## 1. Case Study

### 1.1 Client's stated reason for coming

00:30:36 The client invited the girl, Marion Crane to have dinner, and said “I was just about to myself”, but in later a few minutes he talked to his mother. He forgot his mother at the time he met the girl.

00:35:34 The client said some joke to Marion, such as “you eat like a bird”, and showed his hobby to her. He did that because he tried to attracted her but he failed at last. He was difficult at talk to a girl who he was fell in love with.

00:35:34 The client said “The boy’s best friend is his mother.” This word seems different from other boy’s view because it seems that his attachment to his mother was too strong. But at 00:38:49 The client said he want to leave his mother forever, but he knew he can’t.

00:38:00 The client believed that he was in his private trap, and he can’t get out.

00:41:51 The client seems over-react when Marion said she was meant well, he thought everyone meant well but actually means on the contrary.

00:44:34 Mr. Bates took out the picture on the wall and peeped Marion changing her clothes. It seems that he was familiar to this action. He had peeped other girls in the same way, obviously.

00:51:30 When Mr. Bates realized his “mother” killed the girl, he cleaned the room experienced, acted as he had done it before. All his actions indicate us that it was not his first time did these work, including cleaning the room and throw the body. And he and his mother did these was not for the 40000 dollars Marion had brought.

01:05:56 Mr. Bates lied to the private investigator, Arbogast, from time to time. He tried to cover what he and his “mother” had done. But in fact, the word he had made up was terrible and can’t prove themselves.

01:09:14 The client said he made a sandwich for Ms. Marion, but as we known, the food was made by his mother.

01:11:38 Mr. Bates strongly against Arbogast to see his mother. And changed his attitude to him, from a kind and nice man to a man who didn’t want to listen to other’s word.

01:26:02 After the client’s mother had killed to people, Mr. Bates asked her move to the fruit cellar, but her refused. So Mr. Bates carry her to the place.

01:36:39 The client said he wouldn’t get away even he had a chance. Actually, he can’t leave his “mother” anymore.

01:39:35 While the man, Sam Loomis, was talking about Mr. Bates’ mother, the motel and his future plan, he looked frightened and nervous, his fingers hit the office desk unconsciously, he found that his secret was nearly being known by other people, which made his mental situation bad and easily hurt others. The similar situation happened when Mr. Arbogast wanted to check his room and talked to his mother.

01:41:18 Marion’s sister found that the client’s mother was nothing but a mummy. Such as the deputy said before, the client’s mother had died 10 years ago. So the one who killed Marion and Mr. Arbogast couldn’t be Ms. Bates.

01:41:31 Mr. Bates dressed like his mother, with a wig, hold a knife rush into the cellar, tried to kill Marion’s sister. Luckily, Sam saved her life at the last time.

01:42:25 According to the psychiatrist, now the only personality in the client’s body was his mother’s personality. The “Norman” would no longer existed.

01:47:31 The voice of the client (I don’t know whether I should call this human “he” or “she”) became his mother’s voice. And this “woman” wouldn’t even harm a fly. (Hitchcock, 1960)

### 1.2 The course the disorder

The client’s disorder had started since ten years ago, he found that his mother had a relationship with a man, he worried about he would be abandoned by his mother. So he poisoned his mother and her boyfriend. In ordinary people’s mind, killing their own mother is a crime can’t be tolerant. There is no different to Norman, so he tried to erase his criminal, at least in his own mind. He did things followed. First, he stolen his mother’s body and kept it well. This was also the reason he loved those bird samples. Second, he began to think and speak for her, he gave her half of his mind and life. At times even he could speak to his “mother”. What’s more, the most scaring part in this case, was that he thought his mother can’t leave him like he did to his mother. Therefore, if he met a woman made him felt strong attraction, his “mother” personality felt jealous, so “mother” killed Marion and the other two girls. At the end of this film, Norman’s body was entirely dominated by his “mother” personality.

### 1.3 Past psychiatric illness and medical history

Before the client’s dissociative identity disorder, his mental was disturbed since his father was died. What’s more, I think he had suffered from strong Oedipus complex. He can’t leave his mother and unable to watch his mother had a relationship with other man and had the possibility and tendency to left him alone. That’s the reason he murdered his mother and her lover, and made the story go on.

