



Icahn  
School of  
Medicine at  
Mount  
Sinai

# Career Planning Services Newsletter

## Spotlight on: Psychiatry

### Overview

From [AAMC Careers in Medicine](#) >choose your specialty>Psychiatry

A psychiatrist specializes in the prevention, diagnosis, and treatment of mental, behavioral, addictive, and emotional disorders such as schizophrenia and other psychotic disorders, mood disorders, anxiety disorders, substance-related disorders, sexual and gender identity disorders, and adjustment disorders. They understand the biological, psychological, and social components of illness. Most psychiatrists use some form of discussion (individual or group therapy, psychoanalysis, or behavior modification) to evaluate and treat problems, in addition to using pharmacological treatments. Psychiatrists generally use a holistic approach, since every aspect of humans affects their psychology. They work with individuals and families who are coping with stress, crises, or other problems. They need to use their entire base of knowledge and values when assisting and treating their patients.



### Why I Chose Psychiatry and Psychosomatic Medicine

By Hansel Arroyo, MD, Assistant Professor of Psychiatry

I have always been intrigued by human behavior; what shapes and drives it? This led me to the field of psychiatry - a field that explores where the mind and the brain meet and how our physiological make-up is deeply involved with our emotional states.

Training in both Psychiatry and later specializing in Psychosomatic Medicine has allowed me treat both the organic and psychological components of pathology. To realize how interconnected medical conditions are with a psychiatric conditions. You simply get to know the multiple layers of peoples lives.

# Information about Psychiatry from AAMC Careers in Medicine

## Subspecialties

Addiction Psychiatry, Psychiatry  
Child and Adolescent Psychiatry, Psychia-  
try  
Forensic Psychiatry, Psychiatry  
Geriatric Psychiatry, Psychiatry  
Pain Medicine  
Psychosomatic Medicine

## Setting

60% of physicians practice in an urban setting at:

- Office Based Patient Care
- Hospital Based Physician Staff
- Administration

3% of physicians practice in a rural setting at:

- Office Based Patient Care
- Hospital Based Physician Staff
- Administration

## Patient Profile

### 5 most frequently encountered conditions

1. Anxiety disorders
2. Depressive disorders
3. Bipolar disorder
4. Substance use disorders
5. Schizophrenia

## Length of training

4 years

## Median Salary

Early career  
\$ 242,641

All physicians  
\$ 227,191



## Want more information about Psychiatry?

**Specialty advisor:** Antonia New, MD

**Chairman:** Wayne K. Goodman, MD, Professor and Chair of the Department of Psychiatry

Check out the **Specialty Roadmap** on Blackboard. **View a video** about Psychiatry.

*Blackboard>Student Resources>Career Planning Services>Psychiatry*

<http://icahn.mssm.edu/departments-and-institutes/psychiatry>

## Societies, Boards, and Other Organizations

[Academy of Organizational and Occupational Psychiatry](#)  
[American Academy of Clinical Psychiatrists](#)  
[American Board of Psychiatry and Neurology](#)  
[American College of Psychiatrists](#)  
[American Academy for Emergency Psychiatry](#)  
[American Academy of Psychoanalysis and Dynamic Psychiatry](#)  
[American Association of Directors of Psychiatric Residency Training](#)  
[American Psychiatric Association](#)  
[American Psychoanalytic Association](#)  
[Association of Directors of Medical Student Education in Psychiatry](#)  
[Association of Women Psychiatrists](#)  
[Society of Biological Psychiatry](#)

## Publications

[Annals of Clinical Psychiatry](#)  
[American Journal of Psychiatry](#)  
[Psychiatric News](#)  
[Psychiatric Services](#)  
[American Journal of Psychotherapy](#)  
[Advances in Psychiatric Treatment](#)  
[Archives of General Psychiatry](#)  
[Journal of Clinical Psychiatry](#)  
[Journal of Psychiatric Research](#)

## Office of Student Affairs

212.241.4426  
Annenberg 13-30

*Blackboard>Student Resources>Career Planning Services*

<http://icahn.mssm.edu/education/medical/student-affairs>