

Finding the right mental health care can feel strangely complicated at the very moment you have the least energy for complicated things. You may know you want help, but then the words start piling up: psychologist, therapist, counselor, psychiatrist, social worker, psychotherapy, mental health service. If you are already dealing with anxiety, depression, grief, trauma, relationship strain, or a season of life that has become too heavy to carry alone, sorting through professional titles can feel like one more task you did not ask for.

The confusion is understandable. People often use the word “therapist” in everyday conversation to mean “the person I talk to for mental health support.” That can be true, but it is not a single license or training path. A psychologist, on the other hand, is usually a doctoral-level mental health professional, often trained through a PhD, PsyD, or EdD pathway. Psychologists can provide counseling and other mental health services, and many also work in assessment, research, teaching, or consultation.

So the question “Do I need a psychologist or a therapist?” is not as simple as it sounds. Sometimes a psychologist is your therapist. Sometimes your therapist is a licensed counselor, clinical social worker, psychiatrist, or psychiatric nurse. The right fit depends on what you need, what kind of care is available, how complex your concerns are, and whether the professional has the training and license to support you safely.

The more you understand the roles, the easier it becomes to make a choice that feels steady rather than rushed.

Why the titles feel so confusing

Mental health care uses professional language that does not always match ordinary speech. In casual conversation, someone might say, “I’m seeing a therapist,” without mentioning that the clinician is a psychologist. Another person might say, “My psychologist helped me with depression therapy,” while someone else says, “My counselor helped me with anxiety therapy.” All three may be describing legitimate psychotherapy, but the training backgrounds can differ.

Psychotherapy itself is not limited to one profession. In the United States, trained and licensed professionals who may provide psychotherapy include clinical psychologists, psychiatrists, counselors, social workers, and psychiatric nurses. The common thread is not the job title alone. It is the professional’s training, license, scope of practice, and competence with the concern being treated.

That last part matters. A title can tell you something, but it cannot tell you everything. A clinician may be highly experienced in trauma therapy but not specialize in eating disorders. Another may have years of practice in depression therapy but limited experience with complex trauma. A psychologist may offer psychological assessment in addition to therapy, while another psychologist may focus almost entirely on psychotherapy. The same variation appears among counselors and social workers.

This is why a good first conversation with a provider often includes plain questions: What is your license? What kinds of concerns do you treat most often? What approaches do you use? How do you know whether therapy is helping? A thoughtful professional will not be offended by those questions. They are part of informed care.

What a psychologist is trained to do

A psychologist is typically a doctoral-level mental health professional. That training usually leads to a PhD, PsyD, or EdD. While training models vary, psychologists are broadly associated with the study of behavior, emotion, cognition, development, psychological testing, therapy, and research methods.

In practice, psychologists may provide psychological counseling and other mental health services. They may evaluate and treat mental health problems such as depression. They may also conduct assessments, contribute to research, teach, supervise, or consult with organizations and other professionals. Some psychologists focus on therapy with individuals, couples, families, or groups. Others spend much of their time in testing and evaluation, such as assessing learning concerns, attention problems, personality patterns, or diagnostic questions.

One important distinction is that psychologists are not medical doctors. That does not make their work less clinical or less serious. It simply means their professional training is different from a physician's training. A psychiatrist is a medical doctor who specializes in mental health. A psychologist is trained in psychology, assessment, and psychological treatment. In many therapy situations, people work very effectively with psychologists without needing medication management. In other situations, therapy and medication support may both be part of care, with different professionals contributing.

Licensure is also central. State psychology boards regulate the practice of psychology to protect the public. Requirements vary by state, but psychologist licensure commonly involves doctoral-level training and additional supervised experience, examinations, and ethical standards. This regulation matters because mental health care is personal, vulnerable work. People deserve to know that the professional they are seeing has met recognized standards and is accountable to a licensing body.

