



## What is the Difference between Psychology and Counselling in the NDIS

	Psychology delivered by a Psychologist	Counselling delivered by a Counsellor
<b>What can they help me with?</b>	<p>Psychologists are:</p> <ul style="list-style-type: none"> <li>• Trained in the science of how people think, feel, behave and learn.</li> <li>• May undergo additional training for specialised fields.</li> </ul> <p>Psychologists can help with severe conditions like:</p> <ul style="list-style-type: none"> <li>• schizophrenia</li> <li>• bipolar disorder</li> <li>• depression and chronic anxiety</li> <li>• panic disorders</li> <li>• severe depression</li> <li>• personality disorders</li> <li>• OCD</li> <li>• PTSD</li> </ul> <p>Less severe conditions like:</p> <ul style="list-style-type: none"> <li>• alcohol use disorder and other substance use disorders</li> <li>• grief or anger</li> <li>• anxiety or depression</li> <li>• low self esteem</li> </ul>	<p>Counsellors are:</p> <ul style="list-style-type: none"> <li>• Experts in listening and helping people achieve their personal goals.</li> <li>• Help people tackle problems in a positive way by helping to clarify issues, explore options and develop strategies.</li> </ul> <p>Counsellors can help with:</p> <ul style="list-style-type: none"> <li>• grief or anger</li> <li>• anxiety or depression</li> <li>• decision making</li> <li>• relationships</li> <li>• building better interpersonal or communication skills</li> <li>• marriage and family counselling</li> <li>• drug and alcohol rehabilitation</li> <li>• trauma</li> <li>• parenting</li> <li>• career guidance</li> </ul>

	<ul style="list-style-type: none"> <li>• body dysmorphic disorder</li> <li>• coping with a new diagnosis or managing a chronic illness</li> <li>• eating disorders</li> <li>• family and relationship issues</li> </ul>	
<b>How do they work?</b>	<ul style="list-style-type: none"> <li>• Longer term support</li> <li>• Perform a comprehensive assessment and develop a treatment plan using evidence-based interventions and treatments</li> </ul>	<ul style="list-style-type: none"> <li>• Short term support focussing on immediate or practical issues</li> <li>• Listen and discusses what your goals are and how to achieve them</li> <li>• Explore alternatives, develop strategies, and enhance self-awareness</li> <li>• Person-centred approach</li> </ul>
<b>Which one should I choose?</b>	<p>Best option if you have a diagnosed mental health issue or psychosocial disability or if your mental health problems affect your ability to cope with day to day life.</p> <p>They can provide evidence-based treatment and help you manage your symptoms.</p>	<p>Best if you have specific problem to resolve like help with coping with loss, overcoming addiction or managing stress.</p>
<b>Qualification</b>	<p>Psychologist must have a university degree (minimum 6 years of study) incl. 1 to 2 years of supervised clinical practice. E.g. Bachelor of Psychology or Bachelor of Psychological Science.</p>	<p>Counsellors must complete an accredited course of study. E.g Certificate of Counselling, Graduate Diploma of Counselling and Master of Counselling.</p>
<b>Regulation</b>	<p>Psychology is a regulated profession – they must be registered with the Psychology Board of Australia and listed with the Australian Health Practitioner Regulation Agency (AHPRA).</p>	<p>Counselling is a self-regulated profession. Organisations like Australian Counselling Association and Psychotherapy and Counselling Federation of Australia require counsellors to complete an accredited course of study.</p>

### **How can I find a Psychologist or Counsellor?**

The MyCareSpace Therapy Team can help connect you with a therapist that has availability.

[Ask them for help now](#)