



Women in Psychiatry: Personal Perspectives

Donna M. Norris, Geetha Jayaram, Annelle B. Primm

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In "Women in Psychiatry," 21 accomplished women psychiatrists in private practice, teaching institutions, hospitals, public health treatment programs, and leadership positions reveal both the challenges and rewards of being in a wide array of professional positions. The stories are heartfelt and personal as well as professional accounts of obstacles overcome and milestones achieved. In a field once completely dominated by men, nearly one-third of physicians who identified themselves as practicing psychiatry in the U.S. were women, and the diversity of their approaches to the practice of psychiatry is encouragingly illustrated in this book.

"Women in Psychiatry" clearly demonstrates where an interest in science or medicine can lead when combined with determination, guidance, experience, mentoring, perseverance, and organizational support. The featured women represent diverse backgrounds, ethnicities, positions, career pathways, and accomplishments. All the authors share lessons learned and provide recommendations on what they found helpful in achieving their goals of personal and professional fulfillment. These chapters present many common themes among women professionals both within and outside of psychiatry, including handling pregnancy and motherhood while building a career, the potential strain between women and men in the field, and some of the income and leadership role inequities that still exist. Features and benefits of "Women in Psychiatry" include: - Insights into career paths through descriptions of pivotal events and decisions that shaped their careers as scientists. - Perspectives and advice on how to balance personal and professional responsibilities, both in training and in practice. - Illustrations of the role played by cultural and linguistic background, race, ethnicity, sexual orientation, religion, marital status, subspecialty, place of employment, and work setting. - The importance of mentorship throughout the process, first as a recipient and ultimately as a mentor to other women entering the field. - Strategies these authors used to accomplish goals and the various styles of leadership that helped them reach those goals. - The historical context for understanding that until recent decades, despite irrefutable evidence that women in the biomedical professions are capable, there were few in most fields with the exception of nursing, dental hygiene, and elementary science teaching.

"Women in Psychiatry" is the ideal book for women who are considering a career in psychiatry or other areas of medicine. It is also a book for partners and spouses of women in medicine and psychiatry. It is an inspirational and educational document that women and men, whether in medicine or other, nonrelated careers, can value and appreciate through the recounting of personal and professional experiences that made a difference.

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