What “therapist” usually means

“Therapist” is a broader term. It usually refers to someone who provides therapy, but it does not tell you the person's exact degree, license, or training route. A therapist might be a psychologist. A therapist might also be a licensed counselor, clinical social worker, psychiatrist, or psychiatric nurse. The word describes a function more than a single profession.

That can be helpful, because many kinds of licensed professionals are trained to provide psychotherapy. It can also be confusing, because people sometimes assume all therapists have identical training. They do not.

Here is a simple way to think about it:

Term	What it tells you	What it does not tell you
Psychologist	Usually a doctoral-level psychology professional who may provide therapy, assessment, research, teaching, or other mental health services Whether they specialize in your concern or offer the kind of therapy you want	--- --- ---
Therapist	Someone who provides therapy or psychotherapy Their exact license, degree, training background, or areas of competence	--- --- ---
Psychotherapy	A professional mental health treatment provided by trained, licensed professionals Which specific professional type is providing it	--- --- ---

The practical takeaway is this: do not stop at the label. Ask what sits underneath it. A warm website and a reassuring title can be a good start, but the details matter. For example, if you are looking for trauma therapy, you want to know whether the clinician has training and experience with traumatic stress and PTSD. If you are looking for anxiety therapy, you may want to ask whether the provider uses evidence-based approaches for anxiety, which can include exposure therapy as a type of cognitive behavioral therapy. If you are seeking depression therapy, you may want to ask how the therapist works with mood symptoms, hopelessness, low motivation, sleep disruption, and the daily patterns that often keep depression going.

Therapy is not one single method

Many people imagine therapy as sitting on a couch and talking about the week. Sometimes therapy does look like that. But psychotherapy is not just conversation. It is a professional relationship with a purpose, shaped by

assessment, goals, clinical judgment, ethical boundaries, and treatment methods.

Evidence-based psychotherapies can reduce symptoms of depression, anxiety, and other mental disorders. That does not mean therapy is instant or identical for everyone. It means certain approaches have been studied and shown to help many people with particular concerns. The “best” therapy depends on the person, the problem, the context, and the fit between client and clinician.

For anxiety, therapy may involve learning how fear works in the body, identifying avoidance patterns, practicing new responses to anxious thoughts, and gradually facing situations that have become restricted by fear. Exposure therapy, which is a type of cognitive behavioral therapy, is used for anxiety disorders. That does not mean a therapist throws someone into overwhelming situations. Good exposure work is careful, collaborative, and paced. It respects the client’s nervous system while helping them build confidence through repeated, supported practice.

For depression, therapy may focus on mood, thought patterns, withdrawal, shame, sleep, relationships, loss, and the small daily choices that become difficult when energy is low. Depression therapy often requires patience because depression can make effort feel pointless. A skilled clinician understands that “just do more” is not treatment. Helpful therapy may involve rebuilding structure gently, noticing self-critical loops, reconnecting with values, and addressing painful experiences that feed the depression.

For trauma, therapy requires particular care. Traumatic stress and PTSD are major areas within psychology, and there are clinicians with dedicated trauma expertise. Trauma therapy is not simply telling the worst story in detail as quickly as possible. In fact, moving too fast can leave a person feeling flooded or ashamed. Good trauma work pays attention to safety, pacing, body responses, memory, avoidance, trust, and the ways trauma can affect relationships and identity. The goal is not to erase what happened. The goal is to reduce the grip it has on the present.

When a psychologist may be especially helpful

A psychologist may be a strong choice when you need therapy from someone with doctoral-level psychology training, [Trauma therapy](#) when assessment is part of the picture, or when your concerns are layered and need careful formulation. For instance, a person might come in saying, “I think I have anxiety,” but the fuller picture may include panic attacks, trauma reminders, depression, perfectionism, sleep loss, and a long history of feeling responsible for everyone else’s emotions. A psychologist’s training can be useful in sorting through complex patterns and building a treatment plan.



