

Psychiatry

1. Medication Management

- **Antidepressants:** For depression, anxiety disorders, and certain chronic pain conditions.
 - Examples: SSRIs (fluoxetine, sertraline), SNRIs (venlafaxine, duloxetine), and tricyclic antidepressants.
- **Antipsychotics:** For schizophrenia, bipolar disorder, and severe mood disorders.
 - Examples: Olanzapine, risperidone, clozapine.
- **Mood Stabilizers:** For bipolar disorder and mood regulation.
 - Examples: Lithium, valproate, lamotrigine.
- **Anxiolytics:** For anxiety disorders and panic attacks.
 - Examples: Benzodiazepines (diazepam, lorazepam) and non-benzodiazepines like buspirone.
- **Stimulants:** For attention-deficit/hyperactivity disorder (ADHD).
 - Examples: Methylphenidate, amphetamines.
- **Sedatives and Hypnotics:** For sleep disorders and short-term management of insomnia.
- **Cognitive Enhancers:** For conditions like Alzheimer's disease.
 - Examples: Donepezil, memantine.
- **Substance Use Treatment Medications:** For addiction management.
 - Examples: Methadone, buprenorphine, disulfiram, naltrexone.

2. Psychotherapy

- **Cognitive Behavioral Therapy (CBT):** For depression, anxiety, PTSD, and OCD.
- **Dialectical Behavior Therapy (DBT):** For borderline personality disorder and emotional dysregulation.
- **Psychodynamic Therapy:** To explore unconscious conflicts and past experiences.
- **Interpersonal Therapy (IPT):** For depression and interpersonal issues.
- **Exposure Therapy:** For phobias, PTSD, and OCD.
- **Acceptance and Commitment Therapy (ACT):** Focused on mindfulness and behavior change.
- **Family Therapy:** To improve communication and resolve family conflicts.
- **Group Therapy:** Supportive environment for shared experiences (e.g., addiction, grief).

- **Behavioral Activation:** Encouraging engagement in meaningful activities to counteract depression.

3. Electroconvulsive Therapy (ECT)

- For severe depression, treatment-resistant depression, mania, or catatonia.

4. Transcranial Magnetic Stimulation (TMS)

- Non-invasive treatment for major depressive disorder and other conditions.

5. Psychosocial Interventions

- **Case Management:** Coordinating care for individuals with severe mental illnesses.
- **Psychoeducation:** Educating patients and families about mental health conditions and treatments.
- **Supportive Therapy:** Offering emotional support and coping strategies.

6. Crisis Intervention

- Emergency psychiatric care for suicidal ideation, self-harm, or acute psychosis.
- 24/7 helpline services and inpatient care.

7. Addiction and Substance Use Treatment

- **Detoxification:** Medically supervised withdrawal from substances.
- **Rehabilitation Programs:** Inpatient or outpatient settings for recovery.
- **Relapse Prevention Therapy:** Building skills to avoid triggers.
- **Motivational Interviewing:** Enhancing readiness for change.

8. Treatment for Neurodevelopmental Disorders

- **ADHD Management:** Stimulants, behavioral therapy, and organizational skills training.
- **Autism Spectrum Disorder (ASD):** Behavioral interventions, social skills training, and sensory integration therapy.

9. Management of Severe Psychiatric Disorders

- **Schizophrenia:** Antipsychotic medications, psychotherapy, and psychoeducation.

- **Bipolar Disorder:** Mood stabilizers, antipsychotics, and therapy.
- **Obsessive-Compulsive Disorder (OCD):** SSRIs and CBT, especially exposure and response prevention.

10. Management of Trauma and Stress-Related Disorders

- **PTSD Treatment:** Trauma-focused CBT, EMDR (Eye Movement Desensitization and Reprocessing), and medications like SSRIs.
- **Acute Stress Disorder:** Immediate counseling and supportive care.

11. Geriatric Psychiatry

- Management of conditions like dementia, late-life depression, and anxiety.
- Cognitive enhancers and caregiver support.

12. Child and Adolescent Psychiatry

- Treatment for childhood disorders such as anxiety, depression, ADHD, and conduct disorders.
- Family and school-based interventions.

13. Sleep Disorders Management

- Cognitive Behavioral Therapy for Insomnia (CBT-I).
- Medications for sleep disturbances (e.g., melatonin, zolpidem).

14. Eating Disorders

- **Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder:**
 - Nutritional rehabilitation, psychotherapy (CBT, DBT), and medications like SSRIs.

15. Sexual and Gender Identity Disorders

- Therapy for sexual dysfunctions, gender dysphoria, and related concerns.
- Hormonal and surgical support for gender transition (in collaboration with endocrinologists and surgeons).

16. Forensic Psychiatry

- Evaluations for legal purposes, including competency assessments and criminal responsibility.

17. Community Psychiatry

- Outreach programs and mental health services for underserved populations.
- Integration of mental health care in primary care settings.

18. Rehabilitation and Recovery-Oriented Care

- Vocational training and skills development for individuals with chronic mental illness.
- Peer support and community reintegration.