



Differences in Behavioral Health Support

TASK: To determine the difference between a Psychiatrist, Psychologist, Social Worker, Chaplain and Behavioral Health Technician (BHT).

CONDITIONS: Discussion – Question based

STANDARDS: Soldiers will know the difference between a psychiatrist, psychologist, social worker, chaplain and a BHT and what support each can provide.

REFERENCE(S): <http://www.mass.gov/eohhs/gov/departments/dmh/>
<http://www.makingthedifference.org/federalcareers/socialwork.shtml>
<http://www.army.mil/info/organization/chaplaincy/>



Differences in Behavioral Health Support

Psychologists:

(DISCUSSION) Ask the Soldiers what they think a Psychologist is and then discuss.

- Training and education includes at least six years of graduate study in human behavior, therapeutic treatment of emotional problems, theories of personality, psychological test construction and administration, experimental research, statistical analysis of data, as well as a clinical internship.
- Have the most rigorous graduate training in theories and techniques of psychotherapy.
- Only psychologists can administer and report the results of psychological tests.



Differences in Behavioral Health Support

Psychiatrists:

(DISCUSSION) Ask the Soldiers what they think a Psychiatrist is and then discuss.

- Psychiatrists receive an additional four years of specialized mental health training after completing medical school.
- Treat the full range of emotional and mental disorders, and are licensed to prescribe medication. Specialize with people with various mental illnesses.
- Work with patients on a regular basis, normally meeting with them weekly. They design treatment programs that will best help their patients according to their specific needs.



Differences in Behavioral Health Support

Social Workers:

(DISCUSSION) Ask the Soldiers what they think a Social Worker is and then discuss.

- Social Workers have a master's degree in social work and have studied sociology, growth and development, mental health theory and practice, human behavior/social environment, psychology, research methods.
- Help individuals deal with mental health and daily living problems to improve overall functioning.
- Complete intakes and assessments. Intakes involve completing paperwork to begin providing services for a client.
- Assist family members in understanding the clients' needs and aids client and family in working out realistic functional goals for client.



Differences in Behavioral Health Support

Chaplains:

(DISCUSSION) Ask the Soldiers what they think a Chaplain is and then discuss.

- Chaplains have graduate training in Religion, Behavioral Science and are licensed as Professional Counselors or Marriage and Family Therapists.
- Offer therapy to individuals, couples, families, and groups and their approach is shaped by their religion.
- Provide consultation and leadership in personal, family, and spiritual growth.
- Provide advice in matters pertaining to religion, morals and morale.



Differences in Behavioral Health Support

Behavioral Health Technician (BHT):

Ask the Soldier what a Behavior Health Technician is and then discuss.

- A patient will first see a BHT to be screened for safety before seeing a provider.
- Gather all the necessary information and brief the provider on the severity of the situation.
- Coordinate treatments with the providers.
- Facilitate groups such as Anger Management, Coping Skills, Sleep Hygiene, and Stress Management.



Differences in Behavioral Health Support

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Differences in Behavior Health Support

Psychologists:

- Training and education includes at least six years of graduate study.
- Have the most rigorous graduate training in theories and techniques of psychotherapy.

Only psychologists can administer and report the results of psychological tests.

Psychiatrists:

- Receive an additional four years of specialized mental health training.
- Treat the full range of emotional and mental disorders, and are licensed to prescribe medication. Specialize with people with various mental illnesses.
- Work with patients on a regular basis. They design treatment programs that will best help patients according to their specific needs

Social Workers:

- Help individuals deal with mental health and daily living problems.
- Complete intakes and assessments.
- Assist family members in understanding the clients' needs

Chaplains:

- Offer therapy to individuals, couples, families, and groups and their approach is shaped by their religion.
- Provide consultation and leadership in personal, family, and spiritual growth.

Provide advice in matters pertaining to religion, morals and morale.

Behavioral Health Technician (BHT):

- Screens patient for safety before seeing a provider.
- Gathers all necessary information and briefs the provider on the severity of the situation.
- Coordinate treatments with the providers.
- Facilitate groups such as Anger Management, Coping Skills, Sleep Hygiene, and Stress Management.