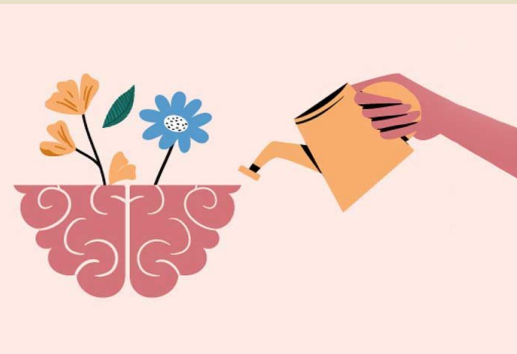




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Learning Outcomes

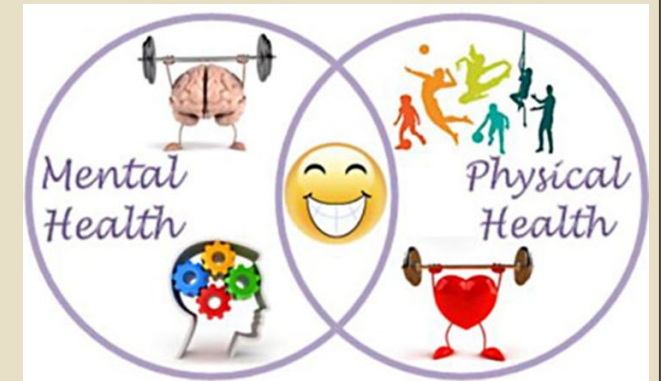
- The students will be able to understand the basics of counseling and how these can be helpful in their life.
- Learn the difference between a psychologist, a psychiatrist, counseling & psychotherapy.



MENTAL HEALTH AND PHYSICAL HEALTH

- Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". (WHO)
- Mental health **includes our emotional, psychological, and social well-being.**
- It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
- On the other hand, Physical health is **the state of being free from illness or injury.**

◦



Physical health problems significantly increase our risk of developing mental health problems, and vice versa.

DISCUSSION

- **WHAT ARE THE SIGNS AND SYMPTOMS OF SOMEONE GOING THROUGH A MENTAL HEALTH PROBLEM?**

Some signs and symptoms of someone experiencing mental health problems.



Feeling anxious
or worried



Feeling depressed
or unhappy



Emotional outbursts



Sleep problems



Weight or appetite
changes



Quiet or withdrawn



Substance abuse



Feeling guilty or
worthless



Changes in behaviour
or feelings

MENTAL HEALTH DISORDERS

Mental disorders (or mental illnesses) are conditions that affect your thinking, feeling, mood, and behavior. They may be occasional or long-lasting (chronic).

They can affect your ability to *relate to others and function each day*.

- Symptoms of illness include:

- ❖ Changes in mood
- ❖ Changes in person's perception of reality
- ❖ Changes in a person's ability to organize or focus their thoughts.

- Mental illness affects people's feelings, thoughts and behavior, causes negative effects on people's lives or the lives of their families.

What causes mental disorders?

- There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:
- Your genes and family history
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood
- Biological factors such as chemical imbalances in the brain
- A traumatic brain Injury
- A mother's exposure to viruses or toxic chemicals while pregnant
- Use of Alcohol or recreational drugs
- Having a serious medical condition like cancer
- Having few friends, and feeling lonely or isolated
- **Mental disorders are not caused by character flaws. They have nothing to do with being lazy or weak.**



HOW ARE MENTAL DISORDERS DIAGNOSED?

The steps to getting a diagnosis include:

- A medical history
- A physical exam and possibly lab tests, if your provider thinks that other medical conditions could be causing your symptoms
- A psychological evaluation. You will answer questions about your thinking, feelings, and behaviors.
- Symptoms are causing serious problems in the ability to study, work or relate to others



Discussion

1. What is the difference between a psychologist and a psychiatrist?
2. What is the difference counseling and therapy?



Psychiatrist

- Provide prescriptions and some talk therapy
- Degree in medicine
- Treat conditions rooted in biology or neurochemistry



Psychologist

- Provide a wide array of talk therapy
- Degree in psychology
- Treat conditions rooted in emotions or behaviour

Difference between Counselling and Psychotherapy

Counselling

- Counseling is a short-term therapy focused on addressing specific concerns.
- In general counselling's focus is on helping you with what you are experiencing right now.
- The issues that counselling most often deals with are the things a client is currently feeling stressed by, whether that is the challenges they are facing on a daily basis at home or work. E.g. stress, relationship issues, bereavement, sexual problems, and addictions.

Psychotherapy

- Psychotherapy is a longer-term therapy that helps people identify and explore recurring themes and issues
- Psychotherapy also works to help you have a deep understanding of your emotions by looking at your past such as childhood traumas like abuse and neglect.
- Like counselling, it can help with present issues but it also deals with mental health challenges like depression, bipolar disorder, anxiety disorders and PTSD, personality disorders like OCD and avoidant personality disorder.
And

ACTIVITY

WHO HELPED YOU?

