

## Counseling can help!

Counseling psychology as a psychological specialty facilitates personal and interpersonal functioning across the life span with a focus on emotional, social, educational, health-related, developmental, and organizational concerns. Through the integration of theory, research, and practice, and with a sensitivity to multicultural issues, this specialty encompasses a broad range of practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to live more highly functioning lives. Though closely related to clinical psychology, counseling psychology differs from that field in a several subtle ways. Continue Reading...

First, counseling psychologists typically focus on less severe psychopathology (e.g., depression and anxiety), while clinical psychologists deal with more seriously disturbed individuals (e.g., those with schizophrenia or personality disorders). In the UK, however, there is less distinction between the types of cases that clinical and counseling psychologists work with.

The difference is emphasised more in how they work with an individual. Second, counseling psychologists are more likely than clinical psychologists to assume a client-centered or humanistic theoretical approach. Finally, counseling psychology is unique in its attention both to normal developmental issues as well as the problems associated with physical, emotional, and mental disorders. Despite these differences, counseling and clinical psychology are becoming increasingly indistinguishable, leading some to suggest that these fields be combined.

Populations served by counseling psychologists include persons of all ages and cultural backgrounds. Examples of those populations would include late adolescents or adults with career/educational concerns and children or adults