Molecular genetic research into psychiatric disorders continues to generate important insights, and while no clinical guidelines currently recommend genetic testing as standard practice for any adult onset psychiatric disorder, the movement towards genetic testing in psychiatry continues. Even in the absence of genetic testing, genetic counseling has been demonstrated to have important positive outcomes for people with psychiatric disorders and their families, including increased empowerment and self efficacy. In this presentation, we will briefly review psychiatric genetics findings, before focusing on how our understanding of psychiatric disorder etiology can already be applied in an evidence based way to produce improved patient outcomes.