PART A. (15 pts.)

You are working as a journalist for a leading daily Turkish newspaper. You have been asked to prepare the education page, which intends to provide candidates in the University Entrance Exam with useful information regarding universities and departments. When reading readers’ letters, you realized that most of them are confused about the difference between psychology and psychiatry. In fact, some are even convinced a psychologist and a psychiatrist are the same.

Below are two summaries of an interview with a psychologist and a psychiatrist talking about their professions. Now, WRITE about BOTH the SIMILARITIES AND DIFFERENCES between the two professions, a psychologist and a psychiatrist, in a PARAGRAPH of 180-200 WORDS.

Cem Aksoy, psychologist:

When people hear that I am a psychologist, they tend to have one of two reactions. They either say jokingly: "Oh no, watch out, he is going to read our minds." Or, they will jokingly tell me that a psychologist is just the person they need, because there are many people around here that have "problems." It certainly shows how little most people know about our profession. So, I want to clarify issues and answer questions for common people, as well as for students considering joining the profession. The educational requirement to become a psychologist is to graduate from a 4-year psychology department. Like everyone else, I studied four years at university to get a degree. That’s the minimum educational requirement to be able to earn money as a psychologist. Once a student gets his or her diploma, he or she can join the workforce by finding a job in banks or private companies. The majority of us do one of or a combination of the following two: treating patients or research. Let me clarify what I mean by treating. Mostly the people we deal with are adults with inter-family problems or difficult children whose parents are worried about them. The most common method is therapy, where we mostly listen to people talk about their problems and provide guidance to better cope with or overcome their problems. We provide mental health care in hospitals, clinics, schools, and private practices. Conducting laboratory experiments and performing intelligence, performance, personality, and aptitude tests are other things we do. As a social psychologist, I study how normal people think and behave in social situations. Often it is just average people in an everyday situation, such as in a work group, at a party, or with a date. It is quite common to see people confuse a psychologist with a psychiatrist. Psychiatrists also treat the mentally ill, but the people they treat have serious mental problems such as schizophrenia or manic depression. Psychiatrists are medical doctors (M.D.). Like your family doctor, they obtained their MD by going to medical school. After medical school, they have to do a 4-year internship in psychiatry, where they learn to diagnose and treat mental illness, often by using medicine. And as if that is not enough, there is a specialist qualification exam at the end of the internship. One question I am frequently asked is whether I make a lot of money. To be honest, I don’t. However, I know many psychologists who earn a lot of money because they work at private clinics. Unfortunately, there isn’t enough work for all of us in the private sector so I, like most psychologists, work in the public sector. That is, our field of practice is mostly with government institutions, such as schools and hospitals or in the field of research.
Selen Aksu, psychiatrist:

I am a psychiatrist. I really like my job even though most of my friends say they don’t understand what I enjoy about dealing with mentally ill patients. I try to explain that I see the process of diagnosis, treatment and prevention of these mental illnesses as a challenge. They still say they don’t understand why I didn’t study psychology for only four years instead of going to medical school for six years and then doing a 4-year internship. The educational requirements are not the same, but you do the same job, they say. When I first heard this, I was shocked. I thought such educated people should know the difference between the two professions, but they don’t. Yes, it is true that helping people from a medical point of view is our common concern, but the medical training I received enables me to understand the body's functions and the complex relationship between emotional illness and other medical illnesses. People think that patients lie down and talk about their problems, dreams or fantasies and that I just listen and take notes. That’s not quite true. That’s what a psychologist usually does. I also deal with emotional problems but more in the sense of disorders. Psychiatrists are the only mental health professionals who can prescribe medications and admit patients to hospitals. In that respect, psychologists do not and cannot prescribe medicine. There are psychologists working at hospitals too, but as I said, they cannot prescribe medicine. Of course, after getting a medical degree, doing an internship and passing a specialist exam, I believe it’s quite normal to have such a distinct right. There is another reason why I like my job, and that is the financial rewards. I know it may not sound ethical, but as a psychiatrist working at a private clinic, I am making lots of money. Most of my colleagues are in the same position, although there are many psychiatrists working in state hospitals on a low salary compared to what I earn.

PART B. (5 pts.)

Which of the two professions would you choose? Explain why in 3-5 sentences. Provide at least two reasons to support your choice.

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