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**How can a psychologist help someone with their problems?**

In Ancient times, Medieval Ages and all the other years up to 19th century people managed to live their lives and confront their problems without the help of a licensed psychiatrist. Although Ancient Greeks were aware of psychological issues and studied the soul very thoroughly, it was not a scientific branch yet. So home come that our ancestors were left to their own devices and still lived happily while our generation needs to be told what to feel by a shrink?

Nowadays many people suffer from a severe lack of attention and time to communicate with friends. Nevertheless, every one of us needs someone who will listen to our stories and nebulous philosophising. Many people are so desperate they go to some amateurs who make living out of the gullibility of the public. The best case scenario is that those dilettantes will just pull wool over their eyes and prescribe an unsuccessful treatment while some of them can even make erroneous diagnosis or discourage rigorous clinical trials.

However, the majority of psychologist and psychiatrists are professionals trained to help people solve their inner problems and to make their lives better and easier. Some issues cannot be solved by a simple friendly chat or by reading a book about similar situation. Sometimes people need to go to a psychologist who would be able to explain what is happening and how to deal with it. Moreover, in case of a severe mental disorder it is absolutely necessary to consult a psychiatrist who will undoubtedly take care of such a patient.

To sum up, I would like to point out that there are as many advices to solve psychological issues as there are people. Not everyone might need to see a specialist every week but in some cases it could be truly helpful.