Close your eyes, think about a time when you were very unhappy, in your mind, choose a person who would you like to talk to, with whom you can share your pain with.

What qualities you would you want from that person?

- You would probably choose someone who would accept your feelings, not try to give you advice.
- Whom you could trust
- Who would not interrupt you
- Who would hold you emotionally and make you feel safe, even they could do nothing to change your difficult circumstances

Counselor:

- Counselors are generally responsible for the following:
- (1) defining and maintaining a working relationship;
- (2) facilitating a working alliance; and
- (3) facilitating the client's movement toward some specific outcome.
- Counselor can be a **teacher, a mentor, a motivator and a guide to assisting the person to find solutions to their life situations.**
- In contrast to friends, relatives and acquaintances, **a counsellor has a more formal relationship with the client.**

Qualities of the helper:

- Keeping confidentiality
- Empathy
- Positive Regard
- Being authentic
- Being non judgmental

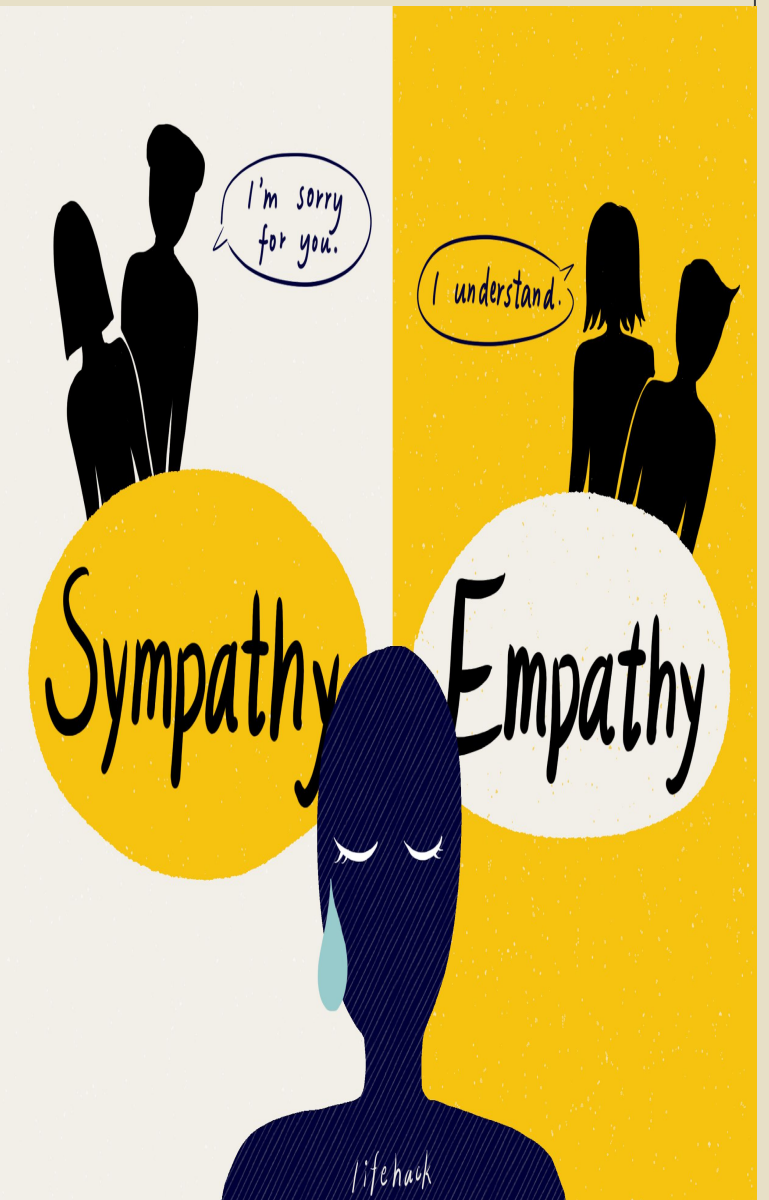
Difference between empathy and sympathy

Often we hear the words empathy and sympathy together. What is the difference between empathy and sympathy?

- *Empathy*: putting yourself in another's shoes and trying to see the world through their eyes. This does not mean that you feel exactly what they are feeling or that you have been through everything they have been through.
- *Sympathy*: feeling what another person is going through. For instance, feeling the sadness a family is feeling from the loss of their child.



A helper needs to feel empathy, because you cannot possibly experience everything that people go through. You use your experiences, and your attention to understand the other person's situation.





HOW TO COUNSEL A FRIEND?

How you can help someone going through a mental health problem.

Take the person aside and talk to them in private.

Be honest and direct, but avoid labeling your friend. Share what you have observed and why it concerns you without using psychological terms. For example, you might say: "I've noticed that you've been missing class a lot lately and you aren't answering your phone or text messages like you used to. I'm worried about you. What can I do to help?"

Make a referral.

Follow up. Let the person know that you'll be checking back with him or her later to see how things turned out.

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Mental illness is treatable

People who have a mental illness may not know about it, or may be ashamed to talk about it. This makes it difficult for them to ask for help and get treatment.



THANK YOU.