



**Special points of interest:**

- Psychiatrist vs. Psychologist and Counselors vs. Therapist Article
- Benefit Concert Information
- Women's Group



**Mark your Calendars**

We're going *Down the Shore* for our Annual Spring Event.

It will be Friday, April 24, 2015

Stay tuned for more details to come!

# The Peacemaker Center

O u r M i s s i o n

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others.

## Psychiatrist vs. Psychologist Counselor vs. Therapist

By: Daniel Rogers,

In the world of mental health, there are a number of different therapeutic practitioners in the field. Seeking treatment generates questions about where to find care... psychiatrist or psychologist, counselor or therapist? The answers are best found in the immediate needs of the client, the ongoing presenting issues, and the goals of the client seeking care.

### Psychiatrist vs. Psychologist

The brief answer to this is that psychiatrists are medical doctors and psychologists are not. However, psychologists specialize in the science and theory of psychology. Psychiatrists go to medical school to obtain an MD or DO and then spend their residency training in mental health, which is typically in a

psychiatric hospital. Psychologists go through five to seven years of graduate study where he or she may go into research (PhD) or focus on patients in a clinical environment (PsyD). Licensing requirements for psychologists vary from state to state, but at least one- or two-year internships are required to apply for a license to practice psychology. It is common for a psychologist to administer psychometric assessments such as IQ and/or neurological functioning.

If a client needs psychiatric medicines with presenting disorders such as major depression, PTSD, schizophrenia, attention deficit disorder, etc., a psychiatrist would be the individual to evaluate and determine the proper medication treatment. Keep in mind most

primary care physicians can prescribe for a number of mental health issues, however, psychiatrists have studied mental health disorders and treatment longer than most primary care physicians. Both psychiatrists and psychologists are very capable of doing counseling/therapy. Psychiatrists usually prefer not to do counseling therapy but rather treat clients with appropriate medications. Psychologists will engage in counseling and will even call themselves counselors.

### Counselor vs. Therapist

Simply said, counselor and therapist are interchangeable, and although some disagreement lies within the field, most would agree that they are the same. Years ago, counselors used more brief therapy that lasted 8-10 sessions. A therapist's approach...

## Benefit Concert: Matthew Schuler will be coming back!

Season 5 finalist on *The Voice* will be performing at a benefit concert. All proceeds will be given to those who cannot afford to pay for counseling services.

Tickets are available online at [www.thepeacemakercenter.org](http://www.thepeacemakercenter.org) for \$15 (\$20 at the door).

**Friday, November 7  
8:00 pm**

Doors open at 7:30 pm

Willowdale Chapel  
675 Unionville Road  
Kennett Square, PA 19342



## Article Continued

... was more clinical in nature, and sessions lasted longer, sometimes months to years. Nonetheless, whether he or she is a counselor or therapist by name, the length of the therapy varies greatly among clients governed by the presenting issues in which he or she is experiencing.

Counselors/ therapists have significant master's level education. Clinical mental health counseling programs here in Pennsylvania require 60-semester hour minimum, including an internship. Counselors come with different licenses that include: Licensed Professional Counselor (LPC), Licensed Clinical Social Worker (LCSW), Licensed Marriage and Family Therapist (LMFT), and psychologist (PsyD), nonethe-

less, the counselor that the client chooses must be knowledgeable about the presenting issues and utilize therapeutic modalities that best addresses the overall need.

Counselors/therapists use therapies that he or she learned to facilitate healthy change within clients. Most counselors/therapists have an eclectic tool set that may include therapy modes such as: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Brief, Narrative, Reality, EMDR, Gestalt, Play, Hypnosis, Psychodynamic, vocation etc..., and various family and marriage modalities.

The Peacemaker Center employs a number of different highly qualified Christian male

and female therapists that include, LPC, LMFT, LCSW, Master's Level Graduates, and interns (a therapist that is finishing his or her degree). We are a professional counselor/ therapist group that walks with our clients at all stages of life in both clinical and advisement roles, such as individual, children, adolescents, family, marriages, career, addictions, trauma, grief/loss, and spiritual wounding and support. We can help with communications to psychiatrists, school counselors, and psychologists when it is the best interest of and authorized by the client.

The Peacemaker Center is a place of confidential care. We treat every client with biblical standards of love, compassion,

understanding, and solution focused care that everyone deserves, bringing greater healing. We want to make it simple and as easy as possible for every client and look forward to working with you or someone you know. If you have a question, need guidance, or are looking for fresh insight, please call The Peacemaker Center today.



## About the Author

Dan Rodgers is a licensed Professional Counselor and has a dual master's degree in music and business from the University of Miami and a third master's degree in professional counseling from Liberty University. He has certifications in trauma (emotional, physical, sexual, and spiritual abuse, PTSD, and event related i.e. military and tragedies), EMDR, DBT, CBT, hypnotherapy, prepare and enrich curriculum for premarital/marital, and substance abuse. In addition, Dan was a worship team leader for eight years and teaches music and leads music therapy sessions for children and adolescents. His unique experience in the military (three years active duty and six years reserve) and as a corporate world executive for 20+ years assisted him in coaching military personnel and business individuals. He performs corporate training in leadership, ethics, communications, sales, and customer service. Dan has been happily married for 31 years and has three daughters. He is passionate about philosophy and apologetics. His family attends Calvary Chapel of Delaware County.

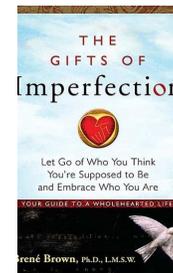


**Christmas Season is Approaching**

While buying Christmas presents for friends and family there is an easy way to donate to The Peacemaker Center. Check out [AmazonSmile!](#)

When purchasing items from Amazon, first go to [AmazonSmile.com](#), designate your charity as The Peacemaker Center. Shop away and 5% of your purchase will be donated to the center. What a great and easy way to help us out.





*Creating a Wholehearted Life*

*A Women's Group based upon the book  
"The Gifts of Imperfection"  
by Brené Brown*

*For more information  
contact Helen at: 610-269-2661  
[helen@thepeacemakercenter.org](mailto:helen@thepeacemakercenter.org)*



We're now on YouTube! Watch some testimonials from clients and many other videos and references! Click [Here](#)



You can now follow us on Twitter!  
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