Psychologists can also be helpful when diagnostic clarity matters. People do not always fit neatly into one category. Anxiety can look like irritability. Depression can look like numbness. Trauma can look like overworking, people-pleasing, anger, or emotional shutdown. A careful psychological evaluation can help distinguish what is happening and what kind of care is most likely to help.

Some psychologists also provide formal psychological assessment. Not every psychologist offers testing, and not every therapy client needs it. But when questions are complicated, assessment can add structure. It may help clarify symptoms, functioning, strengths, and treatment needs. In other cases, a thorough clinical interview and ongoing therapy process may be enough.



A psychologist is not automatically the best fit for every person. Some counselors and social workers have deep experience in specific areas and provide excellent psychotherapy. A psychiatrist may be essential when medication evaluation or medical complexity is central. The point is not to rank professions as better or worse. The point is to match the provider's training and experience to the person's needs.

When another kind of therapist may be the right fit

A licensed therapist who is not a psychologist may still be exactly the right professional for you. Many counselors and clinical social workers provide skilled psychotherapy for anxiety, depression, trauma, grief, relationship concerns, life transitions, and identity-related stress. Some have decades of focused experience in a particular

area. Some work in community mental health settings, hospitals, schools, private practices, or group practices. Their training routes differ, but many are deeply capable clinicians.

This matters because access is part of care. If the only psychologist in your area has a six-month wait, but a licensed counselor with strong experience in anxiety therapy has openings next week, waiting for the “perfect” title may not serve you. If you feel safe with the clinician, their license is appropriate, and their experience matches your needs, care can begin.

There are trade-offs. A non-psychologist therapist may not provide certain types of psychological testing. A psychologist may have more formal training in assessment and research methods. A psychiatrist may be needed for medication management. A social worker may bring particular knowledge of systems, resources, and environmental stressors. These differences are not flaws. They are part of how mental health care is organized.

The best providers also know when to refer. A therapist with good judgment will say, “This is outside my scope,” or “I think you would benefit from an evaluation,” or “Let’s coordinate with another professional.” That honesty is a sign of competence, not failure.

Therapy for women: a focus, not a separate license

Many people search for therapy for women because they want care that understands the pressures women often carry. That might include reproductive experiences, caregiving, relationship dynamics, workplace stress, trauma, depression, anxiety, cultural expectations, body image, identity, or the mental load of holding a family together. Wanting a therapist who understands those themes is reasonable.

Still, therapy for women is not a separate license category. It is a focus or specialization in how care is tailored. A psychologist, counselor, social worker, or other licensed professional may offer therapy that centers women’s experiences, but the underlying professional license is still what establishes the clinician’s formal scope of practice.

This distinction protects clients. Marketing language can be warm and meaningful, but it should not [Psychologist fullcupwellness.com](https://www.fullcupwellness.com) replace credentials. If a practice, including one such as Full Cup Wellness, describes therapy for women or support for anxiety, trauma, or depression, a prospective client should still feel free to ask about licensure, training, and clinical approach. A reputable mental health service will welcome those questions because they help create trust from the beginning.

For many women, the first sessions are less about dramatic breakthroughs and more about finally having a room where they do not have to manage everyone else’s reaction. A woman who has spent years minimizing her own needs may need time before she can say plainly, “I am not okay.” Another may arrive with a polished list of symptoms and then apologize for crying. A skilled therapist notices both the content and the pattern: the exhaustion, the self-blame, the reflex to make suffering convenient for others.

Good therapy does not stereotype women’s experiences. It makes room for the actual person in the room.

How to choose without getting overwhelmed

The search for mental health care often happens during a hard week, not during a calm research project. You may be comparing websites late at night, trying to decode credentials while also wondering whether your insurance will cover sessions. It helps to simplify the first step. You are not choosing a lifelong provider. You are choosing a professional to contact and evaluate for fit.

A short checklist can help:

1. Confirm the clinician is licensed or appropriately supervised for your location.
2. Ask whether they have experience with your main concern, such as anxiety therapy, trauma therapy, or depression therapy.
3. Ask what therapy approaches they use and how they decide what fits.
4. Notice how you feel during the first contact: respected, rushed, understood, dismissed, or pressured.
5. Clarify practical details, including availability, fees, insurance, telehealth options, and cancellation policies.

