PSYCHIATRY

INTRODUCTION

Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems. The demand for psychiatrists is increasing, with the increasing mental tension and stress arising from modern lifestyles.

Psychiatrist is physicians who specialise in the diagnosis and treatment of mental health problems, illness and emotional disorders. They look after patients with mental problems, such as depression and schizophrenia. Treatment approaches may be more biologically based

SKILL SET

- Patient
- Ability to understand people
- Good listener
- Perseverance
- Emotional stability
- Genuine concern
- Sympathy towards the patients
- Objective approach
- Good communication skill

ELIGIBILITY

You can become a **psychiatrist** in the following steps:

- Take Science with Biology as a subject in your 11th and 12th
- Bachelor's in Medical (MBBS)
- Post Graduate Studies in Psychiatry (MD) or Diploma in Psychiatry (DPM)

The Doctorate (MD) course in psychiatry is of three years' duration. The person doing MD has to write a thesis on a particular topic under the guidance of a supervisor. The DPM is of two years' duration. Thesis does not have to be written in DPM.

- The National Board of Examinations conducts a programme called Diploma of National Board Exam (DNB). The DNB is considered to be equivalent to a MD degree.

Some psychiatrists also complete additional specialized training after their four years of general psychiatry training. They may become certified in:

o Child and adolescent psychiatry

o Geriatric psychiatry

o Forensic (legal) psychiatry

o Addiction psychiatry

o Pain medicine

o Psychosomatic (mind and body) medicine

o Sleep medicine

TOP COLLEGES

- **All India Institute of Medical Sciences, Delhi**

- **Aligarh Muslim University, Aligarh, Uttar Pradesh**

- **Tata Institute of Social Sciences,Mumbai**

- **Indian Institute of Technology (IIT), Kharagpur**

- **Indian Institute of Science, Bangalore**

- **B. M. Institute of Mental Health, Ahmedabad**

- **Central Institute of Psychiatry, Ranchi, Jharkhand**

- **Department of Psychiatry, Christian Medical College, Vellore**

- **Lady Hardinge Medical College, Delhi**

- **National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore**

- **Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh**

- **All India Institute of Physical Medicine and Rehabilitation, Mumbai**

CAREER FIELDS

- Private practices,

- Clinics,

- General and psychiatric hospitals,

- University medical centers,

- Community agencies,

- Courts and prisons,

- Nursing homes,

- Government Organizations

- Military settings,

- Rehabilitation programs

What Is the Difference Between a Psychiatrist and Psychologist?

A psychiatrist is a medical doctor (completed medical school and residency) with special training in psychiatry. A psychiatrist is able to conduct psychotherapy and prescribe medications and other medical treatments.

A psychologist usually has an advanced degree, most commonly in clinical psychology, and often has extensive training in research or clinical practice. Psychologists treat mental disorders with psychotherapy and some specialize in psychological testing and evaluation.