

Q1. What is the difference between psychiatrist and psychologist? Whom should I consult for depression related to stress?

Now, let's get talking about the actual calorie content -- alcohol has about seven calories per gram. This makes it nearly twice as fattening as carbohydrates or protein (both contain about four calories per gram) and just under the caloric value for fat (nine calories per gram).

The calories derived from alcohol are called 'empty' calories because they contain no beneficial nutrients such as vitamins and minerals.

Your presentation is very similar to the countless people I see and counsel. We can term it as burnout or Stress related state.

Stress is a normal psychological and physical reaction to the demands of life. It has become an unavoidable part of our existence. However, it's not always bad. Increased stress results in increased productivity – up to a point, after which things go rapidly downhill. However, that point or peak differs for each of us, so you need to be sensitive to the early warning signs that suggest a stress overload. Such signals also differ for each of us and can be so subtle that they are often ignored until it is too late. Not infrequently, others are aware that you may be headed for trouble before you are!

Typically, an individual presents being overworked and experiences exhaustion, loss of enthusiasm, reduced creativity, and refusal to take risks, even becoming indecisive and disorganized. There will be behavioral change with increased smoking, drinking or even drug abuse, besides impulsivity. Clearly, this will affect work and relationships and, importantly, confidence. Commonly reported complaints also include poor concentration with impaired memory. Relentless stress leads to a whole host of psychological problems including anxiety, depression and even psychosis, and physical health problems including recurrent infection and high blood pressure.

Here are basic guidelines for coping. Recognize and admit that you are feeling stressed and anxious, be aware of your body's symptoms and respond to them, take time out from the regimented grind, spend time on your interests and hobbies and family, connect with nature and things around you, reduce work hours, exercise regularly as this will improve your resilience, eat a balanced diet, and sleep well. Importantly, learn to say NO. In a modern work environment it is almost stigmatizing to decline work. Saying no to something may open a door for saying yes to something else.

**Q2. Can you explain difference between Counseling and Psychotherapy?
We often hear about both but never sure which one to go for?**

Did you know that counseling has become a lay term (especially in India) for all form of interaction and consultation with a psychiatrist, psychologist and a therapist. Psychotherapy and counseling are terms that are often used interchangeably. Although they are very similar, there are some subtle differences as well.

Literally speaking, a counselor means advisor. The process involves two people working together to solve a problem. The term counseling is used in conjunction with many types of advice giving. For example health, career and spiritual guidance are three of few types of counseling. In the context of mental health, counseling is generally used to denote a relatively brief treatment that targets on a particular symptom or problematic situation with suggestions and advice for dealing with it. Individual session offers venting of emotions associated with an issue.

Psychotherapy (talking therapy) on the other hand is more structured longer-term treatment, which focuses on gaining insight into client's thoughts, feelings, and behaviour. Individual is sometimes referred as client as they do not always have an illness, rather having a problem that need working through. There is a large range of psychotherapy to choose from, and this depends on individual difficulties. There are exploratory therapy like psychoanalysis to popular CBT (Cognitive Behavioral Therapy) which focuses on changing thought and behavior.

In practice there can be quite a bit of overlap between the two. Either can address range of problems such as low self-esteem and confidence issues, to illnesses such as schizophrenia, obsessive-compulsive disorder and depression, through to personality problems including anger management and impulse control issues. Consulting a professional would be the first step toward desired change.

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Date 3 Nov 2012