



# DR. OLIVIA GUERRA

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PSYCHIATRY

## What attracted you to medicine?

I was always fascinated by human biology and understanding how we work. As I grew, I realized more and more I was also fascinated by the way that we work not only biologically, but also socially and interpersonally. I had always loved working with people, hearing their stories and perspectives and loved the idea of a career focused on helping improve people's health and quality of life.

## What attracted you to your specialty?

Interestingly, despite what I just said about what my interests were in medicine, I didn't know until the end of my clerkship that psychiatry was where my passion lay. I was initially drawn to family medicine, flirted with general surgery and finally found psychiatry in the end. It was just the right fit for me - in terms of my interests in medicine, my overall vision for my life, as well as the ongoing need for mental health professionals across the country and the world.

## What do you find the most rewarding in your residency training?

I really enjoy working one on one with patients. The encounters when I feel I have helped someone to understand themselves better and help them to feel more empowered to approach themselves with more compassion, to dispel some of the negativity that is keeping them stuck, or to engage with care in a way that improves their life, are when I feel I have done something worthwhile.

## What do you find the most challenging in your residency training?

There are a number of competing learning objectives, longitudinal requirements and commitments that can make it a real struggle sometimes to keep all of the balls that we are asked to juggle up in the air, and on top of that to find time for myself and my family.

## What energizes you outside of residency?

I love to travel and go on adventures with my husband and our Great Dane x Mastiff, Greta!