**PSYCHIATRIST AS A CAREER EXHIBITION**

**INTRODUCTION**

A psychiatrist is a physician who specializes in psychiatry, the branch of medicine devoted to the diagnosis, prevention, study, and treatment of mental disorders. Psychiatrists are medical doctors and evaluate patients to determine whether their symptoms are the result of a physical illness, a combination of physical and mental ailments or strictly mental issues. A psychiatrist usually works within a multi-disciplinary team, which may comprise clinical psychologists, social workers, occupational therapists, and nursing staff. Psychiatrists have broad training in a bio-psycho-social approach to assessment and management of mental illness.

As part of the clinical assessment process, psychiatrists may employ a mental status examination; a physical examination; brain imaging such as a computerized tomography (CT), magnetic resonance imaging (MRI), or positron emission tomography (PET) scan; and blood testing. Psychiatrists prescribe medicine, and may also use psychotherapy, although they could also primarily concentrate on medical management and refer to a psychologist or other specialized therapist for weekly to bi-monthly psychotherapy.

**OBJECTIVE**

Its primary goal is the relief of mental suffering associated with disorder and improvement of mental well-being.

This may be based in hospitals or in the community and patients may be voluntary or involuntary.

Psychiatry adopts a medical approach but may take in to account biological, psychological, and social/cultural perspectives.

Treatment by medication or, less often, various forms of psychotherapy may be undertaken.

Psychiatrists are medical doctors and are certified in treating mental illness using the biomedical approach to mental disorders including the use of medications.

Psychiatrists may also go through significant training to conduct psychotherapy, psychoanalysis, and/or cognitive behavioral therapy, but it is their medical training that differentiates them from clinical psychologists and other psychotherapists.

**NATURE OF WORK**

**A career as a psychiatrist** involves prevention, diagnosis, and treatment of mental illness. They can prescribe medicines unlike psychologists, and offer a range of treatments such as medication, general care including assessing your physical health and effects of medication, psychological treatments, and brain stimulation therapies such as electroconvulsive therapy (ECT).

It is an exciting and interesting career path that enables you to make a real difference in the lives of people who are suffering from some mental disorder. It is also a good field to pursue if you are particularly interested in knowing how the mind works.

**Eligibility to become Psychiatrist**

* Those wondering '**How to Become a Psychiatrist?**' can check out the criteria mentioned below:
* One must have completed their Class 12 level of education in Science stream with Biology as one of the compulsory subjects from a recognised Indian Board.
* After that, candidates will have to complete or quality an MBBS and then MD.
* Aspirants can also opt for a diploma in Psychiatric medicine (DPM) from a recognized educational institute.
* MD is a three-year course while the diploma course is of a 2-year duration.
* Apart from this, the National Board of Examinations also has a Diploma of National Board Exam (DNB).
* This DNB is seen as equivalent to an MD degree.

**Skills Required to Become a Psychiatrist**

* Compassion
* Empathy
* Ability to treat patients with respect and understanding
* Resilient to work in challenging situations
* Capacity to anticipate issues
* Able to monitor developing situations
* Analytical approach
* Scientific approach
* Lateral thinking
* Ability to work with flexible
* Ability to motivate other team members

**Types of Job Roles Psychiatrist**

While studying psychiatry, you will have the option of choosing from a variety of specializations that can help you decide what kind of a psychiatrist you want to be. Below is the list of various job profiles:

**Substance Abuse Therapy**

If you choose to specialize in substance abuse therapy, you will deal with patients who have dependencies on substances such as alcohol and drugs. You will be responsible for treating these patients individually or in groups, prepare recovery plans for them with their family members and prevent future substance abuse. You can work in a substance abuse rehabilitation center.

**Child and Adolescent Psychiatry**

Child and Adolescent Psychiatrists deal with children (up to the age of 18) and their families. The child and adolescent psychiatrist perform a diagnostic exam to assess the current problem and evaluate if the problem is genetic, physical, cognitive, educational, developmental or related to family, society or peer pressure.

**Adult Psychiatry**

This branch of psychiatry deals with the treatment of adult disorders (people who are above the age of 18). Depending on the disorder, diagnoses can include anxiety disorders, mood disorders, general psychiatry, addiction medicine and any other issues that cause mental stress.

**Psychosomatic medicine**

Psychosomatic medicine, which is also known as consultation-liaison psychiatry involves a complex diagnosis and treatment of psychiatric symptoms and disorders. Psychosomatic medicine psychiatrists counsel patients regarding emotional and psychiatric issues, which affect their health. They create care plans, including the prescription of medicines, and run diagnostic tests.

**Emergency Psychiatry**

Emergency psychiatry deals with the application of psychiatry in emergency situations. Examples of such situations include attempted suicide, depression, psychosis, substance abuse or violence. Care of patients who are in need of intervention includes crisis stabilization of disorders such as acute or chronic mental disorders.

**Geriatric Psychiatry**

Geriatric Psychiatry focuses on the evaluation, prevention, diagnosis and treatment of emotional and mental disorders in the elderly. Some of these disorders include dementia, anxiety, depression, and schizophrenia. The geriatric psychiatrist is responsible for listening and responding to the needs and concerns of older adults and working out a treatment plan.

