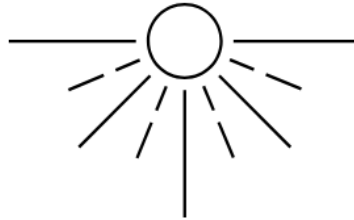




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

Who does what in mental health?

Understand therapists, medical providers, coaches, and their training.



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LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

The letters after a name can feel like another language. They tell you something about training, but they are only the start of deciding who can help.

1 Medical and psychological care

A psychiatrist is a medical doctor trained in mental health. They can prescribe medicine. A psychologist usually has a doctoral degree and may offer testing, assessment, and therapy. In some places, specially trained psychologists can prescribe. Psychiatric nurse practitioners may also assess, treat, and prescribe under local rules.

2 Counseling and relationship care

LMHC (Licensed Mental Health Counselor), LPC (Licensed Professional Counselor), LMFT (Licensed Marriage and Family Therapist), and LCSW (Licensed Clinical Social Worker) are therapy license titles. Each can offer therapy within their training and legal scope. Titles and rules vary by location. Ask what the person can help you with.

3 Other kinds of support

Coaches often help with goals and habits. The title coach does not mean someone has a mental health license. Pastors and peer supporters offer other kinds of help. An intern or associate may provide therapy with a supervisor. Ask who guides and is responsible for their work.

Research & perspective

National Alliance on Mental Illness and the American Psychiatric Association describe the roles above. A degree, certification, license, and specialty training are different things. Verify current credentials with the relevant licensing board.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 Do I need therapy, a medication discussion, testing, practical support, or help deciding?

2 What do I want to understand about a provider's training?

3 Would coordinated care be useful?

One next step

Ask for the full professional title, license, and relevant experience. Florida readers can use the state verification link; elsewhere, use the local licensing authority.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What is your license type and number?
- ☐ What services are you qualified to provide?
- ☐ Are you supervised, and how does that work?

Listen with curiosity

[Episode 69 - Hear a discussion that includes psychological assessment and family needs.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Alliance on Mental Illness: Types of mental health professionals](#)

[American Psychiatric Association: What is psychiatry?](#)

[Florida Department of Health: Verify a license](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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