

Psychologists study human behavior and mental processes to evaluate, diagnose, and treat emotional and psychological challenges. Their core functions include administering psychological tests, providing evidence-based psychotherapy (talk therapy), developing tailored treatment plans, and consulting with other healthcare professionals.

Because psychology is a broad field, a psychologist's exact responsibilities depend heavily on their specialization. The most common types of psychologists include:

- **Clinical & Counseling:** Assess, diagnose, and treat mental, emotional, and behavioral disorders ranging from anxiety to severe chronic conditions.
- **School:** Study educational and developmental problems to counsel students, design behavior plans, and consult with teachers and parents.
- **Industrial-Organizational (I/O):** Apply psychological principles to the workplace to improve employee productivity, job satisfaction, and organizational dynamics.
- **Neuropsychologists:** Evaluate how brain injuries, strokes, or developmental disabilities affect cognitive and behavioral functions.
- **Forensic:** Work within the legal and criminal justice system to evaluate suspects, assist in legal cases, or provide expert testimony in court.
- **Rehabilitation:** Help individuals who have suffered a physical injury or illness regain independence and adapt to physical disabilities.

To explore what specific psychological services look like or to find a professional in the Vandalia, Ohio area, you can browse directories like the [American Psychological Association Locator](#).