

THE Importance of Caring

SEPTEMBER 2020

my journey into health care



DruAnn Keating, LIMHP-MSW

LICENSED INDEPENDENT MENTAL HEALTH PRACTITIONER

DruAnn Keating always knew she wanted to help people. That's why she's so happy to work at the Columbus Psychiatry Clinic.

But Keating didn't always plan on working in mental health care.

"I guess I would say I did not choose this particular career, but it chose me. I'm very glad it worked out this way, as I love what I do," she said.

Keating is currently a licensed clinical social worker and licensed independent mental health practitioner. She has worked as a psychotherapist at the Columbus Psychiatry Clinic since September 2019 – about a month after the clinic opened in Columbus.

Before joining the clinic though, Keating had built a career in social work. Keating had worked as a social worker in the community for 25 years before earning her master's degree in social work in 2012 and her mental health practitioner license in 2015.

As a psychotherapist at the Columbus Psychiatry Clinic, Keating counsels people with mental health issues, including situational depression, chronic

depression, anxiety in many forms, psychosis, etc. She also helps people with family and couples' conflict, stress management, grief, communication issues, dementia and more.

"There are no two days that are alike," Keating said. **"That is why the work is so interesting. You may have similarities, but every case is its own."**

In her work with individuals who have had mental health diagnoses, Keating tries to teach them that there is always hope for a better life. She said, because of mental health stigma, many people think that a mental health diagnosis is the end of life as they know it, but it doesn't have to be that way.

"Your brain, your body, and your experiences all fit to make you who you are," she said. **"You are in control of your life. You have the ability to be who you want to be if you want to put in the effort."**

Keating teaches her clients holistic approaches to change their mental health and their lives for their better.

This work has made Keating's life better too.

"I would say that health care is an amazing place to be. You will find the most compassionate, hardworking, dedicated people you will ever meet in this field," she said. **"The patients you meet will teach you as much as you teach them. It is a rewarding place to be."**

For more information on Keating and the Columbus Psychiatry Clinic, visit www.columbushosp.org.