# Mental Health Therapy Career Paths

<table>
<thead>
<tr>
<th>Education</th>
<th>Clinical Psychology (PhD or PsyD)</th>
<th>Counseling Psychology (PhD or PsyD)</th>
<th>Marriage and Family Therapy (MFT, LMFT)</th>
<th>Licensed Clinical Social Work (LCSW)</th>
<th>Licensed Mental Health Counselor (LMHC, LPC)</th>
</tr>
</thead>
</table>
| *Receive 5 years of graduate training leading to a PhD or PsyD in clinical psychology.*  
*Must complete education, supervised hours and pass exam in order to be licensed.*  
*Primary training is in psychotherapy, behavioral science, psychological research and personality assessments.* | *Receive 5 years of graduate training leading to a PhD or PsyD in counseling psychology.*  
*Must complete education, supervised hours and pass exam in order to be licensed.*  
*Primary training is in psychotherapy and other interventions necessary to become a health service psychologist, behavioral science, psychological research and personality assessments.* | *Receive a master's in Marriage & Family Therapy to become an Associate LMFT.*  
*Complete two yrs. supervised clinical experience including 1,000 face to face hours.*  
*Requirements vary by state, but usually transfer.*  
*Pass National Licensing Exam, have education and supervised hours to become LMFT.*  
*Primary training is in psychotherapy and family systems.* | *Receive a Master of Social Work (MSW) The requirements to attain the LCSW title varies from state to state, most require an MSW and post grad supervised experience.*  
*Required to pass an ASWB approved Nat’l CSW test.*  
*Primary training is in Strengths based therapy and social work.* | *Receive a master's degree in counseling or a closely related mental health discipline.*  
*Complete a minimum of two years post-master’s clinical work under the supervision of a licensed or certified mental health professional.*  
*Pass a state-developed or national licensure or certification examination.*  
*Primary training is in cognitive-behavioral, interpersonal, and psychodynamic therapy.* |
| *Provide psychological/behavioral interventions for those who are experiencing psychological disorders, including anxiety, depression, anger, addictions, PTSD, ADHD, family stress/divorce in a variety of settings.* | *Provide psychological/behavioral interventions for those who are experiencing psychological disorders, including anxiety, depression, anger, addictions, PTSD, ADHD, family stress/divorce in a variety of settings. Conduct research on issues related to healthy psychological functioning.* | *Provide individual, couple and family therapy and counseling services to clients in private practice, mental health agencies, residential treatment, the courts, psychiatric hospitals and consulting firms.* | *Provide therapy and counseling services to patients in schools, health and mental health settings, private practice and other positions where clinical work takes place.* | *Receive a Master of Social Work (MSW) The requirements to attain the LMHC/LPC title varies from state to state, most require a Master’s degree in social work.*  
*Required to pass a state-developed or national licensure or certification examination.*  
*Primary training is in psychotherapy with an emphasis on common factors and the philosophical foundations of treatment.*  
*Diagnose and treat mental and emotional issues through psychoeducation, evidence-based therapy and within the context of an individual, couple or family system in the therapy room.* | *Practice in a variety of settings, including independent practice, community agencies, managed behavioral health care organizations, integrated delivery systems, hospitals, employee assistance programs, and substance abuse treatment centers.* |

## Type of Work

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<td><em>Psychotherapy, particularly cognitive behavioral therapy, with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution. Educate about the mind-body relationship, provide emotional support, and conduct psychological testing and assessment.</em></td>
<td><em>Psychotherapy with an emphasis on common factors and the philosophical foundations of treatment. Educate about the mind-body relationship, provide emotional support, and conduct psychological testing and assessment.</em></td>
<td><em>Diagnose and treat mental and emotional issues through psychoeducation, evidence-based therapy and within the context of an individual, couple or family system in the therapy room.</em></td>
<td><em>The strength-based approach in an ecological systems perspective with the client to assess their own personal situation both in terms of their internal situation and also their external factors such as economic, societal, home and career in order to create an inventory of both strengths and perceived weaknesses or obstacles.</em></td>
<td><em>Traditional psychotherapy with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution.</em></td>
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## Interests

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<td><em>Focus on helping people live healthier lives, applying the research and science of behavior change to the problems their patients experience.</em></td>
<td><em>Focus heavily on the application of psychological science to provide a service to individuals or groups.</em></td>
<td><em>Focus heavily on addressing a wide array of relationship issues within the context of the family system.</em></td>
<td><em>Desire to improve people’s lives. Social Workers interact with diverse populations and seek to improve the quality of life for those who exist on the margins of society.</em></td>
<td><em>Focuses on helping people address the personal, familial, and social issues that interfere with their abilities to lead healthy and productive lives.</em></td>
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## BYU Contacts

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nanci_shumpert@byu.edu | BYU currently does not offer a graduate level academic program that leads to this licensure. |

*http://www.apa.org  
*http://www.aamft.org  
*http://www.socialworkers.org  
*http://www.amhca.org*