

Health Career Observer



The Official Newsletter of the WNY R-AHEC
September, 2024

Psychiatrist & Psychologist

Psychiatrists are medical doctors (an M.D. or D.O.) who specialize in mental health, including substance use disorders. Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. They are qualified to assess both the mental and physical aspects of psychological problems. People seek psychiatric help for many reasons, and their problems can be sudden or they may be more long-term.

Average Annual Pay: \$216,280

Psychologists study cognitive, emotional, and social processes and behavior by observing, interpreting, and recording how people relate to one another and to their environments. They use their findings to help improve processes and behaviors and seek to understand and explain thoughts, emotions, and behavior. They utilize techniques such as observation, assessment, and experimentation, to gain a better understanding about how beliefs and feelings influence people.

Average Annual Pay: \$92,740



"It is rewarding when you have been really helpful to someone, or when they leave your office feeling relieved."
-Whitney C Brown, Ph.D.

How Do I Become a Psychiatrist & Psychologist?

PROJECTED JOB MARKET GROWTH:
PSYCHIATRIST 6.7%,
PSYCHOLOGIST 6%
BY 2032

Psychiatrists must complete approximately 12 years of education after high school, including medical school and a 4-year psychiatry residency. The first year focuses on general medical training, followed by three years of specialized mental health training in various settings. After residency, psychiatrists often seek board certification from the American Board of Psychiatry and Neurology. This certification must be renewed periodically. Many also pursue additional fellowships in areas like Addiction Psychiatry or Child and Adolescent Psychiatry, with opportunities for further specialization and dual training available.

Psychologists usually need a master's degree to work in the field along with supervised experience to qualify for licensure, which may include an internship or postdoctoral training. Industrial-organizational psychologists and school psychologists are two examples in which need a master's degree. Clinical or counseling psychologists require a Doctor of Philosophy (Ph.D.) or Doctor of Psychology (Psy.D.) for licensure and practice. Depending on the specific role, specialization, or location, additional training or certifications may be required.

What Does a Psychiatrist & Psychologist Do?

Psychiatrist

- ✓ Evaluate, diagnose, and provide treatment for a range of mental health conditions, such as depression, anxiety, schizophrenia, and bipolar disorder.
- ✓ Prescribe and manage psychiatric medications to aid with mental health symptoms, adjusting the dosage and monitoring effectiveness as needed.
- ✓ Offer therapy, such as cognitive-behavioral therapy (CBT) and psychoanalysis, to help patients handle their mental health issues.
- ✓ Assess and manage patients' risk of self-harm or harm to others, and develop safety plans or interventions to address these risks.

Psychologist

- ✓ Study behavior and brain function by observing, interviewing, and surveying individuals.
- ✓ Identify psychological, emotional, behavioral, or organizational issues and diagnose disorders.
- ✓ Research and identify behavioral or emotional issues, such as anxiety and depression.
- ✓ Discuss the results of testing with clients or their families and, if needed, develop treatment plans.



WNY R-AHEC, 20 Duncan St, Warsaw, NY 14569
355-786-6275 info@r-ahec.org
<https://www.r-ahec.org/>

Follow us on:



This organization is an Equal Opportunity Provider and Employer

Health Career Observer



The Official Newsletter of the WNY R-AHEC

September, 2024

A Professional Account

Whitney C. Brown, Ph.D, Clinical Psychologist and Assistant Professor of Psychology at State University of New York at Geneseo gives insight on a career in clinical psychology.

What is the most rewarding part of your job?

"I would say hearing that you have been really helpful to someone, or when they leave your office feeling relieved - that everything is OK (not perfect, but OK)."

What is the most challenging?

"Being present for others in your personal life after being emotionally available to your clients and/or students all day. It takes some time to figure out how to decompress and get into 'home-mode'."

What do you wish you knew back in school that you know now?

That training in clinical psychology allows you to choose different jobs/positions including different configurations of assessment, psychotherapy, and research (the three pillars of clinical psychology). This means that I had more choice than to become either a college professor or a therapist in private practice, even though I ultimately chose the former.

