

Interview with Dr. Ming Xu, Psychiatrist

Youth Columnists

by Richard Xu Jun. 2024

Trustworthy. Friendly. Listens well. Respectful. Hardworking. Balanced.
-Dr. Xu's personality based on my interview and his patients' reviews.



I was curious about what he thought of the University of Illinois College of Medicine in Chicago, where he completed his residency.



**UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE**

Background Information

Dr. Xu began his career by completing his undergraduate studies at Jiangxi Medical College and earning a Master's in Microbiology. In 1992, he came to the United States to pursue a Ph.D. in Molecular Genetics. In 2001, he completed his psychiatry residency at the University of Illinois College of Medicine in Chicago and has been a psychiatrist in the U.S. for over 20 years.

His main interest was psychiatry when he applied for his residency because he liked the cultural aspect of medicine. So when he decided on his residency, he chose psychiatry over neurology. At the time, the University of Illinois College of Medicine in Chicago was one of the best schools for psychiatry, so he enjoyed it. His wife was also finishing her job, so she was looking for a job in finance or accounting, so he felt the big city of Chicago would give her an edge in those fields.

I wanted to know how he cared for himself while working for 30 years.

As a psychiatrist, he learned to balance his work and his family for his psychological well-being. He balances his life caring for his daughter when he returns from work. He also cooks, and his wife helps him with chores. Some of his hobbies are gardening and sports, such as tennis. Gardening is a stress reliever for him because he looks at the natural beauty of his plants. He feels balance is key, balancing family, professional, and social life.

I wanted to know why Chinese doctors immigrate to the U.S. for careers, so I asked him why he wanted to be a doctor in the U.S.

He did not enjoy the experience in China. By completing the steps, he was able to compete for a residency program in the U.S. Also, the attraction to be a doctor in the U.S. is very strong as they are financially stable.

I wanted to know if there were any easy aspects of being a psychiatrist.

Dr. Xu finds his greatest satisfaction in interacting with patients, viewing it as the most rewarding aspect of his role as a psychiatrist.



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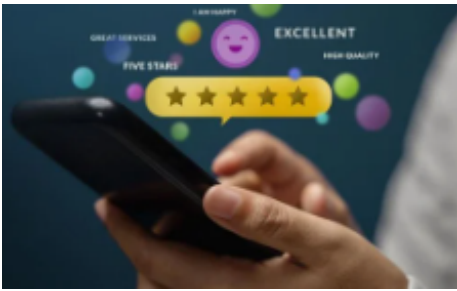
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While researching Dr. Xu, I noticed he had many high reviews, so I asked how he achieves them.

His high reviews come from satisfied customers because he makes sure to provide high-quality care for his patients and respect them. He says that in order to be a good doctor, you have to be skilled in negotiating with patients and making them trust you.

Dr. Xu's favorite part of interacting with patients

In psychiatry, each individual presents a unique narrative. Symptoms may overlap, but the stories behind the symptoms vary from person to person. Dr. Xu finds this aspect particularly intriguing, as psychiatry integrates the medical, social, and psychological aspects to address individual's experience.



I asked him if there were patients who saw him for work-related issues.

He has seen many patients dealing with work-related issues. He has tried to assist them in restoring their balance, recovering, and ultimately returning to work again.



Since I am interested in psychiatry, I wanted to know Dr. Xu's techniques for helping patients.

Sometimes he prescribes medications, sometimes he uses psychotherapy, sometimes other methods, it depends on a case-by-case basis.

I wanted to know what about being a doctor gives him the most joy.

When he treats people who are depressed. It gives him a lot of joy watching his patients recover. It gives him great satisfaction. He does not think money is the part that gives him joy and sees it as a byproduct.

I was wondering how helping people as a doctor was different from helping people as a different profession, such as a police officer or a firefighter.

The help that doctors give is more direct and more intimate. Other professions do not directly interact with someone and they come during emergencies and leave afterwards.

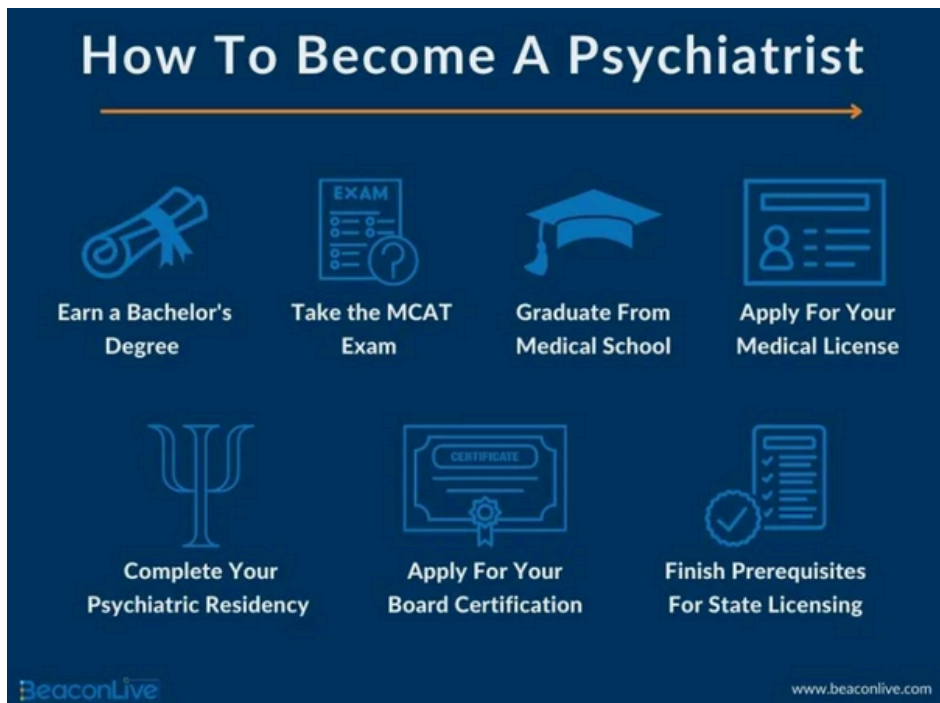
Because I am interested in psychiatry, I wanted to know what was his hardest challenge on the way to becoming a psychiatrist.

In order to become a doctor, the student needs to have a high GPA and complete a residency. He feels these require a lot of persistence and grit.

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I wanted to know if there were any significant differences between U.S. medical schools and Chinese ones.

He feels they are very similar. The atmospheres are similar and the medicine is similar, in his opinion. He does think they are culturally different, but most aspects are the same.

I wanted to know his thoughts on living in Chicago.

He feels it is very nice because it is a big city but not huge like New York so it gives a homelike feeling. He enjoys how Illinois has a mix of rural areas with cornfields but also a large city in Chicago.

Since he lives in Chicago, I was wondering if he worked with the University of Chicago before.

He mentioned that his wife graduated from the University of Chicago with her MBA, and he was offered to work there, but he was not interested in their academic setting.

I wanted to know unique aspects of Chicago that can not be found in other cities.

There are cultural differences, the architecture can also be different, Chicago is also a unique midwestern large city, which is rare.



I wanted to know if more of his job was research or interacting with patients.

He does not want to do research after doing it for many years. He feels like it depends on the person, as some people like doing more research, and others like to interact with patients more.

About the Author: Richard Xu



- High school rising Senior at Stephen F. Austin High School, Sugar Land, TX
- I like to volunteer, fish, and swim.
- Interested in pursuing medicine for future career.