

# Psychiatry

## What is Psychiatry?

Psychiatry is a medical discipline dedicated to:

- Improving the prevention, assessment, diagnosis, treatment, and rehabilitation of mental illness
- Adopts a biological, psychological, social/cultural approach to assessing and treating mental health problems.

## What do Psychiatrists do?

- Provide assessment, treatment, and education for people living with mental health problems, which meet the individual needs of each person.
- Diagnose specific types of mental illness in those suffering mental health problems and recommend appropriate treatment for them
- Work as part of an interdisciplinary team, which may include other physicians, nurses, psychologists, occupational therapists, psychotherapists, social workers, and other mental health professionals
- Help ensure that certain clients are cared for in a safe and appropriate manner

## Where do Psychiatrists work?

Psychiatrists work in a variety of settings which may include:

- Hospitals
- Mental Health Agencies
- Jails
- Schools
- Community

## Education and Preparation

Psychiatrists require a MD degree as well as further training in residency for 5 years in order to be licensed to practice in Canada.

Various exams must be passed, including the Medical Council of Canada Qualifying Examination Part II to become licensed to practice medicine in Canada. Once residency is completed, the physician will complete the Royal College of Physicians and Surgeons of Canada specialty examination.

## Licensure

Licensure of Psychiatry in Canada resides within the Royal College of Physicians and Surgeons. The college requires a specialty examination completion and a practice experience of 5 years.

## Professional Associations

**The Royal College of Physicians and Surgeons of Canada**

[www.rcpsc.medical.org](http://www.rcpsc.medical.org)

**The Ontario Psychiatric Association**

[www.eopa.ca](http://www.eopa.ca)

**The Canadian Psychiatric Association**

[www.cpa-apg.org](http://www.cpa-apg.org)