

Psychiatrists are doctors who treat and treat people with mental health problems. According to [Dr Marshall Hubsher](#), they treat patients in different ways, for example, through drugs, psychological support and different "conversation therapies", and methods to improve the patient's daily and social circumstances. They work in many places, for example, in psychiatric hospitals, general hospitals, private homes and prisons, and also, with the armed forces.

## Labor activities

Psychiatrists evaluate, diagnose and treat patients with mental health problems. These can take many forms, including depression, eating disorders, panic attacks and anxiety, drug and alcohol abuse, phobias and schizophrenia.

Psychiatrists employ a series of techniques to evaluate and diagnose their patients. Like other kinds of doctors, they ask the patient questions carefully to get the relevant information.

They identify the symptoms of the patient and study the observations of their medical and psychiatric history. Psychiatrists also work closely with other professionals, such as GPs and mental health social workers, to make a diagnosis.

In Dr Marshall Hubsher's opinion, an important difference with respect to the diagnosis of physical illness is that psychiatrists can, by law, enforce the treatment of patients against their will. That happens only when the patient is in danger of causing harm to himself or to other people.

Many mental health problems and illnesses can be treated very effectively. Because psychiatrists are doctors, they can prescribe medication, although there are many other types of treatment.

During their training, psychiatrists can specialize in psychotherapy. That allows them to use different kinds of conversation therapy, such as cognitive behavioral therapy. In general, these conversation therapies allow patients to understand and cope with their illness in a positive way.

Psychiatrists are usually part of a team. For example, they can work with social workers and occupational therapists to improve patient independence and quality of life at work, at home and in their social relationships.

As Dr Hubsher explains [in his videos](#), in planning and administering treatment, psychiatrists tend to work with other doctors and mental health nursing staff. They may be working with staff in places such as youth centers, social work departments and nursing homes.

In psychiatry, there are several specialized fields (specialties), which we quote below.

General adult psychiatrists require extensive knowledge of psychiatric issues and treatments, although they may have a particular interest in a particular area, such as eating disorders or drug dependence.

The psychiatry of old age treats the mental health problems that elderly people suffer. The treatment and care of people with senile dementia is a major challenge, although in this field psychiatrists deal with the full range of psychiatric problems.

Child and adolescent psychiatry has to do with the intellectual, emotional and behavioral problems of children from birth to the end of compulsory school. The psychiatrist has to establish a close relationship with the child and his family. They deal with issues such as eating disorders, school integration problems, alcohol and drug abuse, and depression.

Forensic psychiatrists work with criminals who have mental health problems. They care for and treat criminals in prisons, as well as in general and psychiatric hospitals. Forensic psychiatrists also collaborate with the courts of justice, helping to decide on issues such as criminal responsibility.

Psychiatrists specializing in learning difficulties deal with the mental health problems of people with learning disabilities. For example, a patient with learning difficulties may also have depression, anxiety or great frustration.

While every psychiatrist needs basic knowledge of psychotherapy, some, as Dr Marshall Hubsher, choose to specialize in one area. They evaluate and treat people who have, for example, personality and behavior disorders, sexual and interpersonal problems. They use conversation therapy, such as cognitive-behavioral therapy.

Read Dr Hubsher's [research publications on Google Scholar](#).