The first session is also part of the assessment. You do not have to know immediately whether the therapist is “the one.” Many people need two or three sessions to sense whether the relationship feels workable. Therapy can feel uncomfortable because the material is vulnerable, but it should not feel careless or shaming. You should be able to ask questions. You should be able to say when something does not fit. You should feel that the clinician is paying attention to your goals, not forcing you into a script.

There are edge cases. If you are in crisis, safety comes first, and the best provider may be the one who can respond appropriately now rather than the one with the most ideal biography. If symptoms are severe, if there is significant risk of harm, or if daily functioning has sharply declined, a higher level of care or coordination with medical professionals may be needed. If you need formal documentation, testing, or diagnostic clarification, ask early whether the clinician provides that service. If medication questions are central, a psychiatrist or another qualified medical prescriber may need to be involved.

What good care often feels like

People sometimes expect good therapy to feel comforting every minute. It often does feel supportive, but it can also feel challenging. Not harsh, not humiliating, not adversarial, but challenging in the way growth often is. A therapist may gently point out a pattern you have never named. A psychologist may ask a careful question that makes you pause. A trauma therapist may help you slow down when you are used to overriding your body. An anxiety therapist may help you approach something you have avoided for years, one manageable step at a time.

Good care usually has a sense of collaboration. The clinician brings training, but you bring lived knowledge of your own life. Therapy works best when neither side pretends to have the whole picture alone. You and the provider form a working understanding of what hurts, what keeps it going, what strengths you already have, and what needs to change.

Progress may show up in ordinary ways before it feels dramatic. You sleep a little more consistently. You notice the early signs of panic before it crests. You recover from a difficult conversation in hours instead of days. You stop calling yourself lazy when depression slows you down. You set a boundary and feel guilty, but you do not take it back. You remember a traumatic event and feel distressed, yet still anchored in the present.

Those shifts matter. Mental health care is not only about symptom reduction, although reducing symptoms is often a central goal. It is also about helping people live with more freedom, more choice, and less fear.

Questions worth asking a potential provider

Many clients worry that asking direct questions will seem rude. It is not rude. It is responsible. Therapists and psychologists ask clients to share deeply personal material. Clients are allowed to ask who is receiving that material and how the work will be handled.

You might ask about the provider’s experience with your concern, their license, their training, and their approach to treatment. You might ask how they work with trauma if you know trauma is part of your story. You might ask

what anxiety therapy looks like in their practice, especially if avoidance has narrowed your life. You might ask how they approach depression therapy when motivation is low and self-criticism is high.

It is also fair to ask what happens if therapy is not helping. A thoughtful clinician will have an answer. They may talk about revisiting goals, changing strategies, increasing session frequency for a time, consulting with other professionals, or referring to a better-matched provider. Therapy is a professional service, not a test of whether you are a “good client.” If something is not working, that information belongs in the room.

Pay attention to how the professional responds. Clear answers build trust. Defensive or vague answers may leave you uneasy. Warmth matters, but clarity matters too.

The role of fit

Licensure and training are essential, but fit carries real weight. People heal in relationships where they can be honest. If you feel constantly judged, misunderstood, or emotionally unsafe, it will be hard to use therapy well, even if the clinician has impressive credentials.

Fit does not mean the therapist agrees with everything you say. It does not mean sessions are always soothing. It means the clinician’s style, skill, and presence help you engage in the work. Some clients need someone calm and spacious. Others need more structure. Some want practical skills early. Others need time to build trust before touching painful material. Some prefer a therapist who is direct. Others shut down if the pace is too fast.

A good provider adapts within the bounds of sound clinical care. If you say, “I need more structure,” they should take that seriously. If you say, “We are moving too fast,” that should matter. If you say, “I do not understand why we are doing this,” they should be able to explain.

