

Has it ever been speculated as to why one may receive the feeling of hunger at the moment they do? Or why the words you didn't mean to say slip out of one's mouth? The preceding questions are known as having a Freudian slip, which was discovered by the psychologist Sigmund Freud. Psychiatry, is the study and treatment of mental illness, emotional disturbance, and abnormal behavior. A career that has to do with the study of psychiatry, is known as one practicing in becoming a psychiatrist. A psychiatrist specializes in the diagnosis and treatment of mental illnesses. Psychiatrists are a branch of medical doctors that help with mental disorders and substance use. A psychiatrist handles prescribing medicine, as well as having to obtain a degree, resulting in various types of psychiatrists and their specific work. Despite all of the requirements and training, psychiatry is a worth well field to go into because of the benefits.

Psychiatrists obtain medical degrees and are practiced in the category of psychiatry. Psychiatrists are one of the many doctors that are able to prescribe medicine in the health field. Psychiatrists may also perform physical exams and tests (Cherry). Psychiatrists team up with social workers, physicians, and psychologists. Within the career psychiatrists use a variety of methods that includes, psychotherapy, hospitalization, and psychoanalysis (Cherry). Along with prescribing medicine for patients that see psychiatrists, many psychiatrists help develop a plan for recovery (What's a psychiatrist). Within seeking help from a professional, many of them can provide you with additional aid. For example many specialists can refer you to other doctors and

provide knowledge about lifestyle changes. They also work one on one with individuals into trying to help them get healthier. In the career of psychiatry, there is always something for you to do so you will never get bored of your job.

Within the broad term psychiatrists, there are many different types of professions that are linked with the job. For example there are many different types of doctors that specialize in psychiatry. Addiction psychiatrists specialize with people who have problems with drinking or drugs. There are also adult psychiatrists, that work with adults experiencing distress or mental illnesses. Adolescent or child psychiatrists work with children and teens. Another area of psychiatry, are forensic psychiatrists that deal with court and the criminal justice system. Neuropsychiatrists specialize in mental disorders that are found in the brain. They also are in contact with the nervous system and brain injuries (Cherry). In this career there are many things one can specialize in when it comes to their future.

There are a few steps needed in order to complete the training and become a registered psychiatrist. One must have a M.D or D.O degree from a school of medicine. In addition to obtaining a degree one must complete four years residency with at least three years designated specifically to psychiatry (Cherry). A written oral exam is also needed. The oral segment is designed to assess skills through an observation of an actual examination of one with a patient. After the exam is over you are then allowed to apply for a board certification.

There are many benefits to becoming a certified psychiatrist. Psychiatrists make about 187,000 per year. Psychiatrists who have earned certifications through the American Board of Psychiatry and Neurology, might be able to earn a higher salary due to their credentials and might also receive the best job opportunities (Writers). According to the Bureau of Labor

Statistics, those who were employed in offices of physicians had a mean salary of 197,190 per year. Those who were employed in outpatient care centers averaged 214,460 per year (Kendra). Other interesting benefits of becoming a licensed psychiatrist is that one can prescribe all different kinds of medicine. Some prescriptions psychiatrists may prescribe are Zoloft that helps with depression, Xanax for anxiety, and Lexapro which also aids in coping with depression. (Grohol). Psychiatrists have knowledge and training on the physiological factors that influence symptomatology, and they frequently prescribe psychotropic medications to treat childhood mental illness (Stebbins). A study was done in regards to testing how psychiatrists prescribe medication for Pediatric Bipolar Disorder. It is always crucial for social workers to understand the perceptions of child psychiatrists that involve children's mental health given their large role in determining and diagnosing children and psychiatrists' important role in prescribing medications (Stebbins).

The environment and work life of psychiatrists can vary depending on their specific area of profession. Some psychiatrists work in hospitals, offices, and even schools. Psychiatrists usually spend around sixty percent of time with their patients (Cherry). When they aren't attending to their patients' needs they are either teaching or conducting research. If a psychiatrist who works in the hospital may spend some of his/her time diagnosing patients. A doctor who works from their office may spend their time consulting with colleagues, meeting and evaluating new clients, or completing paperwork (Kendra).

In conclusion a career in psychology is a very special and important job one can acquire. There are many different professions within the field of becoming a psychiatrist. In the field of psychiatry, there are many different medications licensed psychiatrists can prescribe. Whether

they are providing one with care, admitting someone into a hospital, or evaluating one for diseases. Although some may argue that the training and requirements may be a lot to take in, the great benefits of becoming a licensed psychiatrist is that one never stops learning. Psychiatrists are always acquiring new information. Having a career in psychiatry can lead to a plethora of jobs in the health and science field.

Works Cited

Cherry, Kendra. "Thinking of Becoming a Psychiatrist? Here's What You Need to Know."

Verywell Mind, Dotdash,

www.verywellmind.com/psychiatrist-a-career-overview-2795641.

Grohol, John M. "Top 25 Psychiatric Medications for 2016." *Psych Central*, Psych Central.com,

8 July 2018, psychcentral.com/blog/top-25-psychiatric-medications-for-2016/.

Stebbins, Mary B., and Jacqueline Corcoran. "Pediatric Bipolar Disorder: The Child Psychiatrist Perspective." *SpringerLink*, Springer, 29 June 2015,

link.springer.com/article/10.1007/s10560-015-0411-7.

Warning Signs of Mental Illness,

www.psychiatry.org/residents-medical-students/medical-students/choosing-a-career-in-psychiatry.

"What's a Psychiatrist?" *RANZCP*,

www.yourhealthinmind.org/psychiatry-explained/whats-a-psychiatrist.

Writers, Staff. "How to Become a Psychiatrist | Psychiatry Degrees & Careers." *How to Become*,

LearnHowToBecome.org, 10 Feb. 2014, www.learnhowtobecome.org/psychiatrist/.