It seems that Mr. Bates never went to hospital or had medical treatment to his mental situation.

### 1.4 Psychosocial history

Mr. Bates had a motel which was far from main road, so the motel did not have much costumer. He lived alone, did not met other people regularly. This circumstance was his own choice, because his “mother” personality didn’t love to meet other people times. But this lonely environment also made Ms. Bates’ personality become stronger and finally dominate the whole body.

Ms. Bates was a clinging, demanding woman, and she lived with her son in a world no one else existed. She loved to control her son’s live, even the girl his son loved with. This may be one of the reasons cause Norman’s Oedipus Complex.

### 1.5 Behavior observation

#### 1.5.1 Mr. Bates, also called, Norman’ personality

Mr. Bates looks handsome, tall and a bit shy. His hair is combed very neatly and his voice is low, light and calmly. He is in white shirt and always has a sweet, kind smile on his face. Maybe this is his habit because he run a motel, there for he has to meet all kind of people all day long. If I ask some question may be a bit difficult to him, he would knock the table with his fingers, this motion shows he is a little shy and can’t control our talking situation. When I said something might annoy him, he always smiles, only when I ask about his mother and express my willing to see her, he lose his temper for a short time. Maybe his mother is the most important part in mental.

#### 1.5.2 Ms. Bates, Norman’s mother

I don’t know I should call this human “man” or “woman”. Because she believes herself is a woman, so maybe “her” is a better way to mention this man. But in fact, her appearance is a tall, handsome man. But she wearing in woman’s clothes and a wig. So I believe that her personal gender indemnity is female.

Ms. Bates’ voice is high and spiky. She didn’t look at me directly and hardly provoke me. But sometimes, she pretends the murder was done by his son and nothing has connection to her. What’s more, she expresses her strong felling to her son, trying to control his whole life.

### 1.6 Functional assessment

#### 1.6.1 Understanding and communicating

Mr. Bates can do this part well, seems do not have any problem. He can talk to other people and have good memory.

#### 1.6.2 Getting around

Mr. Bates have no problem in this part. He can stand, walk, even kill a human and hide his body without other’s help.

#### 1.6.3 Self-care

The client is normal in this part, or may be too good than other people. He can take care himself well and have a good life even have no other people in his world.

#### 1.6.4 Getting along with people

Mr. Bates can get along well with most of people, especially man. But to girl who attracted him, he would fall into difficult choice. His “mother” half dominate his body and would kill the girl. Therefore, he hardly has any sex activates. His “mother” personality do not like meet strangers, so he chooses a place far away from main road to run his motel. So it seems that he doesn’t have any friends, living alone and can’t make new friends or find lovers.

#### 1.6.5 Life activities

The client can do household work well. His motel is clean and have a regular linen day. So his life activities have no problem at all.

#### 1.6.6 Participation in society

Mr. Bates almost never participate in society. He has a large number of problems to enter social occasion, such as church. He only live in his own world, alone.

### 1.7 Strengths

The client can think deep in philology, such as the meaning of our life and our world. He is an expert at collecting and making bird samples. His own experience drives him good at kept those sample felt alive.

### 1.8 ICD-10 diagnosis

Mr. Bates suffers from multiple personality disorder (MPD, F44.81).

He satisfies criteria A because he has two distinct personalities within the individual. In the main part of this movie, he is showed as Norman Bates, a young, handsome man with a bit shy. But when the personality “Ms. Bates” at the dominate position, “she” killed 3 women and 1 man. These 2 personalities didn’t show up together, so he can’t behave like “mother” and “son” at the same time.

He satisfies criteria B because his two personalities both have their own memory. In the scene Norman found Marion is dead, he can’t recall the memory that actually, he was the one who killed the girl. And his personalities even can talk to each other, although they are all in same body. What’s more, at the scene “mother” was killing Marion, Mr. Arbogast and trying to kill Marion’s sister, the client wearing in his mother’s clothes and a wig. He dressed up to simulate his mother. Besides, in the movie we can see, the bedroom for the “mother” and for the son was different, all be decorated like what this personality should like. So they all had their own living style and didn’t bother the other one.

