

January 2018

West Niagara Psychology Centre

www.westniagarapsychology.ca

What is the Difference Between a Psychologist and a Psychiatrist?

PSYCHOLOGISTS hold a Master's and/or Doctoral degree in Psychology. Psychologists who hold Doctoral degrees can use the title "Dr". They typically spend between 6 to 10 years studying how people think, feel, and behave and have varying degrees of experience working in hospitals, schools, government agencies, mental health clinics, and private practice.

A practicing psychologist is trained to assess and diagnose problems in thinking, feeling, and behavior, as well as to help people to overcome or manage these problems. A psychologist is uniquely trained to use psychological tests to help with assessment and diagnosis. Psychologists help people to overcome or manage their problems using a variety of treatments or psychotherapies.

PSYCHIATRISTS are medical doctors who go on to specialize in mental health and mental disorders. Psychiatrists often use medication to help their patients manage their mental health and there are some disorders for which medications are very necessary (e.g., Schizophrenia).

Research in many areas of mental health indicate that psychotherapy can be as effective as, or more effective than, medication and that sometimes a combination of therapy and medication results in the best outcome.

Quote of the Month

"It is during our darkest moments that we must focus to see the light" Aristotle.

Mindfulness and Meditation

Help restore calm and relaxation in your life:

APP: Headspace: Guided Meditation

Online: www.tarabrach.com

Books: "The Mindful Way Through Depression" by Williams, Teasdale, Seigel

"A Mindfulness-Based Stress Reduction Workbook" by Stahl, Goldstein, Kabat-Zinn, Santorelli

Treatment: Master Your Stress Group at WNPC

WHAT'S NEW IN GROUP?

Master Your Stress Group starts January 15th, 2018. Children's Anxiety Group starts January 16th, 2018.

Visit www.westniagarapsychology.ca to learn more. Call now to reserve your spot. Space is limited.