Martina Bergamaschi

How can a psychiatrist help someone with their problems?

A psychiatrist can help his patient in many ways. I think that one of the most important things that a psychiatrist does is to actually listen to the problems that a person might have. Unfortunately in our modern society it is very likely for people to be rather lonely and not to have someone to talk to, while I think that actually having someone who is there to listen could really be helpful for us all. I think that a psychiatrist’s most difficult task is to actually help the patient to get out of his shell and to express freely his thoughts and feelings, in order to make a correct diagnosis. Of course I am not an expert about psychiatry and I know that there are many schools of thought about the different techniques of psychiatry, but I think that a psychiatrist should not give strong suggestions to the patient, but help him indirectly understand the origin of his problems through specific questions which should lead the conversation. I strongly believe that understanding the origin of mental problems is the key to actually cure them. The problem might be that sometimes is not that easy to trace back and find the clear origin of these problems, but I think that a long, structured work with a good, non-amateur psychiatrist would definitely help in this direction. I am not one of those people who think that psychiatry is pure hokum, because, even though I understand that treating our mind is not as easy as treating our body, people who have mental problems and need help should never be left alone with their own devices.