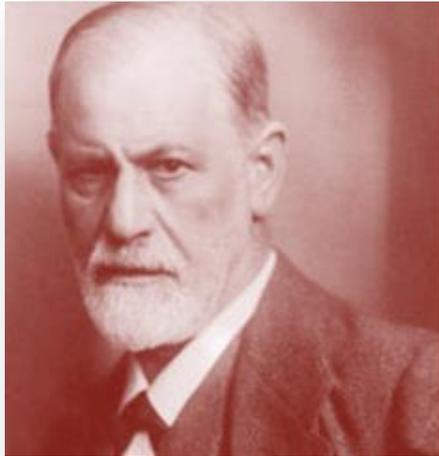




# PSYCHIATRY

Over **43,000,000** Americans have a mental health condition, and there is a **shortage** of providers.

# What is Psychiatry?



Psychiatry is the art of teaching people how to stand on their own feet while reclining on couches.

— Sigmund Freud —

- ◎ Psychiatry is a branch of medicine that focuses on the diagnosis, treatment, and prevention of various mental, emotional, and behavioral disorders. Psychiatry focuses on sudden problems, such as panic attacks or hallucinations, as well as long-term or issues, such as anxiety and substance abuse.
- ◎ 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.

# What do Psychiatrists Do?

- ◎ **Perform** full range of medical laboratory and psychological tests along with discussions with patients to assess his/her physical and mental state
- ◎ **Understand** the complex relationship between emotional wellbeing with physical illness, genetics, family history, etc.
- ◎ **Diagnose** and work with patients for a treatment plan
- ◎ **Use** various forms of psychotherapy, medications, psychosocial interventions according to the needs of the patient
- ◎ **Conduct** psychotherapy with patients, which is talk therapy to eliminate or control disabling or troubling symptoms so the patient can function better.
- ◎ **Prescribe** medications, such as antidepressants, sedatives, mood stabilizers, and stimulants.



# Areas of Specialty



Child & Adolescent Psychiatry



Pain Medicine

Geriatric Psychiatry



Psychoanalysis or  
Psychiatric Research



Forensic Psychiatry



Sleep Medicine

Addiction



Psychosomatic (mind  
& body) Medicine



# Psychiatry and Psychology Meet in the Middle

Both professions train mental health experts who work with each other for the advancement and betterment of individuals with mental illnesses

Medical school trained  
MD or DO degree  
4 years med school, 4 years  
residency  
Can prescribe medication

May perform research  
Use psychotherapy  
in treating patients

University trained  
PhD or PsyD degree  
5-7 year program with 1-2 year  
internship/additional training

**Psychiatrists**

**Psychologists**

# Influential Psychiatrists in History

- ◎ **Sigmund Freud (1856 - 1939)** The “father of psychoanalysis,” a method through which an analyst unpacks unconscious conflicts based on the free associations, dreams and fantasies of the patient. His theories on child sexuality, libido and the ego, among other topics, were some of the most influential academic concepts of the 20th century.
- ◎ **Margaret Schönberger Mahler (1897-1985)** A Hungarian physician who became a central figure on the world stage of psychoanalysis. She worked with normal childhood development and spent much of her time with psychiatric children and how they arrive at the "self". Mahler developed the separation-individuation theory of child development.
- ◎ **Carl Jung (1875-1961)** Born in Kesswil, Switzerland, Jung believed in the “complex,” or emotionally charged associations. He collaborated with Sigmund Freud, but disagreed with him about the sexual basis of neuroses. Jung founded analytical psychology, advancing the idea of introvert and extrovert personalities, archetypes and the power of the unconscious. Jung published numerous works during his lifetime, and his ideas have had reverberations traveling beyond the field of psychiatry, extending into art, literature and religion as well.
- ◎ **Elisabeth Kübler-Ross (1926-2004)** Elisabeth Kübler-Ross wanted to be a doctor but her father forbade it. She left home at 16, was a hospital volunteer in WWII, and entered medical school in 1951. She studied terminal illness, publishing her groundbreaking book *On Death and Dying* in 1969. The book outlines the five stages that dying patients experience: denial, anger, bargaining, depression and acceptance.

# Princeton Alum Psychiatrists

- ◎ **Evelyn Attia '82** is a psychiatrist and researcher who focuses on research involving the psychobiology and treatment of anorexia nervosa
- ◎ **Harold J. Bursztajn '72** is an associate clinical professor of psychiatry at Harvard Medical School who co-founded the program in psychiatry and the law at HMS
- ◎ **Benjamin Cheyette '88** and **Sarah (Resnik) Cheyette '88**, both psychiatrists in the San Francisco area, co-wrote a book about coaching children with ADHD
- ◎ **Ian Cook '82** is a professor of psychiatry and behavioral sciences in the David Geffen School of Medicine at UCLA
- ◎ **Matthew Edwards '10** is a psychiatry resident at Stanford
- ◎ **David Nathan '90** is the director of continuing medical education for the Princeton HealthCare System and a faculty member at Rutgers RWJMS.

