

Md PhD Essay example

During college, my clinical work and research seemed disconnected. Through my extended tenure as a psychiatric emergency department volunteer, I have had first-hand experience working directly with patients and their families during medical and psychological distress. As a research enthusiast, I first organized patient files before constructing and maintaining an up-to-date database for the study of risk factors related to stroke and cerebrovascular disease, particularly in underserved and Latino populations wasn't until the time I was pursuing postgraduate studies that I could truly combine my passion for mental health treatment and research.

Upon graduating college, I landed a research associate post at Columbia University's Psychiatry Department. At that location, it was my great honor to be part of Dr. Joan Stephenson's autism assessment lab. I was thoroughly prepared to effectively assess persons believed to have autism spectrum disorder (ASD) by utilizing both behavioral observation and clinical interview methods, thereby determining who can take part in the research. Although my days in the Stephenson Lab were radically distinct from those I spent working with psychiatric ED patients, I discovered that no matter what kind of patient care is needed, empathy must be at its core. A mother I know was terrified that her 2-year-old son would be diagnosed with autism spectrum disorder (ASD) like his older sibling, notwithstanding all their prayers for years to have at least one child without any disabilities before they were unable to have more kids. As soon as the lead psychologist verified that their son was diagnosed with ASD, the mother could no longer contain her emotions and burst into tears. As a result, for 15 to 20 minutes we devoted all of our attention towards validating the mother's worries before providing information about his prognosis and potential treatment options for ASD. At that point, it became clear that the mother needed a listening ear who could validate her feelings and reassure her of wanting what was best for her children. By offering emotional support, we were able to make meaningful progress in communicating our treatment recommendations.

I am captivated by mental health and cognitive psychology as I believe that the distinction between human beings does not merely lie in physical, social or developmental matters, but rather manifests in their combination. Pondering the perils of Tourette Syndrome and being born into an immigrant family, I understand that our journeys are what make us unique. Our environment shapes who we become in ways others cannot fathom; this is a fundamental truth that makes each one of us extraordinary.

Through my life and research, I've learned that the conditions we study in a lab aren't simply due to curiosity. Rather, they have an immense effect on the lives of patients and their perspectives. These experiences also catalyzed my ambition to become a physician-scientist and further cultivate translational research that will have the potential to positively influence people's lives in an extensive manner.