

# Lecture 3 – Emergence of the Psy-ences

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1

## Century of the Psyences

- 20<sup>th</sup> c., growth in size and importance of disciplines relating to mental and emotional phenomena.
- Mental processes become seen as central to human endeavour, from advertising strategy to occupational health to school performance.
  - Turn towards psychology to “comprehend and surmount problems of the human condition like despair, loss, conflict.”
  - Everyday concerns like “sex, marriage, womanhood and manhood; work, ambition, worldly failure, habits, desires, inclinations” subject to psychological understanding.
  - Boom in pop psychology, ranging from how to make decisions to the “art of picking up.”

2

## Century of the Psyences II

- Mental health concerns now central to everyday life, with 20-50% of population receiving a diagnosis.
- Many others prophylactically attempting to improve/protect mental health.
  - Massive growth in “mental health industries” – professionals, life coaches, spas, self-help books.
  - Mental health knowledge spread through schools, mass media, social media, police services, government services, etc.
- These shifts have “changed expectations about what it is to be human.”
- As a result, deviance became something that required immediate, and sometimes drastic attention.
- How have we gotten here?

3

## Freud – A True Revolution

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|--|--|
| <ul style="list-style-type: none"> <li>• Mental health's greatest moment?</li> </ul> | <ul style="list-style-type: none"> <li>• Or a fatal blow?</li> </ul> |
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4

## Basic Theory

- Mental disorder result of conflicts between id, superego, and ego.
- Conflicts began in childhood. When ego overburdened by demands of the id and superego (anxiety) it utilizes defence mechanisms (repression, denial).
- These processes unconscious in nature.
- Talking can help!
- But how applicable?

5

## Psychoanalytic Movement

- Took psychiatrists out of the asylum.
- Widened meaning of mental illness.
- Treatment preserve of the wealthy?
- Strengthened importance of patient/doctor relationship.
- The “face” of psychiatry?
- Stagnation of science?

6

## Pre-WWII climate

- Psychoanalysis was out of the reach for many patients and theoretically repugnant for many practitioners.
- Amidst a climate of “desperation” (overcrowding of asylums), search for new methods and cures begins.
- Psychiatrists, sick of being simple custodians, sought to reintegrate into mainstream medicine.

7

## Fevers, Comas, and Shocks

- Julius Wagner-Jauregg develops malarial fever therapy – effectively treating the psychoses of G.P.I.
- Manfred Sakel pioneers insulin-coma therapy to treat schizophrenia.
- Ladislav von Meduna, believing the epilepsy and schizophrenia are “mirror image diseases” attempts to treat schizophrenia by inducing epileptic seizures through Cardiazol.

8

## Electro-Convulsive Therapy (ECT)

- 1938, Cerletti & Bini pioneer ECT by using electrical stimuli to induce seizures for treatment of severe psychosis (tested on dogs).
- OR
- Although they chose “electroshock” for method, electricity only for induction of convulsions.
  - Brief electrical stimulus which induces a cerebral seizure, typically 6-12 sessions.

9

## Psychosurgery

- 1935, Egas Moniz hears that monkeys underwent emotional changes after removal of part of their frontal brain lobes.
- In Lisbon, Moniz tries it out (drilling holes into patients’ heads and cutting with wire) claims incredible results for leucotomy.
- Awarded the Nobel Prize in 1949.

10

## Walter Freeman

- Moniz inspires Walter Freeman, begins propagandizing lobotomies across the US.
- Introduces the “transorbital lobotomy” using a medical ice pick to chip away at the frontal lobe through the eye socket.
- Drives around US with bag of tools providing demonstrations on more than 3000 people.

11

## Lobotomy

- <http://www.pbs.org/wgbh/amex/lobotomist/program/>

12

## Controversies over Heroic Treatments

- Uncertainties over mechanism...
  - Punishing or curing?
  - Health risks (memory loss in ECT, broken bones, etc...).
  - Ethics?
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- Yet, others defend them as re-establishing connection between psychiatry and medicine, preserving interest in biological approaches.

13

## The Psychopharmaceutical Revolution

- Everything changes with the discovery of chlorpromazine in early 1950s, the first explicitly anti-psychotic pharmaceutical medication...
- Subsequent development of medications for most disorders.
- Huge upswing in prescription rates of psychiatric drugs.

14

## Pharmaceuticalisation

- What we consider normal, abnormal, healthy, sick, safe, dangerous, manageable, life threatening, ethical, dehumanising, masculine, feminine, necessary, and superfluous are all tempered by psychopharmaceuticals.
- Beyond alleviating into realm of enhancing.
- In short, we are in a period of intense medicalisation (pharmaceuticalisation) of life itself.

15

## Pathways to Pharmaceuticalization

- A cultural obsession with technology, borne from the 1950s onwards.
- Pressures, pace, and competitiveness of modern life make quick fixes far more attractive.
- Consumerist critique: we only trust those things that we can buy and hold. It's convenient.

16



## Reasons for Growth in Psyences

- Scientific advancement.
- Professional expansion.
- Shift towards hyper-rationality and objectivity – facilitates governance by transforming people into calculable, measurable beings.
- Shift towards neo-liberalism – individuals responsible for “self-governance.” Decline in notions of collective.

17

## Conclusions

- 20<sup>th</sup> century rise of the psy-ences have reshaped human experience.
- Identification of deviance increased in frequency and intensity of treatment.
- Reasons for growth numerous and subject to disagreement.

18