

The primary purpose of a psychologist is to understand, treat, and prevent mental, emotional, and behavioral disorders by assessing, diagnosing, and providing psychotherapy and other interventions. Psychologists also conduct scientific research to deepen our understanding of the mind and behavior, develop and implement programs to improve well-being in schools and workplaces, and promote mental health in individuals and communities.

Key Functions

- **Assessment and Diagnosis:** Psychologists use interviews, psychological testing, and other methods to evaluate a person's mental state, diagnose disorders, and understand their strengths and weaknesses.
- **Treatment and Therapy:** They provide various forms of psychotherapy, such as cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT), to help individuals manage distress, change behaviors, and cope with stress and other challenges.
- **Research:** Psychologists conduct scientific studies to understand how the brain and behavior work, using observations, surveys, and experiments to identify patterns and predict future behaviors.
- **Program Development:** They create and implement programs to improve mental health in various settings, including schools, workplaces, and healthcare systems.
- **Collaboration and Advocacy:** Psychologists often work with other professionals, like doctors and social workers, to provide comprehensive care. They may also advocate for improved mental health policies and access to care for underserved populations.

Scope of Work

- **Individuals:** Helping individuals navigate personal problems, emotional difficulties, traumatic experiences, and chronic illnesses.
- **Couples and Families:** Assisting with interpersonal and family issues, improving communication, and promoting desired changes in behavior.
- **Organizations:** Developing programs to address psychological issues, improve performance, and enhance the well-being of employees in schools and workplaces.
- **Healthcare Systems:** Collaborating with medical providers to integrate psychological care into treatment plans for physical health conditions.

What They Don't Do

- Psychologists typically cannot prescribe medication, which is the domain of psychiatrists and other medical doctors.