PSYCHOPATHOLOGY

Wioleta Kitowska

Żaneta Witaszewska

Ieva Griniūtė

HISTORY OF MENTAL ILLNESS, MYTHS

SUPERNATURAL TRADITION

- Supernatural creatures are controlling the mind of people with mental disorders.

- Exorcism and burning people at the stake were treatments of "insanity".

ASYLUMS

- People were treated like a prisoners.

Photo: National Archives | HistoricCamdenCounty.com |

Typical of the 19th- and early 20-century treatments for insanity that now seem unscientific or even bizarre was the wrapping of patients in wet sheets. They were then laid out in neat rows.

ORGANIC PERIOD

- At this time people tried to explain everything on the basis of biological and rational causes (Barlow & Durand, 2009).

- Baths, sleeping, having rest or being in a healthy and happy environment.

PSYCHOLOGICAL TRADITION

- This tradition contemplates that people started to see a person as a human being and tried to treat people with mental disorders in a more humane way.

- Therapists focused on affect and the expression of patient emotions (Barlow & Durand, 2009).

- Hypnosis was used as a treatment.

MYTHS ABOUT MENTAL ILLNESS

- People with severe mental illness such as schizophrenia are usually dangerous and violent.

- Patients are abused in mental hospitals.

- Children do not get mental illnesses.

- Mental illness is caused by a personal weakness.

MYTHS ABOUT MENTAL ILLNESS

- Mental illnesses are just an excuse for poor behaviour.

- People who experience mental illnesses can't work.

- Schizophrenia means split personality, and there is no way to control it.

- Electroconvulsive therapy (ECT), formerly known as "shock treatment," is painful and barbaric.

The society is changing and the people are being more and more open to the persons with mental disorders.

I am not my
mental illness
I am a **Person**

RESILIENCE AND MENTAL HEALTH

DEFINITION

- *The capacity to recover from extremes of trauma and stress (…) Resilience reflects a dynamic confluence of factors that promotes positive adaptation despite exposure to adverse life experiences. Resilience is thought to be important as a component of successful psychosocial adjustment and is associated with mental"*

  (Cabanyes Truffino , 2009)

- *"Ability of the individual to successful adaptation, positive functioning, or competence in the presence of a situation of adversity, and risks involving multiple internal and external threats."*

  (Soares, 2000)

DEFINITION

- **Resilience** is the ability to achieve positive results in high risk situations, to function competently in situations of acute or chronic stress, and also the ability to recover from trauma and regain psychological balance.

RESILIENCE

- **Risk factors –** *include personal and environmental variables that increase the likelihood of adverse reactions in difficult situations.*

- **Protective factors –** *determine the ability to cope with difficult situations and solve problems without the negative effect of stressors.*

RESILIENCE

- A protective factor in one circumstance can be a risk factor in another.
- For example:

    sickle cell anemia=disease (bad thing),

    sickle cell anemia = protection against malaria (good thing)
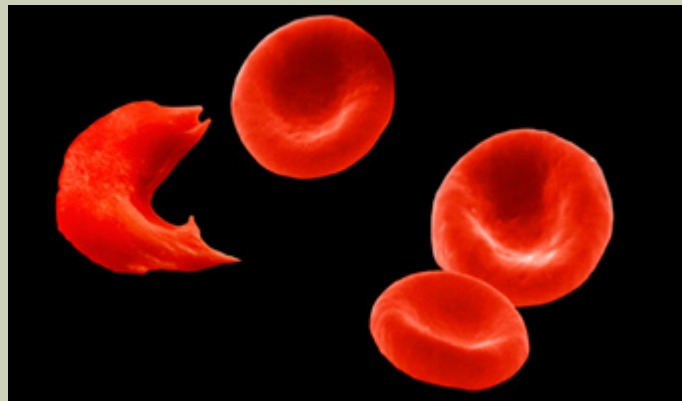
TYPES OF FACTORS

- There are three general types of factors:

1)The characteristics of a person (ie. good health = protective factor, general bad feeling = risk factor),

2)Influence of the family (familial warmth, the absence of conflict),

3)External assistance (environmental impact).

PROCESS OF CHANGE, RESISTANCE AND SOCIAL EDUCATORS

CHANGE

- Change has a direct or indirect impact
- Factors that affect us:
  - Situation at home,
  - Social environment
  - Natural environment
  - Life experiences
  - Even political situations

KEEP CALM because EVERYTHING CHANGES

RESISTANCE

- Causes are not well known. However it can be:
  - Past behavior or habit
  - Psychological reactance
  - Threat to self-identity
- Effects
  - Sometimes people will finally accept change and sometimes they will not. This can lead to pathological resistance.

RECOVERY PROCESS

- Change is a necessary part
- *„if you keep on doing the same things, you will keep on getting the same results."*

    (Addiction: An information guide, CAMH)

- recovery ≠ cure

(there is always a

chance of relapse)

ROAD TO MENTAL ILLNESS

- No rules for the origins of psychological disorders
- No two cases exactly alike

SOCIAL EDUCATORS

- Play a key role in being a therapeutic and rehabilitative source.

CODE OF ETHICS

- Principle of self-determination.

- Principle of acceptance and non-judgment.

- Principle of individualization.

- Principle of non-discrimination.

- Principle of trust.

- Principle of confidentiality.

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