

Health Care: A Career For Life

PSYCHIATRIST - Specialist Physician

DESCRIPTION

Psychiatrists diagnose and treat people who have mental illnesses.

Psychiatrists help patients deal with mental illnesses such as substance abuse, anxiety disorders, or depression. Some mental illnesses have a biological cause, such as a lack of the proper chemicals in the brain. Other mental illnesses are caused by an event, such as the death of a loved one. Psychiatrists differ from psychologists and doctors because they have both medical and psychological training. Thus, they can prescribe drugs when necessary, but also know how to counsel patients.

Psychiatrists may talk with family members to learn more about the patient's life. In addition, they may consult with other mental health specialists who have worked with the patient. Psychiatrists may use lab tests to help make a diagnosis.

After analyzing patients' health and examining their mental state, psychiatrists make a treatment plan. They treat mental illness in many ways. Psychotherapists talk about issues with patients to help solve problems. Some psychiatrists prescribe medications. Other psychiatrists use a combination of talk and drug therapy. In some cases, psychiatrists admit patients to hospitals.

Psychiatrists periodically meet with patients to make sure the medication is working properly. They may also talk with family members about the patient's condition. When treatments are not working, psychiatrists adjust the plan. Psychiatrists keep detailed records about patients. They refer to these records when writing reports for insurance companies. Psychiatrists read articles about new treatment options and take classes to learn new skills. Sometimes they do research and write articles for journals. Some psychiatrists teach or supervise students.

Some psychiatrists specialize in treating patients of a certain age group. Child and adolescent psychiatrists work with children or teenagers and their families.

They may use play therapy to help children. Other psychiatrists specialize in the elderly. Industrial psychiatrists help businesses deal with problems, such as violence or drugs in the workplace. Forensic psychiatrists testify in court on the mental state of people.

People in this career need knowledge in the following areas:

- **Psychology:** Knowledge of people, their actions, and mental processes. This may include knowledge of how to treat emotional and behavioral problems.
- **Therapy and Counseling:** Knowledge of the effect of diseases and injuries. Knowledge of how to give advice on social or personal problems. Also includes the knowledge of setting up a plan for treatment.
- **Medicine and Dentistry:** Knowledge of injuries, illnesses, and defects. Also includes the knowledge of setting up a plan for treatment.
- **English Language:** Knowledge of the meaning, spelling, and use of the English language.
- **Education and Training:** Knowledge of teaching and the methods involved in learning and instruction.
- **Mathematics:** Knowledge of the rules and uses of numbers. Areas of knowledge include arithmetic, algebra, geometry, and statistics.

SALARY RANGE

\$108,000 - \$380,000+
(Specialist Physician)

EDUCATION

You must complete a Bachelor degree (3 – 4 years) to enter Medical School and must graduate from an approved medical school (4 years) with training in your chosen area of specialization (2 or more years) and obtain a Medical Degree (MD).

**MB's Healthcare
Providers Network**
www.mhpnetwork.ca



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University of Manitoba – Program Overview

The Psychotherapies Program is an integral part of the Department of Psychiatry. It provides input at four levels:

- a) Psychotherapies Resident Training from PGY1 - PGY5.
- b) Psychotherapies Training in each Program in our Department.
- c) Advanced electives in the Psychotherapies.
- d) A Fellowship in the Psychotherapies (PGY6).

The Psychotherapies Program is located at a number of sites. They include:

- a) Health Sciences Centre (Adult and Child Mental Health Programs)
- b) St. Boniface Hospital
- c) Manitoba Adolescent Treatment Centre
- d) Faculty Counselling Services, Faculty of Medicine

The learning objectives of the Psychotherapies Program are as follows:

1. Knowledge of basic psychodynamic principles as they apply to the individual, family and group.
2. Knowledge and ability to formulate and synthesize a patient's problems from a bio, psycho, socio-cultural perspective.
3. Ability to treat patients in at least two individual and one systemic modality.
4. Review of psychotherapy literature as they apply to the individual and systemic psychotherapies.
5. Development of and ability to teach and supervise psychotherapies.

The residents treat two psychotherapy patients and are supervised by two psychotherapy supervisors from PGY1 - PGY5. In addition, Residents are taught the various types of Psychotherapies in our core curriculum, a variety of continuous case seminars, workshops, Sisler Institute; and through the Advanced Psychotherapies elective. Furthermore, before a member of the Faculty can join the Psychotherapy Supervisory Staff, they must attend the Supervisors Group for at least one academic year. This is a peer supervision group in which the supervision of a trainee is presented and a review of the pertinent literature discussed. Formal evaluations of Supervisees by Supervisors and Supervisors by Supervisees occur every 6 months

. http://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/index.html

University of Manitoba - Department of Psychiatry

<http://www.umanitoba.ca/faculties/medicine/units/psychiatry>

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CAREER RELATED LINKS

Canadian Federation of Medical Students <http://www.cfms.org>

Canadian Psychiatric Association <http://www.cpa-apc.org>

Royal College of Physicians and Surgeons of Canada <http://rcpsc.medical.org>

Addictions Foundation of Manitoba <http://www.afm.mb.ca>

Alzheimer's Manitoba <http://www.alzheimer.mb.ca>

Anxiety Disorders Association of Manitoba <http://www.adam.mb.ca>

Canadian Mental Health Association <http://www.cmha.ca>

Canadian Mental Health Association - Manitoba Division <http://manitoba.cmha.ca/>

Eating Disorders Association of Manitoba <http://www.cwhn.ca/en/node/20150>

Manitoba Schizophrenia Society <http://www.mss.mb.ca>

Mood Disorders Association of Manitoba <http://www.depression.mb.ca>

Institute for Biodiagnostics - National Research Council of Canada

<https://www.nrc-cnrc.gc.ca/eng/>

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