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Spring Semester 2018

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2. History and definition

"CRISPing" up your feedback

- **Concrete!** Be concrete, not "always" sweeping.
- **Realistic!** Be realistic, not utopian!
- **"I" Use the "I" statement.**
- **Suggest!** Give alternatives, wishes, improvements.
- **Positive!** Start with positive elements.

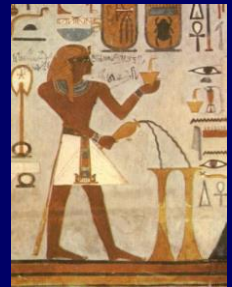


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Historical development of abnormal psychology in a nutshell



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Early roots

- **Stone age (ca. 500000 B.C.)**
 - Shamans and medicine men
 - Cut holes into the skull, probably to let the evil spirit out
- **Egyptians (1600 B.C.)**
 - Magical explanations
 - Spells as remedies

Early example:

Odysseus (>1000 B.C.)

奥德修斯



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Oath of Hippocrates



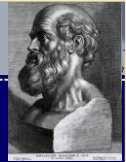
- "I swear by Apollo, Asclepius, Hygieia, and Panacea, and I take to witness all the gods, all the goddesses, to keep according to my ability and my judgment, the following Oath. [...]"
- I will prescribe regimens for the good of my patients according to my ability and my judgment and never do harm to anyone.
- I will not give a lethal drug to anyone if I am asked, nor will I advise such a plan; and similarly I will not give a woman a pessary to cause an abortion.
- But I will preserve the purity of my life and my arts. [...]"



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Greek and Roman traces



- Hippocrates (460-377 B.C.)
 - Insanity = disorder of the brain
 - Importance of psychological and interpersonal factors
 - Uterus (= hysterion) theory of hysteria
- Galen (129-198 A.D.)
 - Humoral theory (based on Hippocrates' four humors)



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Humoral Theory



- Brain functioning is related to four humors:
 - Blood (*sanguine*, from the heart: cheerful, optimistic)
 - Yellow bile (*choleric*, from the liver: hot tempered)
 - Black bile (*melancholic*, from the spleen: depressive)
 - Phlegm (from the brain: apathy, calmness)
- Depending on which humor is predominant in the brain, problems arise accordingly.
- Treatments: e.g., bloodletting, induced vomiting, diets to reduce certain liquids etc.



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Chinese concepts based on TCM



- Five element theory (wood, fire, earth, metal and water): effects on emotionality
 - Visceral manifestation theory (heart, lungs, liver, spleen, kidneys): effects on body and mind
 - Body climates theory (heat, cold, dampness, dryness, wetness): body climate influences mental functioning
 - Meridians/Qi-energy
- => Holistic approaches (acupuncture, diet, herbal remedies, exercises, meditation)



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However, in China...



- 1) Mental illnesses were treated separately from other medical illnesses until Qing dynasty:
⇒ Shen Zhi Men 神志门
- 2) Not an independent branch in TCM until 19th century
- 3) Psychiatric knowledge heavily influenced by foreign concepts brought by missionaries

Li, W., & Schmiedebach, H. (2015). German wine in an American bottle: The spread of modern psychiatry in China, 1898–1949. *History of Psychiatry*, 26(3), 348–358. doi:10.1177/0957154X14559335



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The medieval ages (1)

Main problems observed:
possession, hysteria, melancholy, anxiety

Mainly 2 viewpoints:

1) *Causes of abnormal behavior:*

- Demons/devil
- Witchcraft

Remedies

- Religious Rituals/Exorcism

2) Abnormal behavior as a natural phenomenon

Remedies

- Rest, sleep, happy environment
- Baths, potions



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Ulrich Molitor
"De Lamiis et Phitonicis Mulieribus"
1493



Michael Pacher
"St Augustine and the Devil"
1483



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The medieval ages (2)



Charles VI. of France (1368-1422)

- Signs of his insanity
 - Believed he was made of glass, howling like a wolf
 - Hid in a dark corner of his castle
- Explanations
 - God's anger or warning
 - Witchcraft
- Treatments
 - First: recreation in a nice environment
 - Later: rituals, punishment of witches



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Hospital for the mentally ill in Bielefeld and Berlin (1901)/Germany



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William Hogarth, "A Rake's Progress", Plate 8 "In the madhouse", 1732



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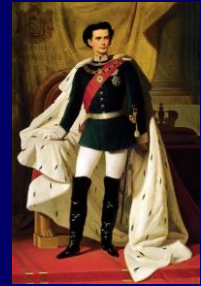
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Elisabeth of Bavaria, Empress of Austria 1837-1898



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Ludwig II. of Bavaria (1845-1886)



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Further developments

- Since 1600: Asylums for insane people later better called „prisons“ or „circus“
- Pinel (1745-1826): humane treatment for the mentally ill
- 19th/early 20th century
 - *Mental hygiene movement*
 - Beers: „A mind that found itself“ (1908)
 - Syphilis becomes explainable
 - resulted in delusions and death
 - connection to organic reasons (bacteria, microorganisms, sexual transmission)
- First asylum in China: John G. Kerr Refuge in Guangzhou in (1898)



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“A mind that found itself”

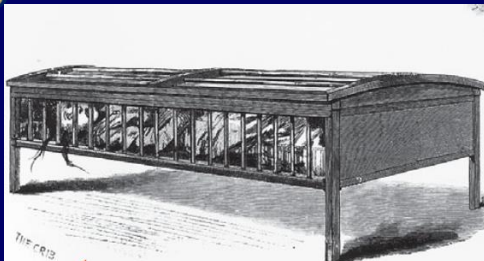
Beers (1908)

“It was not always as an instrument of restraint that the muff was employed. Frequently it was used as a means of discipline on account of supposed stubborn disobedience. Many times was I roughly overpowered by two attendants who locked my hands and coerced me to do whatever I had refused to do. My arms and hands were my only weapons of defence. My feet were still in plaster casts, and my back had been so severely injured as to necessitate my lying flat upon it most of the time. It was thus that these unequal fights were fought. And I had not even the satisfaction of tongue-lashing my oppressors, for I was practically speechless.”

