ANAD

CARE TEAM DEFINITIONS

Did You Know?

ANAD has a treatment directory on our website. There, you can find a care provider in your area that is the best fit for you and your needs! We also have weekly, peer-led support groups to foster healing in community. Visit anad.org to learn more.

COMMON PROVIDERS

LPC A Licensed Professional Counselor (LPC) is a licensed counselor who is under the supervision of a more experienced LCPC or PsyD. LPCs are typically in the process of earning all their clinical practicum hours so that they may sit for the LCPC licensure exam.

LCPC A Licensed Clinical Professional Counselor (LCPC) is a licensed professional counselor who has completed all their clinical practicum hours and passed the LCPC licensure exam, hence why the "Clinical" is added to their title.

LMHC A Licensed Mental Health Counselor (LMHC) is a licensed counselor who is licensed to provide mental health counseling. Similar to LPCs, they must undergo two years of supervision before they can become clinically licensed. The main difference between the two certifications is state legislation.

LMFT A Licensed Marriage and Family Therapist (LMFT) is a type of licensed mental health counselor who specializes in couples and family therapy. LMFTs focus on family systems and dynamics as well as relationship counseling.

LCSW A Licensed Clinical Social Worker (LCSW) is a licensed social worker who is licensed to provide counseling and/or other aspects of mental health support such as case management.

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PhD

A mental health professional with a **Doctor of Philosophy (PhD)** is a psychologist who has earned a doctoral degree. They typically focus more on research in their schooling. Clinicians with this degree may practice as clinical psychologists, administer and score testing, teach in universities, and/or conduct psychological research.

PsyD

A **Doctor of Psychology (PsyD)** is a similar advanced degree to a PhD but focuses specifically on psychology. One can earn a PhD in a variety of fields, however, a PsyD only applies to the field of psychology. Psychologists with a PsyD degree focused more on advanced counseling methods than research during their schooling. PsyDs are licensed to practice counseling and administer and score testing. They may also conduct research and/or teach, but more of their focus tends to be on hands-on clinical work.

MD

A **Medical Doctor (MD)** is a licensed medical provider who completed the necessary certifications and training in medicine. In the mental health field, Medical Doctors can be psychiatrists or the general practitioner who makes the initial referral to counseling.

DO

A **Doctor of Osteopathic Medicine (DO)** is a doctor who is licensed to practice medicine. This licensure follows a slightly different schooling process than the traditional MD route.

RD VS. RDN: WHAT'S THE DIFFERENCE?

Registered Dietitian and Registered Dietitian Nutritionists are accredited professional licenses available in the US through the Commission of Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics. They may practice in hospitals, residential treatment centers, and group and individual practices. RDNs encompass a broader concept of wellness, plus the prevention and treatment of conditions. This distinction highlights that all registered dietitians are nutritionists, but not all nutritionists are registered dietitians.

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Expressive Therapist

An **Expressive Therapist** is a therapist who has special training to provide treatment through the use of music, dance, art, or other forms of creative expression.

PMHNP

A **Psychiatric Mental Health Nurse Practitioner** is a Nurse Practitioner (NP) who is trained to provide care to patients in mental health settings. They have an advanced nursing degree, either a master's or a doctorate, and are qualified to diagnose mental health conditions and prescribe treatment.

ATR

A **Registered Art Therapist (ATR)** is a licensed mental health professional who has undergone specialized training to use art in mental health spaces as a means of assessment and treatment. They have an in-depth understanding of how different mediums affect the psyche and how to use art-making to elicit healing. Not every state acknowledges art therapy as its own licensure, so many, many art therapists are required also to have a counseling license. Counselors without training and licensure in art therapy are not allowed to practice any form of art therapy.

WHAT IS AN EATING DISORDER COACH?

Many coaches are individuals who have recovered from their own eating disorders. They are not clinicians, but oftentimes work adjunct to the rest of your treatment team. They can help you navigate the recovery journey. It's important to remember that anyone can call themselves a coach so make sure to look for someone who is certified and has gone through training to work with individuals.