He satisfies criteria C well. First, Norman forgot that he is the one who killed his mother and her lover. He also forgot what he did when the mother half of him dominate his body. These are about his crimes. Second, in daily life, Norman usually forget his self-talk. And while Mr. Arbogast came to the motel and ask some question about Marion’s missing, Norman can’t remember the details about that night.

He satisfies criteria D. Norman didn’t use drugs and had harm in his head or brain. All the changes in his mental was due to his father’s dead and his mother’s attitude to him. If his mother can treat him more kind, nice and warmly, maybe he would not be jealous to his mother’s lover, and the stories happened after would no longer be occurred anymore. But nothing can be repeated. (World Health Organization, 1993)

## 2. Media influence on society views mental illness

In this film, psycho, Hitchcock tried to show a man who suffered from heavy multiple personality disorder. The man, Mr. Bates, has two personalities in his body. One is his own personality, or can be called as “Norman”. The other is his mother’s personality. Both of them has their own character and memory. At the main part of the film, Hitchcock didn’t told audiences that the “mother” doesn’t existed, actually. On the contrary, he used the quick snap shot on “her” hair, which actually was a wig Norman in, and there were a lot of conversation clip between Norman and “mother”. All these details convinced audiences that the “mother” was a real person, she was clinging and demanding, controlling her son’s whole life.

With movie goes on, Hitchcock indicate audiences that there is something can’t be explained and doubtful on the “mother”. For example, the deputy’s wife said Ms. Bates died 10 years ago and she helped her on her funeral. At that very moment, audiences must be curious about who was the one killed Marion and Mr. Arbogast. But the story of the movie is moving too fast, so the audiences can’t do deep thinking and find out the truth.

In my opinion, audience can understand the reason Mr. Bates got mental illness, but his, or “her” action was can’t be acceptable. No matter in what kind of culture, murder his mother is a crime cannot be forgiven. Not to mention he killed 3 girls and a man. These actions are crazy, those man and women did nothing wrong. However, audiences can understand that he was a boy controlled by his stern mother. Maybe Oedipus complex is a good way to explain his mind and mental illness. His attachment to his mother was too strong so he can’t tolerant his mother found a new lover and might leave him alone. So the first murder happened. Although I think he is the first one must take responsibly for the tragedy, but his mother’s way to treat him, (e.g., too strict to him and not allow he find a girlfriend, found a quiet place to live so no social relations in their world) also plays an important role in his multiple personality disorder’s emergence and development.

In this movie, multiple personality disorder had strong impact on Mr. Bates. First, sometimes he does some self-talk, or in another way to describe this circumstance, “Norman” talk with “Ms. Bates”. He believed he was living with his mother but actually doesn’t. Second, Norman’s mother personality killed 4 people to protect herself, these crimes have bad effect on society because all of them are innocent. What’s more, at the end of this movie, Norman’s mother personality entirely dominated the body of Mr. Bate. “Norman” would no longer exists anymore. And she even tried to use her son to cover her crimes.

As for ordinary audience, they would have two feeling at the same time. On the one hand, they may be afraid of person who has multiple personality disorder. Maybe think all of them are murders or potential murders. On the other hand, the importance of the relationship between mother and son may trigger their attention. They would more focus on creating a healthy relationship and type of attachment than before they watch this movie. And some of them may began to care about living situation of people suffer from multiple personality disorder. These are the positive outcomes of this movie.

The actor of “Norman Bates”, Anthony Perkins did great performance in this movie, he illustrated this illness realistically. and the script to describe this psycho is great, too. As written in “1.8 ICD-10 diagnosis”, Mr. Bates perfectly met the all criteria of multiple personality disorder in DCR. This movie perfectly showed how a man suffer from multiple personality disorder would spend his life, struggle with his mental illness and driven to irreversible situation.

## Reference

Hitchcock, A. (Director). (1960). *Psycho* [Motion Picture].

World Health Organization. (1993). *The ICD-10 classification of mental and behavioural disorders : diagnostic criteria for research.* Geneva: www.who.int/classifications/icd/en/GRNBOOK.pdf.