

## Difference Between Psychology and Psychotherapy Sciences

Psychology (the science of mind and behaviour) and psychotherapy (the science of treating mental health problems) are neighbouring, yet distinct scientific disciplines and fields of work. Both psychology and psychotherapy sciences can be studied at SFU, also simultaneously if you wish.

Studying psychology, you will learn about human behaviour and experience and their physiological, cognitive, and emotional basis. You will receive a thorough training in the fields of cognitive psychology (perception, memory, thinking and emotion), developmental psychology (how humans change over the course of their life), social psychology (mechanisms of social interactions and decision making), and clinical psychology (the study of mental disorders). Studying psychology will prepare you for further academic training and research and for work in a variety of fields such as education, business, and in clinical settings.

Clinical psychologists are the most highly qualified profession to treat mental problems and to promote psychological well-being. Clinical psychologists usually work in clinical (i.e., psychiatric) or research institutions such as hospitals, counselling services, and universities.

Psychotherapy Sciences provides students with the basic scientific principles and diagnostics related to normal and pathological development. It explores the framework of evidence-based treatment of pathological phenomena as a response to life-experiences by considering psychological, medical, sociological and anthropological aspects. A major element of studying Psychotherapy Sciences is practical training in psychotherapy to prepare students for working with clients with poor mental health. The usual workplace of psychotherapists is in mental health institutions and/or a private practice, or in the community. As a psychotherapist, you will be working with adults and children to help tackle problems.

<https://www.psychologie.sfu.ac.at/en/academics/bachelor-programme/>

<https://www.ptw.sfu.ac.at/en/academics/bachelor-programme/>

<https://ptw.sfu.ac.at/en/students/double-studies/>