Anything else you want to share?

"There is no one right path to take toward your career. Ask as many individuals as you can for information. Use that information to find your own path!"



Click on the image for an explanation of the difference between a psychologist and a psychiatrist.

<https://www.youtube.com/watch?v=eNMjos1-lzk>



Scan Me



A Day in the Life as a Psychologist

Click on the image for a professional account from a Psychologist

<https://www.youtube.com/watch?v=ljotdz5loDE>



Scan Me



For more information visit the U.S. Bureau of Labor Statistics & the American Psychiatric Association

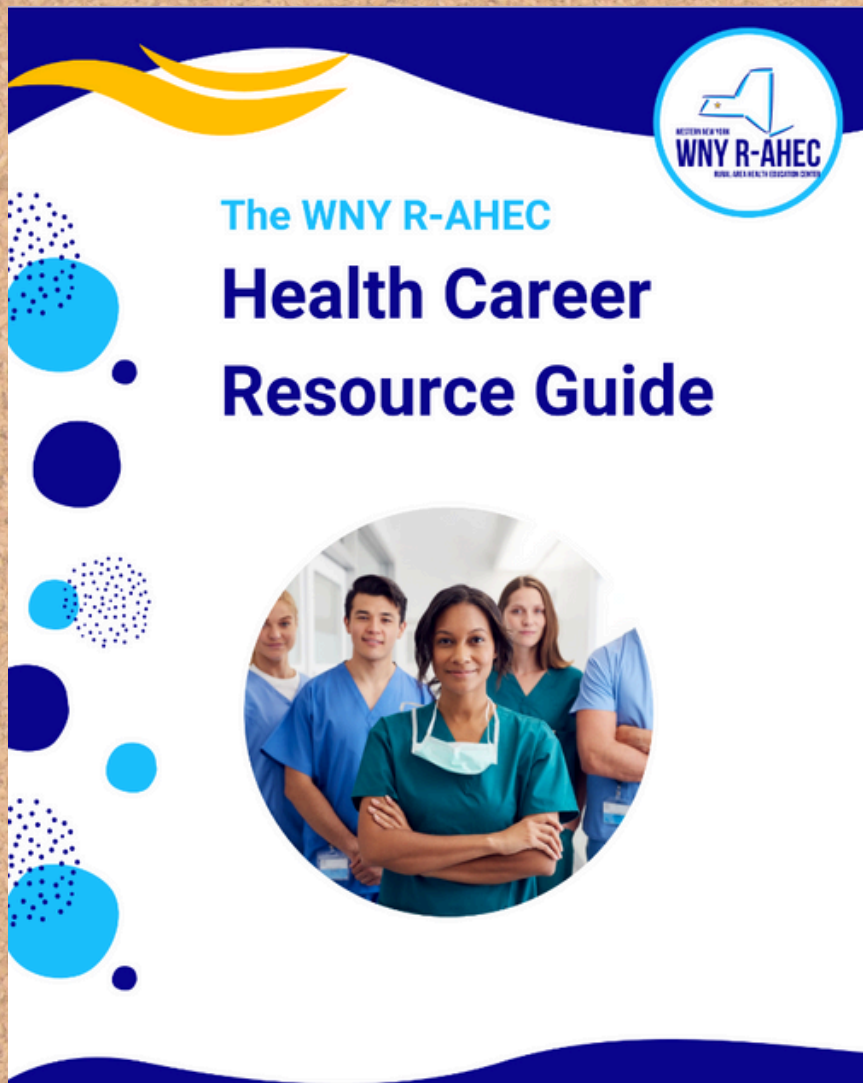
<https://www.bls.gov/ooh/life-physical-and-social-science/psychologists.htm> | <https://www.psychiatry.org/patients-families/what-is-psychiatry>

Health Career Observer



The Official Newsletter of the WNY R-AHEC

September, 2024



**Health Careers
Resource Guide
QR Code**

The health career resource guide features about 40 health careers, information on entering healthcare as well as school and financial resources.