

Why a Psychologist?

Psychology is the study of the mind, human experience and behavior. Psychologists spend an average of 7.2 years, in addition to their undergraduate college degree, in education and training. Psychologists are trained to help people cope more effectively with life problems, using techniques based on best available research and their clinical skills and experience, and taking into account the person's unique values, goals and circumstances.

A psychologist can help an individual better understand their life. It's normal to have difficulties and worries throughout life and a psychologist can offer techniques through different forms of therapy to help individuals overcome various issues. A psychologist can provide an unbiased and educated opinion that will help individuals gain perspective and insight into relationships, job, family, and life in general.

Psychology is a diverse discipline, grounded in science, but with nearly boundless applications in everyday life. Some psychologists do basic research, developing theories and testing them through carefully honed research methods involving observation, experimentation and analysis. Other psychologists apply the discipline's scientific knowledge to help people, organizations and communities function better.

As psychological research yields new information, whether it's improved interventions to treat depression or how humans interact with machines, these findings become part of the discipline's body of knowledge and are applied in work with patients and clients, in schools, in corporate settings, within the judicial system, even in professional sports.

Psychology is a doctoral-level profession. Psychologists study both normal and abnormal functioning and treat patients with mental and emotional problems. They also study and encourage behaviors that build wellness and emotional resilience. Today, as the link between mind and body is well-recognized, more and more psychologists are teaming with other healthcare providers to provide whole-person healthcare for patients.

Studies have shown that behavior therapies as well as other forms of therapy have been very effective in changing people's lives and habits for the better.

The key to success with a psychologist is a trusting and comfortable relationship. We offer a referral service as a way to help choose and find a psychologist that meets your needs.

* Information obtained from the American Psychological Association