<http://www.gutenberg.org/files/11962/11962-h/11962-h.htm>

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The Utica Crib (mid 19th century)



http://www.westernillinoismuseum.org/artifact_month/2011_october.html

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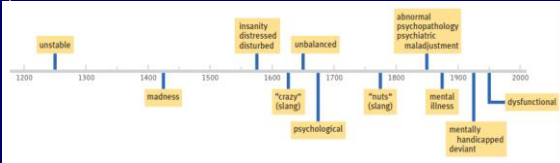
Abuse/“euthanasia” (Action T4)/
experimentation of/with disabled
and mentally ill children in Germany
during the Third Reich
(photo from 1930)



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History of terms in written English

Comer (2010, p. 10)



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Fathers of Clinical Psychology



- Lightner Witmer (1867-1956)
 - Used psychological knowledge in practice (for mental disorders)
 - „Clinical Psychology“, „Psychological Clinic“, „Clinical Method“



- Emil Kraepelin (1856-1926)
 - Founder of the first nosological classification system
 - Somatogenic perspective
 - Experimental psychopathology



- Sigmund Freud (1856-1939)
 - Founder of a homogeneous, psychogenic theory: psychoanalysis
 - Conversation as the major therapy technique



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Feedback exercise

Provide CRISPy feedback about the
"History in a nutshell"!



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Learning progress exercise (voluntary)

cluster A	aphonia	rapid cycling
alogia	delusions	compulsions
DSM-5	schizoid	delusions
borderline	incidence	agoraphobia
obsessions	panic disorder	bipolar II
depressive episode	hallucinations	panic attack
prevalence	narcissistic	CCMD-3
anhedonia	ICD-10	avoidant
negative symptoms		

Group these terms into categories according to your current knowledge about these phenomena!



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What is abnormal?

i.e. what should be classified as a mental disorder



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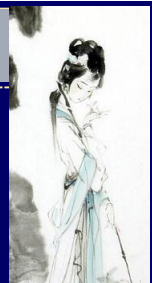
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Warm-up activity

Talk to your neighbor.

1. Exchange about what you found on Lin Daiyu. Which of her behaviors/experiences make her different from normal?
2. Which explanations did the literature offer about how the behavior came about?

10 minutes total



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Norms (1)

- **Statistical norms**
 - abnormal = deviation from the mean
 - Problems: How much deviation? Who decides? Which dimensions (e.g. abnormally great creativity not bad)?
- **Social norms**
 - „Abnormal“ = determined by other people's reactions („socially un-/acceptable behavior“)
 - Problems: Often, problematic behavior has positive connotations (e.g. drinking).
- **Ideal norms**
 - abnormal = deviation from a perfect desirable state (cf. Rogers' concept of self-actualization)
 - Problems: Hardly ever reachable, contents differs for different people.



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Norms (2)

- **Subjective norms**
 - abnormal = individual believes s/he is disordered
 - Problem: Some disorders ego-syntonic.
- **Functional norms**
 - abnormal = dysfunctional; functionality is based on expected performances that fit a person's skills and that are supposed to be healthy; e.g. homeostasis
 - Problem: What is healthy?

Hence:

These norms alone are not sufficient!



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What is healthy?

- WHO (1946)

„Health is a state of complete physical, mental and social well-being and **not** merely the absence of disease or infirmity.“
- Mental health (Jahoda, 1958)
 - Positive attitude towards oneself
 - Growth, development, future -orientation
 - Autonomy, self-determination
 - Environmental mastery, adequacy in love, work, & play
 - Correct, unbiased perception of the real world



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Marie Jahoda (1907-2001)



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Activity cont'd

Which norms were being violated in Lin Daiyu's case?

- Statistical norm?
- Social norm?
- Ideal norm?
- Subjective norm?
- Functional norm?



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Attempt of a definition (1)

- „Mental disorder“ is a **psychological construct** of a **complex** phenomenon that is used in different social contexts. Therefore, this construct is not independent of social evaluations and conventions, but is being **modified by the particular medical, legal, political and general social context**.
- Mental disorders cannot be differentiated from mental normality by naturally existing boundaries [i.e. **not naturally given**].



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Attempt of a definition (2)



- Instead, they are dependent on **statistical, social, ideal, subjective and functional criteria** about the **manifestation** and **structure** of mental processes.
- They can be called **conventions** that are bound by **scientifically based norms** and **sociocultural norms**. Both are constantly **changing**.

From: Bastine (1998)



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Homework (Part 1/2)



- Re-read Comer's (2015) part on what abnormal behavior is (Chapter 1, section „What is psychological abnormality?“ pp. 2-6) and compare it with the discussion about norms we just touched in class.
Where are similarities and differences?



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Homework (part 2/2)



What are the most frequently used theoretical orientations of psychotherapists/counselors/social workers in China?



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