



# Psychologists, Marriage or Couples Counseling Specialists: Chuck Gray, Ph.D. & Associates *Serving the Houston Area since 1987*

## **Why a Psychologist**

Education matters. Psychologists have the most formal education requirements of all the talking counselors in the mental health field. In Texas all new licensed psychologists and all of the psychologists in our clinic have doctoral degrees in psychology.

Psychiatrists are medical doctors specially trained to prescribe psychiatric medications. Other licensed mental health professionals besides psychologists only require master degrees. Anyone can call themselves a counselor, psychotherapist, therapist, or coach without even requiring a license or any formal education. Anyone can call themselves “the best” or pay to be on a list of “the best.” To truly find the best, evaluate education, experience, and specialized knowledge.

Psychologists typically get four years of undergraduate training in psychology. Then they spend an average of six and a half years in graduate school in which they study how to best conduct psychotherapy or counseling for the betterment of their clients. They are also trained in psychological theory, psychological research, and psychological assessments. The better we can understand our problems, the better we can know how to fix them. Psychologists are the only professionals licensed to interpret some psychological assessment techniques.

Psychologists are highly trained to help each of us understand our values, behaviors, thoughts, and feelings, then to modify them as desired to better become the kind of person we consciously choose to be. Psychologists are also trained to help us assess our relationships and modify them as desired. Talk with someone highly educated to help you. Talk with a licensed psychologist.

*-Chuck Gray, Ph.D.*

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