

**Provider Types**

There are many types of licensed mental health care professionals that can help members achieve their mental health goals. These professionals work in inpatient and 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	<b>LMFT</b>	Master Prepared licensed professional, trained in Marriage and Family Therapy	<b>Yes</b>	Yes	No	No
Licensed Mental Health Counselor	LMHC	Master Prepared, licensed and experience in supervised clinical work	<b>Yes</b>	Yes	No	No
Licensed Clinical Social Worker	<b>LCSW</b>	Master, Licensed professional with degree in Social Work	<b>Yes</b>	Yes	No	No
Psychologist	<b>PhD or PsyD</b>	Professionally trained with a graduate degree with specialized post graduate training in mental health and substance use treatment	<b>Yes</b>	Yes	Yes	No
Psychiatrist	<b>MD/DO</b>	Medical or Osteopathic Medicine doctor with specialized post graduate training and is licensed to perform activities of a physician, including the prescribing of medicine	Yes	Yes  of	Occasionally	Yes
Advance Practice Registered Nurse	<b>APRN</b>	Registered nurse with post-graduate education and extensive postgraduate training and is 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 and is licensed to perform activities of a physician, including the prescribing of medicine	<b>Yes</b>	Yes	No	Yes

Physician Assistant	PA	Licensed professional who provides of health care services under the direction of a supervising physician	Yes	Occasionally	No	Yes
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Adapted from the following resources:

American Psychiatric Association (APA): [APA Dictionary of Psychology](#) or [Psychiatry.org - Home](#)  
NDBH: [Home | New Directions Behavioral Health \(ndbh.com\)](#)