This is especially important in trauma therapy. The therapeutic relationship itself can stir up old expectations about power, trust, and safety. A skilled trauma-informed clinician pays attention to consent, pacing, and choice. They do not treat resistance as stubbornness. They wonder what the nervous system is protecting.

What if you are still unsure?

If you are choosing between a psychologist and another therapist, start with the concern that brings you in. If you want psychotherapy for anxiety, depression, trauma, or life stress, several licensed professional types may be able to help. If you also need psychological assessment, diagnostic clarification, or doctoral-level psychology expertise, a psychologist may be especially appropriate. If medication is a major question, you may need a medical professional such as a psychiatrist involved in your care.

You do not have to use the perfect words when you reach out. You can say, “I am looking for help with anxiety,” or “I think past trauma is [generalized anxiety help](#) affecting my relationships,” or “I have been depressed and I am not functioning like myself.” A competent provider can help determine whether they are a good fit or whether another professional would serve you better.

Mental health care should not require you to become an expert in professional licensing before you can ask for help. Still, a little clarity can reduce the feeling of wandering through fog. A psychologist is typically a doctoral-level mental health professional who may provide therapy, assessment, and other psychological services. A therapist is a broader term for a trained, licensed professional who provides psychotherapy. Both can be part of effective care, depending on their qualifications and your needs.

The most important step is not memorizing every credential. It is finding a qualified professional who listens carefully, practices within their scope, understands the concerns you bring, and works with you in a way that

supports real change. Whether that person is a psychologist or another kind of licensed therapist, the right mental health service should help you feel less alone with what you have been carrying.

Name: Full Cup Wellness

Address: 1700 Eureka Road, Suite 155, Roseville, CA 95661

Phone: (916) 705-2896

Website: <https://fullcupwellness.com/>

Email: hello@fullcupwellness.com

Hours:

Monday: 8:00 AM - 8:00 PM

Tuesday: 8:00 AM - 5:00 PM

Wednesday: 8:00 AM - 5:00 PM

Thursday: 8:00 AM - 5:00 PM

Friday: 8:00 AM - 5:00 PM

Saturday: 12:00 PM - 7:00 PM

Sunday: 12:00 PM - 8:00 PM

Open-location code / plus code: PQR3+W6 Roseville, California, USA

Map/listing URL: <https://maps.app.goo.gl/CxD9V58rsSzXWt7Q8>

Google Map:

Socials:

<https://www.facebook.com/fullcupwellnessonline/>

<https://fullcupwellness.com/>

Full Cup Wellness provides psychotherapy for adult women from its Roseville office at 1700 Eureka Road, Suite 155, Roseville, CA 95661.

The practice is led by Dr. Holly Spotts, Psy.D., a licensed psychologist with experience supporting women through anxiety, depression, trauma, relationship stress, and major life transitions.

Full Cup Wellness offers in-person therapy in Roseville and online therapy for clients located in California, Florida, and Mississippi.

The practice uses an integrative therapy approach, drawing from methods such as Emotionally Focused Individual Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and mindfulness-based care.

Full Cup Wellness serves women who are looking for a supportive place to slow down, understand their patterns, and reconnect with themselves in a more grounded way.

Clients in Roseville, Granite Bay, Rocklin, Citrus Heights, Folsom, and the greater Sacramento area can contact the practice to ask about in-person availability.

For online therapy, clients should confirm eligibility and availability based on their current state location and clinical needs.

To ask about scheduling or a consultation, call (916) 705-2896 or visit <https://fullcupwellness.com/>.

The public map listing for Full Cup Wellness points to the Roseville office near Eureka Road, with plus code PQR3+W6 Roseville, California, USA.

Full Cup Wellness does not provide crisis services; anyone experiencing a mental health emergency should call or text 988, call 911, or go to the nearest emergency room.

Popular Questions About Full Cup Wellness

What does Full Cup Wellness do?

