

Amit Granot, M.D.



Education:

Undergraduate:

N/A

Graduate:

MD, Ben Gurion University, Beer-Sheva, Israel

Other Training/Experience:

OB/Gyn Residency, Israel. Psychiatry Adult Residency, Tufts University, Boston University. Psychotherapy fellowship Harvard University Student Health Service, Community Psychiatry fellowship Boston VA Medical Center. Assist. Professor of Psychiatry, Boston University. Assist. Medical Director Advocates, Inc.

Areas of special interest/focus:

Women's issues: Post partum depression, PMS, menopause, the medical/psychiatric interphase, HIV, anxiety spectrum disorders.

Clinical Philosophy (how he/she approaches work with the people he/she serves):

I believe being a doctor involves the body and the spirit and in my work try to focus on both – a belief I first came to when I practiced Obstetrics before becoming a psychiatrist. When sitting with patients I try to understand how to best convey to them my understanding of what we face and to form a collaboration that empowers them. One of the greater pleasures of working with Advocates' patients is that I get to see people over years and therefore go through life's ups and downs together.

What do you consider the most important elements in a successful outcome in working with a person who is in treatment with you?

I would like my patients to achieve a greater sense of control and understanding of their difficulties. This frequently entails an understanding of the factors that we can control, and the factors that we cannot directly change. Working on what we can change, and accepting what we cannot, often helps us find a way to minimize the negative impact of a person's psychiatric condition.

Other things about you or how you work that you would like to share with people who are considering choosing to work with you:

Even though there is often a hectic pace in the clinic, please bear in mind that I will get to you and your needs and when I am with you, I will be completely available to you. Please be patient with me. Also, please bear in mind that it frequently takes more than one session for both of us to see things clearly.