

Provider Types

There are many types of mental health care professionals who can help members achieve their mental health goals. These professionals work in inpatient and/or outpatient facilities.

Provider	Abbreviation	Definition	Can Make a Diagnosis	Can Provide Individual and Group Therapy	Can Provide Psychological Testing	Can Prescribe Medication
Licensed Marital and Family Therapist	LMFT	Master Prepared licensed professional, trained in Marriage and Family Therapy	Yes	Yes	No	No
Licensed Mental Health Counselor	LMHC	Master Prepared, licensed and experienced in supervised clinical work	Yes	Yes	No	No
Licensed Clinical Social Worker	LCSW	Master, Licensed professional with degree in Social Work	Yes	Yes	No	No
Psychologist	PhD or PsyD	Professionally trained with a graduate degree and a specialized post graduate training in mental health and substance use treatment	Yes	Yes	Yes	No
Psychiatrist	MD/DO	Medical or Osteopathic Medicine doctor with specialized post graduate training; licensed to perform activities of a physician, including the prescribing of medicine	Yes	Yes	Occasionally	Yes
Advance Practice Registered Nurse	APRN	Registered nurse with post-graduate education and extensive postgraduate training; licensed to perform activities of a physician, including the prescribing of medicine	Yes	Yes	No	Yes

Psychiatric Mental Health Nurse Practitioner	PMHNP	Registered nurse with post-graduate education and extensive postgraduate training in mental health and substance use treatment; licensed to perform activities of a physician, including the prescribing of medicine	Yes	Yes	No	Yes
Physician Assistant	PA	Licensed professional who provides health care services under the direction of a supervising physician	Yes	Occasionally	No	Yes

Reference:

American Psychiatric Association (APA): [APA Dictionary of Psychology](#) or [Psychiatry.org - Home](#)

Lucet Health: [Home | Lucet Health \(LucetHealth.com\)](#)