



# WHAT IS THE DIFFERENCE BETWEEN A PSYCHIATRIST, A PSYCHOLOGIST AND A PSYCHOTHERAPIST?

All these job roles sound VERY similar, here's our guide to help you decipher the confusing world of psychology and get you the job that is perfect for you!

Every job in the NHS psychology services involves helping people with mental health issues, but differ in the amount of training you will need or type of conditions you will be dealing with.

## Psychiatrist

**Area of NHS:** Medicine  
**Pay Scale:** £26 k – £104 k  
**Grades:** TOP GRADES at GCSE and A-Level

A Psychiatrist is a doctor who has trained in psychiatry. Psychiatry is the study of mental health problems as well as their diagnosis, management and prevention. As well as seeing patients most psychiatrists will also be involved in research. There are 6 specialisms in Psychiatry covering a range of areas from forensic to child. If you want to go into psychiatry you need to get into medical school first, see our "How to become a Doctor" poster for more information!

## Psychologist

**Area of NHS:** Psychological Therapies  
**Pay Scale:** £26 k - £42 k  
**Grades:** 9-4 Maths, English and Science at GCSE

Psychology is basically the study of people, it's the science of behaviour and mind. How do they think? How do they act? How do they react to situations? Both conscious and unconscious thought patterns are important as well as behaviour and feelings. Psychologists can work in 4 different areas in the NHS: clinical, counselling, forensic and health. Their aim is to help the patient reduce distress in whatever area that might be, they aren't usually medically trained. Extra training is required after your undergraduate degree if you want to become a psychologist.

## Psychotherapist

**Area of NHS:** Psychological Therapies  
**Pay Scale:** £26 k - £42 k  
**Grades:** 9-4 Maths, English and Science at GCSE

Psychotherapy is the treatment of a mental disorder rather than medical means. Psychotherapists help people to overcome problems such as depression, stress or anxiety or troublesome habits. There are lots of different techniques a psychotherapist can train in, such as talking therapies like Cognitive Behavioural Therapy or physical therapies like art and play. A psychotherapist can be a health professional, psychologist or psychiatrist who has received further training. Training normally takes 4 years after your undergraduate degree, but can be funded through the NHS.