psychological evaluations, and testing. Psychotherapy may include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), Integrative or holistic therapy, or other behavior therapy interventions.

Degree requirements: Doctor of Philosophy (Ph.D.) in a field of psychology or Doctor of Psychology (Psy.D.).

Licensure & credentials: Psychologists are licensed by licensure boards in each state.

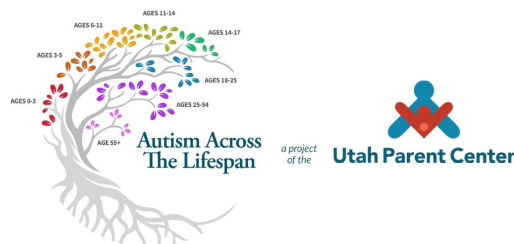
Counselors, Clinicians, Therapists

Trained to assess, diagnose, and provide treatment using therapeutic techniques. Titles vary based on treatment setting.

Degree requirements: Master's degree (M.S. or M.A.) in a mental health-related field.

Licensure & Certification: Varies by specialty and state. Examples of licensure include:

- LPC, Licensed Professional Counselor
- LMFT, Licensed Marriage and Family Therapist
- LCADAC, Licensed Clinical Alcohol & Drug Abuse Counselor





Clinical Social Workers

Trained to assess, diagnose, and provide treatment using therapeutic techniques. They also specialize in case management and advocacy services.

Degree requirements: Master's degree in social work (MSW).

Licensure & credentials: Examples of licensure include:

- LICSW, Licensed Independent Social Workers
- LCSW, Licensed Clinical Social Worker
- ACSW, Academy of Certified Social Worker

Prescribe And Monitor Medication

Psychiatrists

Licensed medical doctors with psychiatric training. They can diagnose mental health conditions and provide treatment through prescribed medication or psychotherapy.

Degree requirements: Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO), plus completion of residency training in psychiatry.

Licensure & credentials: Licensed physician in the state where they are practicing; may also be designated as a Board Certified Psychiatrist by the Board of Neurology and Psychiatry.

Psychiatric Or Mental Health Nurse Practitioners

Provide assessment, diagnosis, and therapy for mental health conditions. They can also prescribe medication in the State of Utah.

Degree requirements: Master of Science (MS) or Doctor of Philosophy (Ph.D.) in nursing with specialized focus on psychiatry.

Licensure & credentials: Licensed nurse in the state where they are practicing. Examples of credentials include, but are not limited to:

- NCLEX, National Council Licensure Examination
- PMHNP-BC, Board Certification in psychiatric nursing through the American Academy of Nurses Credentialing Center



Primary Care Physicians

Can prescribe medications but doesn't specialize in mental health care.

Degree requirements: Doctor of Medicine (M.D.) or Doctor of Osteopathic Medicine (DO).

Licensure & credentials: Licensed physician in the state where they are practicing.

Physician Assistants

Can prescribe medications but doesn't specialize in mental health care.

Degree requirements: Masters of Science (M.S) from an accredited Physicians Assistant program and more than 2,000 hours of clinical rotations.

Licensure & credentials: Licensed physician in the state where they are practicing. Credentials include

- Physician Assistant National Certifying Exam (PANCE)

Family Nurse Practitioners

Can prescribe medications in the State of Utah but doesn't specialize in mental health care.

Degree requirements: Master of Science (M.S.) or Doctor of Philosophy (Ph.D.) in nursing.

Licensure & credentials: Licensed nurse in the state where they are practicing. Examples of credentials include:

- NCLEX, National Council Licensure Examination
- FNP-BC, Family Nurse Practitioner Board Certified

Psychiatric Pharmacists

Advanced-practice pharmacists specializing in mental health care. They can prescribe medication in the state of Utah.

Degree requirements: Doctor of Pharmacy (PharmD). Completion of residency training in psychiatric pharmacy is not required, but is common.

Licensure & credentials: Licensed pharmacist in the state where they practice; may also be designated a Board Certified Psychiatric Pharmacist (BCPP) by the Board of Pharmacy Specialties.



Certified Peer Specialists

Social Workers

Provide case management, inpatient and outpatient planning services, placement services, and other services.

Degree requirements: Bachelor of Arts or Bachelor of Science

Pastoral Counselors

Clergy members trained in clinical pastoral education. They can diagnose mental health conditions and provide counseling.

References

- American Psychological Association
<https://www.apa.org/topics/psychotherapy/approaches>
<https://www.apa.org/topics/psychotherapy/about-psychologists>
<https://www.aapa.org/career-central/become-a-pa/>
- Mayo Clinic
<https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530>
- NAMI: National Alliance on Mental Illness
<https://www.nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>