Dynamic Consultations with Psychiatrists: Understanding Severely Troubled Patients
Jason Maratos

**DESCRIPTION**

**DYNAMIC CONSULTATIONS WITH PSYCHIATRISTS**

Unique resource detailing the day-to-day activity of doctors who work on "the coal face" of psychiatry in an acute setting

*Dynamic Consultations with Psychiatrists* is the outcome of a collaboration between the psychiatrists of a certain hospital and the author, which has continued successfully for more than ten years, containing a number of patient consultations and cases where psychiatry was used successfully to solve a patients' problem. The presentation of each case, and particularly of the consultation, is meant to demonstrate the process by which insights were gained.

Each consultation is written in plain English with the deliberate avoidance of terminology and especially psychoanalytic jargon. Naturally, all identified features of the patients have been deleted or changed so that the patients’ privacy is not compromised.

The format is near to a transcript so that the work demonstrates how the understanding evolves and emerges from the process. The structure of the book is not according to a diagnosis but according to “presenting problem” (in other words, the most prominent feature), allowing for easy and efficient accessibility.

Sample concepts and learning resources covered and included in *Dynamic Consultations with Psychiatrists* are as follows:

- How a doctor is faced with a patient who is suffering in their own particular way and how the clinician gets to develop a deeper understanding of their predicament
- Difficulties the "coal face" doctors encounter and the challenges they will face in their personal emotional wellbeing
• Relationships with the other professionals both within their hospital and other agencies

• Curtailed histories so that there is a seamless exposition of how the conclusions of the consultation have been reached

Psychiatrists, psychotherapists, and students/instructors in related programs of study can use *Dynamic Consultations with Psychiatrists* to gain valuable insight into the thought process of practicing psychiatrists in relation to a myriad of patient problems, allowing them to learn vicariously and become better at dealing with their own patients’ problems.

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**ABOUT THE AUTHOR**

Dr Maratos has worked in the fields of Epidemiology, General Medicine, Paediatrics, Surgery, Neurology (Registrar at St Bartholomew’s Hospital, London), Psychiatry and Child and Adolescent Psychiatry. He was the consultant at the International Eating disorders Centre in Aylesbury for a number of years. He was the Clinical Director for Mental Health in Buckinghamshire and later Medical Director and Responsible Officer at PPCS. Dr Maratos has held a substantive NHS Consultant in Child and Adolescent Psychiatry post from 1980 until his retirement from the NHS in 2000.

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