

Research Assessment 5

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Pi . Demand Media, n.d. Web. 29 Oct. 2015.

Analysis:

As a junior and upcoming senior, I realized that it would be in my best interest to look into college programs for Forensic Degrees/ Certifications. Since I will start applying to colleges soon, knowing what education would be necessary to become a Forensic Psychiatrist is important. On the matter of education, I only know the basics and the fact that I will be in school for a long period of time because a Forensic Psychiatrist is a type of doctor.

The first and obvious first step towards becoming a forensic psychiatrist is getting a undergraduate degree. Although there isn't a specific type of degree to pursue, most individuals get a bachelor's degree in psychology, biology or chemistry, or biomedical engineering. These are the most popular subjects because after a undergraduate degree is medical school. Additionally, there are prerequisites that must be completed for medical school. The typical prerequisites courses are "general chemistry with labs, one year of general biology with labs, one year of organic chemistry with labs, one year of physics with labs, one course in biochemistry with a lab and one course in calculus or statistics" according to St. John's University.

After receiving an undergraduate degree, a future forensic psychiatrist must successfully complete four years of medical school. One thing that came to my attention about medical school, is the fact that there are no specializations or majors in medical school and everyone goes through the same rudimentary coursework. The first two years focus on book work and knowledge while the last two years focus on experience through rotations. This is logical because future doctors extensively learn all about the human body and about each system and health related topic. The experience part usually occurs in a clinic or hospital. In fact, this summer I went to Loma Linda, a medical school, where their dean and a few professors gave speeches to our group. There we were told about the school's medical school and what they teach in the four years. For the last few years, Loma Linda actually has its own medical center for their students to gain experience in. additionally, the dean informed us how the medical center was a great place to gain experience because they served a population with not many hospitals nearby. The advantage is that they see a variety of cases and much more of them. This is something that would be smart to look into when choosing a medical school.

Next, they would then enter into a residency which is specialty training. Usually, a residency lasts three to four years which is why it is important to find a residency you are comfortable and happy with. This additional training is meant to deepen a resident's knowledge on their specialty. It provides a resident with advanced knowledge and more hands on training than before. Schools such as University

of California Davis, University of California San Francisco, and University of Michigan are a few of the many places that have Residency programs. A crucial process of finding a residency program is the Match. The Match is also known as the National Resident Matching Program (NRMP), and basically 'matches' residents with programs that would best fit them. Residents go on interviews with certain programs and rank the interviews; the programs do the same as well. The NRMP then reviews the rankings and matches students and programs with each other. For example, if a person ranks a specific program as 1 and the program ranks them highly as well, the two are very likely to be paired together.

After residency, residents finally finish their education and become official doctors with the ability to practice independently. However, there are still options to get further education and training. This additional and optional education comes to us in the form of fellowships. A forensic psychiatry fellowship is usually a maximum of two years and allows for further specialization. These fellowships provide diverse training experiences in areas where psychiatry is applied to legal issues. A good place to find a myriad of programs is the American Academy of Psychiatry and Law's website. There, one can find a list of the fellowship programs and fellowships with available positions. Additionally, the list is updated frequently to provide accurate and relevant information. In fact, the latest update was on October twenty-sixth this year which was actually only three days ago. Some of the fellowship programs listed on said website include the following: Emory University, Albert Einstein College of Medicine, Saint Elizabeths Hospital/Department of Behavioral Health, and the University Texas Southwestern Medical School.

As can be clearly seen, the road to becoming a forensic psychiatrist is a very long one. Many would say that the need for over eight years of education seems daunting and is the sole reason numerous individuals decide not to pursue becoming a doctor. Even I realize that this career needs dedication, hardwork and patience because there is no other way to get through it otherwise. As accredited scientist Marie Curie said, "Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."