Full Cup Wellness provides psychotherapy for adult women. Publicly listed areas of focus include anxiety, depression, trauma recovery, relationship concerns, support for mothers, adult children of emotionally immature parents, and high-achieving or professional women.

Where is Full Cup Wellness located?

Full Cup Wellness is located at 1700 Eureka Road, Suite 155, Roseville, CA 95661. The practice also offers online therapy for eligible clients in California, Florida, and Mississippi.

Who is the therapist at Full Cup Wellness?

Full Cup Wellness is led by Dr. Holly Spotts, Psy.D., a licensed psychologist. The official website describes her as specializing in the unique challenges faced by modern women.

Does Full Cup Wellness offer online therapy?

Yes. Full Cup Wellness publicly lists online therapy for women located in California, Florida, and Mississippi. Clients should confirm current eligibility, availability, and clinical fit directly with the practice.

What therapy approaches does Full Cup Wellness use?

The practice describes its approach as integrative. Publicly listed approaches include Emotionally Focused Individual Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and mindfulness-based work.

Does Full Cup Wellness offer therapy for anxiety and depression?

Yes. Full Cup Wellness lists therapy for anxiety and depression among its specialties. The practice works with women who may be experiencing worry, low mood, self-criticism, relationship stress, or feeling stuck.

Does Full Cup Wellness offer trauma therapy?

Yes. Trauma recovery is publicly listed as one of the practice's specialties. Clients should contact Full Cup Wellness directly to discuss whether the practice is an appropriate fit for their needs.

What are Full Cup Wellness's hours?

Public day-by-day business hours were not listed during review. Contact the practice directly to confirm current scheduling availability.

Is Full Cup Wellness a crisis service?

No. Full Cup Wellness does not provide crisis services. In a mental health emergency or immediate danger, call or text 988, call 911, or go to the nearest emergency room.

How can I contact Full Cup Wellness?

Call (916) 705-2896, email hello@fullcupwellness.com, visit <https://fullcupwellness.com/>, or view the public Facebook page at <https://www.facebook.com/fullcupwellnessonline/>.

Landmarks Near Roseville, CA

Eureka Road: Full Cup Wellness is located on Eureka Road in Roseville, making this the most practical local reference point for clients visiting the office.

Douglas Boulevard: Douglas Boulevard is a major Roseville corridor near the office area. Clients nearby can contact Full Cup Wellness to ask about in-person therapy availability.

Sutter Roseville Medical Center: This major medical campus is a familiar landmark near the Eureka Road corridor. Full Cup Wellness serves clients from its nearby Roseville office and through eligible online therapy.

Maidu Regional Park: Maidu Regional Park is a well-known Roseville park and community destination. Clients in nearby neighborhoods can reach out to Full Cup Wellness for therapy options.

Downtown Roseville: Downtown Roseville is a central local district with shops, restaurants, and civic destinations. Full Cup Wellness serves Roseville-area clients from its Eureka Road office.

Westfield Galleria at Roseville: The Galleria is one of the area's best-known shopping destinations. Clients in and around north Roseville can contact Full Cup Wellness about scheduling.

Fountains at Roseville: This shopping and dining area is a familiar landmark near the Galleria. Full Cup Wellness is a local therapy option for clients in the broader Roseville area.

Granite Bay: Granite Bay is close to eastern Roseville. Residents can ask Full Cup Wellness about in-person appointments in Roseville or online therapy when eligible.

Rocklin: Rocklin is a nearby Placer County city. Clients in Rocklin may find the Roseville office convenient or may ask about online therapy options.

Citrus Heights: Citrus Heights is southwest of Roseville. Adults seeking therapy for women's mental health concerns can contact Full Cup Wellness to ask about fit and scheduling.

Folsom Lake: Folsom Lake is a major regional landmark east of Roseville. Clients in nearby communities can reach out to Full Cup Wellness for Roseville-based or online therapy availability.

Sacramento: Sacramento is the larger metro area surrounding Roseville. Full Cup Wellness serves local clients from Roseville and online clients in eligible states.