

Do I Want to Become a Counselor, Therapist, Psychologist, Psychiatrist, Social Worker, or Advisor?

Many choose psychology as their major because they desire to help people. Below is a list of job titles in which psychology majors often express interest, and the type of educational training typically needed. **Note:** This resource is not “official” and educational requirements, populations served, and typical work settings are subject to change.

Job Title	Degree Typically Required	Populations Generally Served	Typical Work Setting	Helpful Resources
Academic Advisor (College Counselor)	Master's degree	Traditional and non-traditional (Adult, part-time, single parent, etc.) college students	College/university	http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs) https://www.nacada.ksu.edu/ (NACADA)
Art Therapist	Master's degree	Individuals experiencing various challenges in life, including mental and/or physical disorders	Assisted living center, hospital, rehabilitation center, and/ or school	http://arttherapy.org/ (American Art Therapy Association) http://www.atcb.org/ (Art Therapy Credentials Board)
Career Counselor	Master's degree	College students and alumni searching for jobs, or individuals who have lost their jobs, are between jobs, and/or are unhappy with their jobs	Career center, college, and/or government agency	http://www.cde.ca.gov/ls/cg/cc/careercounsel.asp (Career Counseling Resources) http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)
Clinical Psychologist	Ph.D. or Psy.D.	Individuals with mental health disorders	Those with a Ph.D. typically become researchers and/or professors at a college/university. Those with a Psy.D. typically become practitioners.	http://www.apa.org/action/science/clinical/education-training.aspx (American Psychological Association) http://www.div12.org/ (APA's Division of Clinical Psychology) http://www.psychologyschoolguide.net/psychology-careers/clinical-psychologist/ (Psychology School Guide)
Clinical Mental Health Counselor	Master's degree	Individuals with mental disorders and/or psychosocial problems	Family service center, government agency, hospital, mental health center, school, and/or substance abuse center	https://www.counseling.org/ (American Counseling Association) http://www.amhca.org/?page=facts (American Mental Health Counselors Association) http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)
Crisis Intervention Counselor	Master's degree	Individuals in a state of acute mental health crisis (i.e. In danger of harming themselves/ others; dealing with loss; and/or experiencing a recent trauma)	High intensity settings, such as a telephone crisis counseling center and/or mental health center	http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)
Counseling Psychologist	Ph.D. or Psy.D.	Individuals with normal developmental issues and problems associated with physical, emotional, and mental disorders	Those with a Ph.D. typically become researchers or professors at a college/university. Those with a Psy.D. typically become practitioners in a family service center, mental health center, rehabilitation center, and/or private practice.	http://www.div17.org/ (APA's Division of Counseling Psychology)
Marriage and Family Therapist	Master's degree	Couples and families experiencing conflict and/or communication issues	Hospital, mental health center, and/or social outreach agency	http://www.aamft.org/iMIS15/AAMFT/ (American Association for Marriage and Family Therapy)

Music Therapist	Bachelor's degree in music therapy, then pass the National Board Certification Exam (MT-BC)	Individuals experiencing various challenges in life, including mental and/or physical disorders	Hospital, mental health center, rehabilitation center, and/or retirement home	http://www.musictherapy.org/ (American Music Therapy Association) http://www.cbmt.org/ (Certification Board for Music Therapists)
Occupational Therapist	Master's degree	Individuals who are physically ill, injured, and/or disabled	Hospital, home health service, nursing home, and/or school	http://www.aota.org/ (American Occupational Therapy Association)
Psychiatrist (medicine)	M.D. or D.O.	Individuals with mental health disorders and/or psychological problems	Clinic, community agency, government agency, hospital, military setting, nursing home, prison, private practice, and/or rehabilitation center	https://psychiatry.org/ (American Psychiatric Association) https://www.aamc.org/ (Association of American Medical Colleges)
Psychiatric Nurse	Associate's or Bachelor's degree in Nursing, then pass the RN Licensing Exam	Individuals with mental health disorders	Hospital and/or medical center	http://www.aacn.nche.edu/ (American Association of Colleges of Nursing) www.apna.org (American Psychiatric Nurses Association) http://www.nln.org/ (National League for Nursing)
Psychiatric Social Worker	Master's degree	Individuals and families dealing with psychiatric conditions, emotional disturbances, addiction, mental health disorders, and/or other psychosocial problems	Child welfare and human service agency, domestic violence shelter hospital, mental health center, private practice, and/or school	http://www.acswa.org/ (American Clinical Social Work Association) http://www.cswe.org/ (Council on Social Work Education) http://www.socialworkers.org/ (National Association of Social Workers)
Recreational Therapist	Bachelor's degree, Therapeutic Recreation	Individuals with physical disabilities, injuries, and/or illnesses	Community parks and recreation department, hospital, other medical institution, and/or school	http://nctrc.org/ (National Council for Therapeutic Recreation Certification)
Rehabilitation Counselor	Master's degree	Individuals with physical, mental, developmental, and emotional disabilities	Community rehabilitation center, correctional facility, senior citizen center, and/or youth guidance organization	https://www.counseling.org/ (American Counseling Association) http://www.arcaweb.org/ (American Rehabilitation Counseling Association) http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)
School/Guidance Counselor	Master's degree	Youth; Most often youth struggling with schoolwork and/or experiencing emotional problems	Elementary school, secondary school, and/or high school	https://www.schoolcounselor.org/ (American School Counselor Association) http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)
School Psychologist	Master's degree	Students, parents, and teachers	School and/or government agency	http://apadivision16.org/ (APA's Division of School Psychology) http://www.nasponline.org/ (National Association of School Psychologists)
Social Worker	Master's degree	Individuals and families experiencing various challenges in life, such as illness, divorce, and/or unemployment	Child welfare and human service agency, community agency, private practice, and/or school	http://www.cswe.org/ (Council on Social Work Education) http://www.socialworkers.org/ (National Association of Social Workers)
Substance Abuse Counselor	Master's degree	Individuals suffering from alcoholism, drug addiction, eating disorders, and/or other behavioral problems	Community health center, mental health center, prison, and/or private practice	http://www.naadac.org/ (Association for Addiction Professionals) http://www.cacrep.org/ (Council for Accreditation of Counseling & Related Educational Programs)