



**BEFORE YOU SEEK  
PROFESSIONAL HELP**

*Know your Mental  
Health Professionals*

**PART 1**



**EVOLVE WITH RASI**

# COUNSELLOR / COUNSELLING PSYCHOLOGIST

- MA or MSc in Psychology/ Counselling Psychology / Applied Psychology
- Does group or individual counselling with normal to moderately disturbed individuals.
- Aims to improve an individual's sense of well-being, relieve distress and resolve crises
- Also provide Assessment of psychological symptoms, personality, aptitude, vocational interests but does not Diagnose

Some Areas - Relationship, Family, Marriage, Personal Development, Anxiety, Stress, Mood related, Trauma, Abuse, Grief or loss, Career, Work, Life stressors or transitions, etc.

Technique  
Mostly TALK-BASED

EVOLVE WITH RASI

# CLINICAL PSYCHOLOGIST

- M.Phil in Clinical Psychology / Psy.D / Professional Diploma in Clinical Psychology
- The practitioner should have a registered license in CRR to practice (RCI Registration)
- Aims to treat Psychiatric Disorders/Psychological problems
- Does psychological testing for Diagnosis, identification of problem

Some Areas - Developmental Disabilities/Disorders (eg, Autism, ADHD), OCD, Bipolar Disorder, Anxiety Disorders, Eating Disorders, Personality Disorders, Depression etc.

For treatment  
USES PSYCHOTHERPAY (psychological methods)  
"DOES NOT" PRESCRIBE MEDICINES!

EVOLVE WITH RASI

# PSYCHIATRIST

- MBBS + MD in Psychiatry / DNB Psychiatry
- Is both a mental health professional and a medical doctor
- Aims to distinguish between physical and psychological causes.
- Medical + Psychological testing for Identification of problems.

Some Areas - Schizophrenia and other Psychoses, ADHD, MDD, OCD, Panic Disorder, Bipolar Disorder, Personality Disorders, OCD, Neurological Disorders, etc

For treatment  
USES PSYCHOTHERAPY, BRAIN STIMULATION THERAPIES  
THEY PRESCRIBE MEDICINES.

# PSYCHOANALYST

- MA / MSc / PhD in Psychology or MD / DO + Psychoanalysis Training from IPA
- Aims to treat psychic problems by understanding the interaction between Conscious and Unconscious mind
- Psychological problems are rooted in the unconscious mind (repressed fears and conflicts)
- Treatment focuses on bringing the repressed conflict to consciousness, where the individual can deal with it. Insight and awareness gives Relief.

**Some Areas - Anxiety Disorders, Phobias, PTSD, Inner Child healing, Sexual Problems, Identity related, etc.**

## Some Techniques

FREE ASSOCIATION (sharing your thoughts in flow), DREAM ANALYSIS, TRANSFERENCE (projection of your feelings), FREUDIAN SLIPS