During the duration of the course, I found one topic more interesting than others: Schizophrenia. We had a homework assignment in which a talk done by Elyn Saks, hosted by TED Talks. She happens to be suffering from Chronic Schizophrenic, and she told her story regarding the suffering and the horror she went through due to this mental disorder. Another person’s story that really caught my attention was the Homeless guy video that happened to be a reporter before shown in the class. In specification, I find that the common treatments for mental illness like: forced restraints, to be too medieval.

Remember in the old times when the patients were forced restraint due to the belief there were demons in them, while it was actually a mental illness of which they had no control over? From what Elyn Saks described about her life, that is an exact relation to the old medieval times. She was forced to take pills and was forced restraints. Ruby Wax, a patient who suffered through an extraordinary amount of depression, posed an extremely good question: What’s so funny about mental illness? Our average people in society aren’t really aware of the reality of mental illness, it isn’t a joke. As Ruby Was clearly mentioned in her TED talk, when someone is going through a depression, people say things like “chin up” or “stop winning”, and when someone got failed a class, people would say things like “don’t worry, you’ll do better next time”. They think that a mental illness is a joke, when they don’t realize that mental illness is similar to a broken bone, injury, failing a class, etc. Its real illness, not a joke.

I’ve learned a lot throughout the course, especially things that have interested me such as the topic above: Schizophrenia and the way people view mental illness. In conclusion, I believe that mental illness is a real thing and the way that some doctors still treat mental illness should revolutionize (especially for doctors who use medieval techniques).