

## **Outpatient Services: Counseling and Therapy**

### **Behavioral Health Group Practices:**

A behavioral health group practice consists of a number of providers. Often, it includes Social Workers, Licensed Professional Counselors, Psychologists and Psychiatrists, as well as other licensed providers. Many members choose to contact a behavioral health group first, since groups can generally offer easier appointment availability and multiple specialty areas (for example, depression, anxiety, or addiction).

### **Individual Practices:**

Many behavioral health practitioners practice independently. These practitioners may vary in the focus of their practice and appointment availability. You can find practice focus information in DocFind®.

### **Types of Behavioral Health Providers for Outpatient Services:**

(All providers must be appropriately credentialed. DocFind displays the Clinical Focuses they report.)

**Clinical Social Workers, Licensed Professional Counselors, and Marriage and Family Therapists** are Master Level Licensed Practitioners. They can provide assessments of your needs for behavioral health care and therapy to address the identified problems. They are trained to provide behavioral health counseling and psychotherapy services to individuals, families and groups. These providers offer outpatient therapy, and also work on inpatient treatment teams.

**Psychiatric Nurse Practitioners** are Registered nurses who have completed at least a Master's degree in psychiatric nursing. They diagnose behavioral health disorders. They also provide counseling and psychotherapy, and, when permitted by State law, prescribe medications in both outpatient and inpatient settings.

**Clinical Psychologists** are Doctoral level (PhD or PsyD) practitioners. They provide diagnostic assessments, as well as counseling and psychotherapy. They provide these services to individuals, families and groups, in both outpatient and inpatient settings. These providers are also frequently trained to provide psychological testing.

**Psychiatrists** are M.D. or D.O. level practitioners. They provide diagnostic evaluations and assess laboratory tests and the impact of other medical conditions on psychiatric symptoms. They also prescribe medications, and may provide psychotherapy to individuals, groups, and families. They work in both outpatient and inpatient settings.

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