

## What is a Psychiatrist?

A psychiatrist is a medical doctor who specializes in the diagnosis, treatment and prevention of mental illnesses, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological disturbance.

A psychiatrist has completed medical school (is an M.D. or D.O.) and an additional four or more years of residency training in psychiatry. Many psychiatrists train even longer, further specializing in areas such as child and adolescent psychiatry, geriatric psychiatry, addiction psychiatry or forensic psychiatry.

Because they are physicians, psychiatrists can order or perform a full range of medical laboratory and psychological tests which, combined with interviews/discussions with patients, help provide a picture of a patient's physical and mental state. Psychiatrists use a variety of treatments, including psychotherapy, medication, and other treatments.



Psychiatrists work in all kinds of settings, from private practices to the public sector, as well as in hospitals, community mental health centers, primary education schools, colleges and universities, correctional facilities and corporate health care settings.

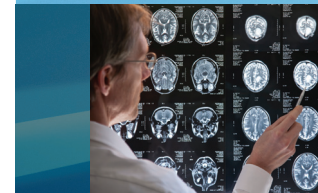
### **American Psychiatric Association**

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## American Psychiatric Association



WHAT IS THE

# AMERICAN PSYCHIATRIC ASSOCIATION?

**The American Psychiatric Association (APA) is the medical specialty society representing 36,000 psychiatrists in the U.S. and from around the world.**

APA, founded in 1844, is the largest and longest-serving psychiatric medical association. Its member physicians work together to ensure humane care and effective treatment for all persons with mental disorders, including intellectual disability and substance use disorders. APA is the voice and conscience of modern psychiatry.

APA members are medical specialists who are psychiatrists or in the process of becoming psychiatrists. APA works to

- Promote the highest quality care for individuals with mental disorders
- Promote psychiatric education and research
- Advance and represent the profession of psychiatry

## Education and Training

APA supports education, training and career development of psychiatrists and other physicians. APA offers educational programs that support professional development and performance improvement through annual scientific meetings, online training, and journals and other publications. APA provides support to psychiatric educators, residents, and medical students. APA is accredited by the Accreditation Council for Continuing Medical Education.



a robust scientific environment featuring new research, patient care strategies, and new treatment choices.



APA hosts two major educational conferences every year: the APA Annual Meeting and the Institute on Psychiatric Services (IPS). Both meetings provide

## Publications

American Psychiatric Publishing, a division of the APA, is the world's premier publisher of books, journals, and multimedia on psychiatry, mental health and behavioral science. APP offers authoritative, up-to-date and

affordable information geared toward psychiatrists, other mental health professionals, psychiatric residents, medical students and the general public.



American Psychiatric Publishing publishes the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*, the standard for the diagnosis of psychiatric conditions; several journals including the *American Journal of Psychiatry*; Practice Guidelines



## FOR INFORMATION

[www.psych.org](http://www.psych.org)

Toll-Free: 888-35-PSYCH (888-357-7924)

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on a range of disorders and topics; and a bimonthly newspaper, *Psychiatric News*. **PsychiatryOnline.org** brings all these resources together in the most comprehensive online access to psychiatric literature available. More information can be found at [www.appi.org](http://www.appi.org) and [www.PsychiatryOnline.org](http://www.PsychiatryOnline.org).

## Research

APA's research efforts are aimed at contributing to psychiatry's science base and to improving the quality of psychiatric care through research, education, health policy analysis and dissemination. Programs include managing the Practice Research



Network, clinical and health services research, producing evidence-based practice guidelines, and oversight of development of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*. APA promotes physician education related to new and emerging research, with an emphasis on translation of research into clinical practices.



## American Psychiatric Foundation (APF)



APF is the charitable and educational affiliate of APA, which works to advance public understanding that mental illnesses are real and can be effectively treated. APF promotes awareness of mental illnesses and the effectiveness of treatment, the importance of early intervention and access to care through grants, programs, research and awards. [www.PsychFoundation.org](http://www.PsychFoundation.org).