**WORK ENVIRONMENT**

Psychiatrists work in a variety of settings, including private practices, clinics, general and psychiatric hospitals, university medical centers, community agencies, courts and prisons, nursing homes, industry, government, military settings, rehabilitation programs, emergency rooms, hospice programs, and many other places. About half of the psychiatrists in the U.S. maintain private practices and many psychiatrists work in multiple settings. There are about 45,000 psychiatrists in the U.S.

**KEY COMPETENCIES**

1. **Patient Care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health**
   1. Conduct a comprehensive psychiatric history and examination.
   2. Interpret the mental status examination
   3. Assess for substance dependence
   4. Construct a bio-psycho-social formulation of the psychiatric diagnosis
   5. Discuss psychiatric differential diagnosis
   6. Provide a concise and inclusive oral presentation and write-up of the psychiatric assessment
   7. Assess psychiatric emergencies, especially dangerousness to self and others
   8. Write progress notes that are legible, clear, concise, inclusive, and pertinent
   9. Assess for side effects of the major classes of psychotropic medications, especially extrapyramidal side effects
   10. Address substance dependence issues using motivational interviewing techniques
   11. Make basic treatment recommendations based upon the bio-psycho-social-spiritual formulation
   12. Be able to discuss the relevance of empathy, counter-transference, and cultural differences in medical practice
   13. Implement crisis intervention and brief psychotherapeutic techniques
   14. Have a respectful awareness of the impact of cultural differences on psychiatric presentation and intervention
2. **Medical Knowledge about established and evolving biomedical, clinical, and cognate (e.g. epidemiological and social-behavioral) sciences and the application of this knowledge to patient care**
   1. Understand the use of the multi-axial system of psychiatric diagnosis
   2. Diagnostic criteria for Axis I and Axis II disorders
   3. Clinical presentation, course, etiological theories, and treatments for major psychiatric disorders with emphasis on mood disorders, psychotic disorders, anxiety disorders, personality disorders, dementia, delirium, substance-related disorders, and sexual disorders
   4. Familiarity with diagnostic criteria and course of psychiatric disorders of childhood and adolescence
   5. Intoxication and withdrawal syndromes for alcohol and other drugs of abuse
   6. Treatment of addictions, especially 12-step recovery programs
   7. Detoxification protocols for alcohol and other substances
   8. Pharmacology of antipsychotics, antidepressants, mood stabilizers, and anxiolytics including therapeutic applications, efficacy, hypothesized mechanism of action, side effects, teratogenicity, and drug interactions
   9. Know the indications, effects, and side effects of ECT
   10. Familiarity with fundamental aspects of non-pharmacologic treatments of psychiatric disorders including psychotherapeutic interventions, behavioral interventions, psychosocial rehabilitation, psychoeducational approaches, recovery models, and self-help
   11. Involuntary commitment laws, competency, duty to protect, and confidentiality
   12. Familiarity with psychiatric manifestations of medical conditions.
   13. Common co-morbid medical conditions in psychiatric disability and addiction
3. **Practice-Based Learning and Improvement that involves investigation and evaluation of their own patient care, appraisal and assimilation of scientific evidence, and improvements in patient care**
   1. Actively engage in self-examination and self-exploration regarding one's own strengths, weaknesses, and biases
   2. Take the initiative in the furtherance of one's education and knowledge
   3. Exhibit an openness to examination of one's emotional reactions to patients
   4. Be able to identify and manage stress
   5. Be able to critically evaluate current medical literature and research
4. **Interpersonal and Communication Skills that result in effective information exchange and teaming with patients, their families, and other health professionals**
   1. Establish rapport and conduct a psychiatric interview
      * that is well-organized and comprehensive in content
      * using open and closed questions as appropriate
      * using empathic and supportive techniques
      * using non-verbal cues to further the interview process
      * that is well-paced
      * that follows the affect of the individual
      * using paraphrasing and summarizing to further the interview
      * using constructive confrontation and probing as appropriate
      * using appropriate closure
   2. Be able to maximize the empowerment of individuals having psychiatric or intellectual disabilities through active involvement in their services
   3. Collaborate with team members in a constructive manner
5. **Professionalism, as manifested through a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population**
   1. Demonstrate consistency, honesty, punctuality, diligence and thoroughness in performing professional duties.
   2. Understand patient advocacy and appropriate boundaries in medical practice.
   3. Have the ability to work in a non-judgmental fashion with a wide range of patients, including individuals having serious psychiatric disabilities and/or addictions
   4. Have an empathic understanding of addiction and its socioeconomic and spiritual consequences
   5. Understand obligations regarding clinician impairment
6. **Systems-Based Practice, as manifested by actions that demonstrate an awareness of and responsiveness to the larger context and system of health care and the ability to effectively call on system resources to provide care that is of optimal value**
   1. Understand the multidisciplinary team approach and the roles of the various disciplines involved in mental health services
   2. Have an awareness of the obstacles faced by individuals having psychiatric or intellectual disabilities, or addiction due to prejudice and discrimination
   3. Be aware of the multiple roles and responsibilities of the psychiatrist in providing treatment (i.e., whose agent are you?)
   4. Understand the continuum of care in the public mental health system