

Name of Professional: Syed Quadri

Profession: Psychiatrist

Company: Innovated Minds (Texas Psychiatry Associates)

Date of Interview: October 27, 2017

Assessment:

### Psychiatry in Occupational Therapy

A part of Occupational Therapy that many people do not initially acknowledge is the psychiatric aspect of it. After my interview with Dr. Quadri last Friday, however, I have gained new insight into how much Psychiatry actually has in common with my field of study.

What first drew me to the field of Occupational Therapy was in fact actually the psychological aspect of it, and my goal to help abolish the stigma associated with mental illness. When I mentioned this to Dr. Quadri, he was very engaged and understood exactly why I loved this field, because he felt the same way about Psychiatry. He explained to me that it is a very people-oriented field, and the connections that a Psychiatrist is able to form with their patients are life-changing and leave a profound impact on both the patient and the doctor. Regarding the stigma, his response to people who claim that mental illness is not a valid thing is the fact that a disease in the body is equivalent to a disease of the brain. Both are very severe, and mental illnesses can contribute to physical ones and vice versa.

The primary thing that made this interview memorable was how understanding and inspirational Dr. Quadri was. He explained that even though he began his career in the medical field hoping to work in Cardiology, he found the field of Psychiatry and fell in love with it. I relate to this experience on an even deeper level because I used to want to

study to be an architect, which is an entirely different realm of from Occupational Therapy. Upon reaching high school, though, I found sudden interest in the realm of psychology through both personal experiences and academic courses. I then understood that my calling was to pursue something related to this broad topic.

Another significant part of this interview was the effect that it will have on my future research regarding conditions such as Autism and ADHD. I had originally understood that these are key components of the field of Occupational Therapy, but Dr. Quadri's emphasis on them in the realm of Psychiatry helped me to understand that they are pivotal causes for psychological research in general. I will now direct my further research more towards how to treat conditions such as these as well as reduce the stigma that mental illness brings to them, which again is why I have become so passionate about this topic.

This interview has not only shaped how I will continue my research in this course, but also how I look at the topic of Occupational Therapy in general. When I had my first interview with Gail Blom, I became a bit worried that the field I am pursuing might not be as psychology-oriented as I would have liked, but now I acknowledge that psychology and interactions between people form the basis of Occupational Therapy. Because of this newly-gained outlook, I go forward in my research of this field with yet again renewed interest and am excited to delve deeper into the psychological studies and the processes of the brain that are behind Occupational Therapy.

Dr. Syed Quadri

How he found interest

- Some interest, some of it happened by itself
  - after medical school, exposure to psychiatry elsewhere
  - medical to specialization
  - cardiology was first interest
  - wanted to work in hospital
  - fate plays a big role

what should I do

- working in psych field
- fate took him there
- hands on is important
- most rewarding part
- when patients gain new hope
- touching somebody emotionally

what is it like with adults?

- found child psychiatry fellowship
- basic foundation

biggest challenge

- so much work
- only a few psychiatrists
- long day
- doesn't think of it as work
- just like at starbucks

in the realm of

- autism, adhd,
- speech therapy

people who say its not valid

- tell them the brain is an organ too
- broken bone is the same as broken brain
- psychiatry – software of the computer
- (non tangible)
- physical illness causes mental and vice versa
- ex; conversion disorder

medication:

- most likely with psychiatrists
- like iron with anemia

most interesting thing –

- people profession
- not cut and dry
- so much variable