

Clinical psychologist: Clinical psychology includes the scientific study and application of psychology for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and to promote subjective well-being and personal development. Central to its practice are psychological assessment and psychotherapy, although clinical psychologists also engage in research, teaching, consultation, forensic testimony, and program development and administration. NYS Licensed clinical psychologists must complete 2 years of full time supervised experience in addition to their doctoral degree and pass a licensing exam. Psychologists focus on the resolution of individual personal issues and internal cognitive processes.

Licensed clinical social worker (LCSW or LCSW- R): Social workers focus on relationships and person-in-environment using a systems approach to therapeutic counseling. A clinical social worker has a master's degree in social work and has typically studied sociology, growth and development, mental health theory and practice, human behavior/social environment, psychology, and research methods. In NYS, licensed clinical social workers (LCSWs) must have at least 3 years of post MSW supervised experience in diagnosis, psychotherapy and assessment-based treatment planning in addition to completing a Masters degree and passing a clinical licensing exam. An LCSW-R is a licensed clinical social worker who has met the requirements of the insurance law for supervised experience providing psychotherapy and is recognized in New York State as a reimbursable psychotherapist. The "R" privilege requires insurance carriers to provide reimbursement for psychotherapy services whenever a health insurance contract includes reimbursement of qualified psychologists and psychiatrists.

Psychiatric Nurse Practitioner (PNP) Psychiatric mental health nursing is a specialty within the nursing field. Psychiatric nurse practitioners work with individuals, families, groups, and communities, assessing their mental health needs. The PNP develops a nursing diagnosis and plan of care, implements the process, and evaluates it for effectiveness. PNP's assess, diagnose, and treat individuals and families with psychiatric disorders or the potential for such disorders using their full scope of therapeutic skills, including the prescription of medication and administration of psychotherapy. PNP's are trained using a medical management perspective.

Psychiatrist (MD): A physician who specializes in the prevention, diagnosis, and treatment of mental illness. A psychiatrist must receive additional training and serve a supervised residency in his or her specialty. He or she may also have additional training in a psychiatric specialty, such as child psychiatry or neuropsychiatry. Psychiatrists can prescribe medication and assess the biological impact of mental health disorders in addition to providing psychotherapy.

Other NYS Licensed Mental Health Practitioners include Marriage and Family Therapists, Creative Arts Therapists, Mental Health Counselors and Psychoanalysts. Information on individual NYS licensed mental health professionals is [available here](#), under name of profession and Licensee.