



Who Psychologists Are and What We Do

Who Psychologists Are

Psychologists are highly trained mental health professionals who specialize in understanding human behavior, emotions, thinking patterns, and the ways these influence daily life. Using evidence-based assessments and treatments, psychologists help individuals develop healthier coping skills, navigate challenges, and make meaningful, lasting changes.

Education and Training

Licensed psychologists in Florida hold a doctoral degree in psychology and complete extensive graduate and supervised clinical training. After earning a bachelor's degree, they spend 5–7 years in doctoral study, including advanced coursework, a full-time clinical internship, at least one year of postdoctoral supervision, and required licensing examinations. This rigorous preparation ensures psychologists are qualified to assess, diagnose, and treat a wide range of mental health concerns.

When it May Be Time to Seek Help

Feeling overwhelmed or unable to cope
Persistent worry or sadness
Changes in sleep, appetite, work, or relationships
Challenges such as family conflict, parenting issues, illness, grief, or major life transitions.

If the demands of everyday living feel increasingly hard to manage, psychological support may help you regain balance and clarity.

Choosing the Right Psychologist

Key questions to ask include licensing status, years of experience, areas of specialty, treatment approach, expected length of therapy, and insurance/payment options.

How Therapy Works

Therapy is a collaborative process that includes goal setting, learning new coping strategies, and tracking progress. Research shows that most people experience significant improvement with psychotherapy.

APA-Recognized Psychology Specialties

Specialty	Year of Initial Recognition	Year of Renewal
Clinical Neuropsychology	1996	2027
Clinical Health Psychology	1997	2026
Psychoanalytic & Psychodynamic Psychology	1998	2029
School Psychology	1998	2028
Clinical Psychology	1998	2028
Clinical Child & Adolescent Psychology	1998	2028
Counseling Psychology	1998	2028
Industrial-Organizational Psychology	1996	2027
Behavioral & Cognitive Psychology	2000	2027
Forensic Psychology	2001	2030
Couple & Family Psychology	2002	2026
Geropsychology	2010	2031
Police & Public Safety Psychology	2013	2028
Rehabilitation Psychology	2015	2029
Group Psychology & Group	2018	2026
Serious Mental Illness Psychology	2019	2027
Clinical Psychopharmacology	2020	2028

APA-Recognized Subspecialties	Initial Recognition	Renewal
Psychoanalysis	2022	2029

APA-Recognized Proficiencies	Initial Recognition	Renewal
Addiction Psychology	2001	2026
Sport Psychology	2003	2027
Biofeedback & Applied Psychophysiology	—	—