Alumni – McPherson Psychiatry

Audio	Video
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text in center of screen: Psychiatry
[Dr. McPherson] So I'm Dr. Pamela McPherson. I'm a child and adolescent psychiatrist and a forensic psychiatrist. To be a child and adolescent and forensic psychiatrist. First I had to become a general psychiatrist. So I'm triple boarded. I work at the Shreveport Behavioral Health Center, primarily. But my forensic work takes me many places doing work with courts to help them understand the interface of law in psychiatry.	Woman with fair complexion and shoulder length dark hair with auburn highlights. She is wearing glasses, a teal sweater and a black and white patterned scarf. She is seated in front of a dark blue washed background. Text: Pamela McPherson, M D Child, Adolescent, Adult and Forensic Psychiatry Shreveport Behavioral Health
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Where did you do your residency?
[Dr. McPherson] So I've done residencies in many places. After graduating from L S U here in Shreveport, I did general psychiatry in South Carolina. One of the highlights of that residency was spending two months in Scotland, an exchange resident program. I visited courts and prisons in Scotland and learned how their juvenile justice system works. In addition to visiting psychiatric hospitals there. I did My Child and Adolescent psychiatry in New Mexico and then forensic psychiatry in Cleveland, Ohio, before coming back to Louisiana.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Why did you choose Child and Adolescent Psychiatry?

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[Dr. McPherson] Children have always been very important to me. From a very young age, I wanted to make the world a better place for children. Initially, that was through health care. I thought I would be a pediatrician when I started medical school, and I enjoyed my pediatrics rotations. But I found that I really wanted to know families on a deeper level and know children on a deeper level and psychiatry allows me to have that type of relationship with families.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you enjoy most about Psychiatry
[Dr. McPherson] Probably the best moment in psychiatry is when a patient or a parent has that ‘ah ha’ moment. When you tell them something and that was the puzzle piece that clicks their understanding of their child into place. They start to see their child in a different way. It fuels hope so that they have hope for change, and that promotes change so that we can then actually implement the therapies or medication that can really help children to be the most successful that they can be. But when you see that spark in that parent or child, when they have that ‘ah ha’ moment, that's why you keep doing this work.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What is the hardest thing about Psychiatry?
[Dr. McPherson] The hardest thing is that change is slow. People don't change overnight. It's a process and it's difficult sometimes to wait. It's also difficult to see potential in someone and not see that potential realized.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Are there certain personality traits that fit your specialty?

Audio	Video
[Dr. McPherson] Well, I think from my last answer, you could see that patience is important in my specialty. It's important for psychiatrists. It's also important to be centered and really be able to listen to another person, not be in your own head, really be there for your patient.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How is your work life balance?
[Dr. McPherson] So I'm very fortunate at 60, I have great balance. I do the work that I enjoy doing and love doing. We know that if physicians do what they love doing and are passionate about even 20% of the time, that can prevent burnout. So I do what I want to do most of the time. And so I'm very, very fortunate with that.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How do you handle work stress?
[Dr. McPherson] I exercise. I'm sure that I get enough sleep. I enjoy cooking and I eat well. I take care of myself. But I do make exercise a priority. It's been a challenge with the pandemic. I can't go to the gym anymore, but I ride bicycles. My husband and I ride bicycles almost every day. And I do Pilates. Those are my go tos.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you wish you had known before choosing your specialty?

Audio	Video
[Dr. McPherson] There are many things, but one of the things that took me years to learn and I'll share with you: is that it's very important to know your energy level. You have the ability or you wouldn't have been admitted to medical school. You have things that motivate you and drive you forward, but you may not think about your energy level as an important component. Your energy level is important because people have different requirements for sleep. Different requirements for how long they can study or how much they can put into their job day to day. And if you understand your energy level and what it takes to renew you, you will make better choices in your profession.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What advice to you have for medical students interested in Psychiatry?
[Dr. McPherson] I think the most important thing that that a medical student should know in choosing psychiatry is to know themselves well. As a psychiatrist, you use what you know about your thinking process, your own emotional process, your own experiences to better understand other people. So any effort you put into knowing yourself will pay off in treating patients.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How important is psychiatry during a global pandemic?

Audio	Video
[Dr. McPherson] And so I have volunteered with the physicians support line. I take calls from physicians all over the country who are on the front lines, and it's made me acutely aware of how important psychiatry is to everyone, how important mental health is to everyone. And I know from the professional literature that it's going to be very important in the coming years. People who have been infected with COVID commonly have psychiatric symptoms as a sequela. Physicians are more stressed now than ever because of the pandemic. And as psychiatrists, we will be helping our colleagues and the general public is more stressed now than ever, and we have to be there for them. The next generation of psychiatrists will have a lot of work to do. And I hope you'll consider joining me.	Dr. McPherson on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the top center of the screen. Text in gold and white font reads: Special thanks to Doctor Pamela K. McPherson, Child, Adolescent, Adult and Forensic Psychiatry, L S U Class of 19 86, Shreveport Behavioral Health, 13 10 North Hearne Avenue, Shreveport, Louisiana 7 1 1 0 7