What is Abnormal/history of Mental Illness:

1. Abnormal psychology is the branch of the science of psychology that addresses the description, causes, and treatment of abnormal behavior patterns.
2. Ancient treatments of this mental disorder include trephination, exorcism, being caged like animals, being beaten, burned, mutilated which were horrible.
3. It is necessary to determine abnormal behavior and we can determine in lots of different ways.
4. Biological processes determining abnormal behavior, vital fluids of phlegm, blood, black and yellow bile being in a certain state of balance.
5. Iceberg theory that explains the parts of the mind.
6. Genetic Errors in DNA sequence causing breakdown of a cell’s normal protein production as a result body functions are affected.
7. The Reform Movement during 19th century that people should be treated humanely.
8. Behavior varies from culture to culture. Behavior considered normal in one culture may be considered abnormal in another.
9. Difference between a clinical psychologist and a psychiatrist.
10. Innocent people were drowned in medieval times as a way of certifying that they were not possessed by the devil.

Anxiety:

1. Anxiety is a general term for several disorders that causes nervousness, fear and worrying. Regret, stress, depressed, scared, mental illness, hopelessness, panic and many more are resonated me.
2. Panic attack is compared to a heart attack although there is nothing wrong with the heart or anxiety attack. Shortness of breath, difficulty breathing, heavy perspiration, weakness and dizziness, accompanied by feelings of terror, helplessness and a strong desire to escape are some of the symptoms and body reactions.
3. How exercise and proper diet plan can treat anxiety.
4. Characteristics of anxiety disorders.
5. Symptoms of panic attacks like trembling or sweating.
6. Exposure therapy is a psychological treatment that was developed to help people overcome their fears. It involves exposing the victim to the anxiety source without putting any danger to the victim so that the he/she can overcome the fears and it is quite effective.
7. Types of phobias and how it can affect our normal reaction. For example: fear of spiders, heights or thunderstorms are some of the common phobias we face.
8. This chapter also tells the dark past of Howie Mandel, a famous comedian and how he manages to fight over Obsessive Compulsive Disorder (OCD). I love real life examples.
9. I was very upset and sad that how the people were sent to Asylums left chained to beds in their own waste and wander aimlessly.
10. Anxiety can occur in many forms like fear, depression, muscle tension, panic, worries so it is a serious issue.

Gender/Sexuality:

* + - 1. Gender is the state of being male or female. Some people believe homosexuality to be awkward and disorder but now as the time passes, people consider this as normal and is even allowed.
      2. Testosterone is primary male sex hormone responsible for secondary characteristics such as increased muscle, bone mass and growth of body hair and the levels of testosterone in males is about 8 times greater than females.
      3. Gender Dysphoria involves a conflict between a person's actual physical gender and the gender that he/she identifies. For ex: boys behaving or acting like girls or vice versa. It is a feeling of dissatisfaction, anxiety, and restlessness.
      4. Still, we can’t find the actual cause of Gender Dysphoria but the possible cause Genetics and environmental factors is considered.
      5. George Jorgensen was the first person to receive gender reassignment surgery in 1953.
      6. This has major symptoms on children and adults like dress like opposite sex, live throughout the life as opposite sex, may be ignored by friends resulting in depression and anxiety.
      7. This completely changes who we are so the treatment is very important.
      8. The DSM provides for one overarching diagnosis of gender dysphoria with separate specific criteria for children and for adolescents and adults.
      9. Ultimately, the goal is not to change how the person feels about his or her gender. Instead, the goal is to deal with the distress that may come with those feelings.
      10. Individual and family counseling is recommended for children. Individual or couples therapy is recommended for adults.

Anxiety:

Anxiety is a serious issue in our society. It can isolate you from the loved ones. It is normal to experience a certain amount of apprehension about future danger or misfortune.

Even a person can gain phobias as the life goes on. Personally, I have a phobia too. I am very afraid of spiders. I believe that exposure therapy plays a vital role in overcoming this mental disorder. As discussed in introduction, my mother used to have panic attacks mostly at night. I can’t find out the real reason behind it but the possible reason is the bad dreams and isolated environment as a result she relied on medicines, yoga and proper diet which greatly improved her health. I believe treating mental disorder naturally is the best.

What is Abnormal/history of Mental Illness:

It is very clear from the word Abnormal that is to act different from normal behavior. Almost everyone can be affected by abnormal behavior from child to adult. The concept of abnormality is not crystal clear and difficult to define. Treating abnormality in ancient times was cruel as ever because people in the past believe in superstitions. I want to share one real life example. We may have heard of the game known as Blue Whale game. This game considered 50 deadly daily tasks and the final task is to commit suicide. Many teenagers were caught in this game. Children were blackmailed by administrators to kill their loved ones if they reported to anyone else. Many parents were unaware of the abnormal behavior of their kids and several lost their lives. So, it is very-very important to determine abnormal behavior which briefly discussed in the chapter and how it can be treated.

Gender/Sexuality:

People with gender dysphoria may often experience significant distress and problems functioning associated with this conflict between the way they feel and think of themselves and their physical or assigned gender. They feel uncomfortable being regarded by others as their assigned gender as a result many become socially isolated. Homosexuality is not considered as mental disorder these days. Adults are at risk for harassment, exclusion, discrimination, abuse, violence and murder. How to treat this mental disorder effectively is still unknown. The characteristics of gender dysphoria vary with age, and many children with gender dysphoria outgrow it as they age. It is diagnosed in many ways such as identifying cross-gender, evidence of clinically significant distress or impairment in social, occupational, or other important areas of functioning. There is a state where a person experiences recurrent sexual urges and sexually arousing fantasies involving non-human objects or children which may cause harm to them and is called paraphilic disorders.