

Dr. Caroline Choo

PSYCHIATRIST, RICHMOND HOSPITAL

As the longest serving psychiatrist at Richmond Hospital, Dr. Choo is known as a person who focuses first and foremost on kindness, and being fully present with patients and colleagues. She is recognized by UBC as a Clinical Professor, and also by the 38,000-strong American Psychiatric Association as a Distinguished Fellow.

When Dr. Choo was appointed as a Distinguished Fellow, there were fewer than 55 psychiatrists in Canada with this distinction. This honour is bestowed upon members who have made a significant contribution to the psychiatric profession in each of these five areas: clinical excellence, administration, teaching, volunteering in medical and non-medical activities of social significance, and community involvement.

As a vote of confidence in her, Dr. Choo was jointly retained by Her Majesty the Queen, the Catholic church organization, and First Nations people laying claim for damages relating to past residential school abuse. This allowed for a novel alternate dispute resolution process, rather than traditional adversarial court-based litigation.

Today, Dr. Choo remains active in Diversity, Equity & Inclusion, continuing work she has done internationally on a Board level.



What advice do you wish you'd had at the start of your career?

"It's not just about how much you know, it's about how well you listen. So, just keep on listening, and being present. That, and kindness, will guide you and your patients through."