# How to Become a Psychiatrist

## Obtain a Medical Degree

- obtain your MD or DO
- typically, you'll learn the fundamental skills, behaviors and practices to become a physician before specializing

## Complete a Residency

- most psychiatric residencies last four years and combine didactic learning and practical application
- receive broad training before focusing your electives and clinical experience in a particular area

## Obtain a License

- you must be licensed to practice psychiatry in all states
- most states have their own requirements (usually an examination that tests your knowledge of state regulations and medical practices)

## Become Board Certified

- board certification through American Board of Psychiatry and Neurology (ABPN) is voluntary
- becoming board certified demonstrates your competence and could improve your employment opportunities

# Highly Ranked Psychiatry Graduate Programs

[Harvard Medical School](#)

[Columbia University Vagelos College of Physicians and Surgeons](#)

[University of Pennsylvania Perelman School of Medicine](#)

[Yale School of Medicine](#)

[Johns Hopkins School of Medicine](#)

[University of California, San Francisco School of Medicine](#)

[Stanford University School of Medicine](#)

[Duke University School of Medicine](#)

[David Geffen School of Medicine at University of California, Los Angeles](#)

[University of Pittsburgh School of Medicine](#)



# Prerequisite Courses

No specific prerequisites for psychiatry—course prereqs are the same for medical students regardless of specialty interest. Come to [HPA](#) to review the list of the required and recommended courses for each U.S. and Canadian medical school.

	Gen Chem	Organic Chem	Biochem	Biology	Physics	Math	Other
<a href="#">Columbia</a>	2 years including 2 semesters Organic Chemistry			2 sem w/lab	2 sem w/lab		1 year of English
<a href="#">Mt. Sinai</a>	2 sem	1 orgo w/lab + 1 bchm or 2 orgo w/lab		2 sem	2 sem or AP	2 sem or AP Rec Stats	1 year of English Rec stats, social science, Spanish/Mandarin
<a href="#">NYU</a>	Rec	Rec	Rec	Rec	Rec		Rec. English, Genetics
<a href="#">Cornell</a>	2 sem w/lab	1 orgo + 1 adv bio/ bchm or 2 orgo		2 sem w/lab	2 sem w/lab	Rec Calc & Stats	1 year writing-intensive courses
<a href="#">Einstein</a>	Focus on competencies rather than specific courses						
<a href="#">Jefferson</a>	Focus on competencies rather than specific courses						
<a href="#">Penn</a>	Focus on competencies rather than specific courses						
<a href="#">Rutgers RWJ</a>	2 sem w/lab	1 orgo w/lab + 1 bchm or 2 orgo w/lab		2 sem w/lab	2 sem w/lab	2 sem	1 year of English Rec stats
<a href="#">Rutgers NJMS</a>	2 sem w/lab	2 sem w/lab	Rec	2 sem w/lab	2 sem w/lab	Rec	1 year of English Rec Genetics

# Core Curriculum

*at Columbia University Vagelos College of Physicians and Surgeons*

- ◎ A central aspect of the Residency Training Program is the core curriculum. Courses are held weekly for students in the first post-graduate year (PGY-1s) as they rotate through their psychiatry rotations. Residents have class daily during the PGY-2 and PGY-3 years, and two days a week in the PGY-4 year. Courses are integrated with the residents' clinical activities and are sequenced to correspond to the growth of clinical skills. Didactic courses provide the scientific and conceptual basis for practice, as well as a time to consider complex treatment issues away from the pressure of immediate clinical decision making.
- ◎ In addition to courses, didactic sessions are held on a specific teaching service, attended only by residents while they are on that service. For example there is a course on the cognitive therapy of eating disorders offered to residents while they rotate on the inpatient unit where bulimic and anorexic patients are hospitalized. There are also special seminars held for all residents throughout the year.

## *Core Curriculum Details by Year*

**PGY 1**

**PGY 2**

**PGY 3**

**PGY 4**

# Psychological / Psychiatric Services at Princeton

Princeton's University Health Services, [Counseling and Psychological Services \(CPS\)](#) offers short-term psychiatric services, including psychiatric evaluations and brief treatment, to students who have been evaluated by one of our counselors.



## **Urgent Consultations**

For students experiencing stress or psychological difficulties, a counselor will assess the situation and provide immediate support. They can facilitate referral for urgent psychiatric consultations if needed. Call 609.258.3141 or walk in during business hours.



## **Evaluations**

If you and your counselor decide that you may benefit from medication, you will be referred for an evaluation with one of Princeton's psychiatrists or psychiatric nurse practitioners. If you require more ongoing psychiatric care, they will [refer you to a local specialist for psychiatric care](#).



## **Counseling**

If you are receiving treatment from a CPS psychiatric provider, they request that you continue meeting with one of their counselors for therapy and support.

## For more information...

- ◎ **American Psychiatric Association:** [psychiatry.org](http://psychiatry.org)
- ◎ **American Journal of Psychiatry:** [ajp.psychiatryonline.org](http://ajp.psychiatryonline.org)
- ◎ **American Psychiatric Foundation:** [apafdn.org](http://apafdn.org)
- ◎ **Mental Health America:** [mentalhealthamerica.net](http://mentalhealthamerica.net)
- ◎ **Psychiatric Times:** [psychiatrictimes.com](http://psychiatrictimes.com)
- ◎ **Princeton Counseling and Psychiatric Services:**  
[uhs.princeton.edu/counseling-psychological-services/psychiatric-consultation](http://uhs.princeton.edu/counseling-psychological-services/psychiatric-consultation)