

Excelsia University College - The difference between a counsellor, psychologist and psychiatrist



Sydney, New South Wales Jul 1, 2025 ([Issuewire.com](https://www.issuewire.com)) - [Excelsia University College](#): When it comes to mental health and emotional wellbeing, it's important to know who to turn to. While counsellors, psychologists and psychiatrists all support people through life's challenges, they each bring different qualifications, approaches and areas of focus to the table. Understanding these differences not only helps when seeking the right support, but also if you're considering a career in the mental health space.

A counsellor is often the first person people speak to when experiencing emotional distress, navigating major life changes, or simply needing someone to talk to. Counsellors provide short- to medium-term support through talk-based therapies, helping clients explore their thoughts and emotions in a safe, confidential setting.

While counsellors don't diagnose mental illnesses, they play a vital role in promoting mental wellness, offering guidance on relationship issues, grief, stress, anxiety, self-esteem and more. Many work in schools, community centres, private practice, or not-for-profit organisations.

Counsellors are trained in active listening, empathy and a range of therapeutic models that encourage self-awareness and personal growth. They are trained to treat a wide range of mental health conditions using evidence-based therapies like cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT) and other specialised approaches. At Excelsia, counselling students are equipped not just with practical counselling techniques, but also with the values of compassion and integrity that are central to meaningful client relationships.

While all three professions are essential in the broader mental health landscape, they differ in scope, training and the types of support they provide. At Excelsia, we believe in nurturing professionals who are not only skilled but also grounded in empathy, purpose and a desire to serve others. If you're passionate about making a positive impact in people's lives, studying counselling is a great place to begin.

What's more, eligible domestic students can apply for an Excelsia Supported Place (ESP) in our Master of Counselling course, which helps reduce tuition costs through a direct subsidy. This initiative makes it

more accessible for students to pursue a meaningful career in counselling says, 'Excelsia Counselling students receive a solid grounding in theoretical knowledge and practical skills. Every student is supported to achieve their personal best. We are proud to deliver our Counselling graduates to service in a world that has an increasing need of mental health support counsellors.'

Our counselling programs are designed to provide both practical training and personal growth, setting a strong foundation for those looking to step into the world of mental health. Whether you're just starting your journey or seeking a career change, Excelsia will guide you every step of the way.

Explore our counselling courses [here](#)!



Media Contact

Excelsia University College

*****@excelsia.edu.au

(02) 9819 8888

69-71 Waterloo Rd, Macquarie Park

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