## August 21, 2012

¼ people will be diagnosed with a mental illness in their lifetime

Bipolar = Dissociative identity Disorder

Intellectual Disability = Mental Retardation

Review Claire example in first PowerPoint

* The Four Ds
  + **Deviant**
    - Social Norm vs. Statistical
    - The problem with this is that there is no firm line; it’s always changing. Being deviant isn’t bad.
    - 2 SDs away means you’re abnormal. <70 = Intellectually Disabled, >130 is gifted, >140/150 genius
  + **Distressing**
    - Self vs. Other
      * Examples of others
        + OCD individuals could have tendencies that bother other people
        + Parental modeling, if the mother has OCD even if her child doesn’t she could pass along traits
        + Substance abuse bothers those who love the person who is abusing drugs
    - Presence vs. Absence
      * The absence of empathy in a psychopath
  + **Dysfunctional**
  + **Dangerous**
    - If dangerous to themselves or others
    - Self
      * Depression, suicide risks, substance use
    - Others
      * Psychopath and sociopath, substance use

## Psychology – August 23, 2012

* The Supernatural Model: Mental Illness as Stigma
  + Characteristics
    - Those with mental illness are bad or weak
    - Mental patients often separated from society
    - Treatment often took the form of discipline
  + Enduring Components
    - People feel ostracized and embarrassed when seeking treatment for psychological distress
    - Media depiction of mental illness has a large impact
      * 72% of those depicted in the media to be mentally ill are portrayed as violent
      * In the real world that statistic is only ***10%,*** violent towards family or self and you can see it coming
  + 1900 ~ Psychoanalytic Model
    - Characteristics
      * Behavior determined largely by underlying psychological forces of which the person is not consciously aware
      * Internal forces are dynamic
      * Abnormal symptoms result of conflicts between forces
      * Deterministic assumption
        + All behavior is determined by past events
      * The unconscious exists
        + Dreams and Freudian slips are examples
    - Primary Drives – Freud 1895-1905
      * Sexual
      * Self preservation (stay alive)
    - Primary Drives – Freud 1905-1914
      * Only primary drive was the sexual drive
    - Primary Drives – Freud 1914-Death
      * Sexual drive
      * Aggression
    - Freud was not optimistic in humans
    - Jung was optimistic with humans
  + The Psychic Apparatus (1900-1915)
    - Unconscious || Barrier | Preconscious | Conscious
      * There’s a strong barrier between unconscious and preconscious, there was no way to get information from the unconscious
    - Example of preconscious
      * “What did you have for dinner last night?”
        + You weren’t actively thinking about it prior to the question but you can recall the answer.
  + The Psychic Apparatus (1923)
    - Google “Freud’s Model of Personality Structure”
    - Id, ego, and superego
    - The Id – “it”
      * Instinctual needs, drives, and impulses
      * Pleasure principle
        + It’s primary purpose is to satisfy those urges
      * Think of an 18 month old, I want it, if I can’t get it, I’ll get it
      * Freud thought the id processed information in a random way much like our dreams as they don’t make sense
    - The Ego – “I”
      * Reality principle
      * Ego defense mechanisms
      * Think of it as rational, works to regulate the conflict between the id and superego
      * Secondary Process Thinking
        + Use of logical and practical problem solving
    - The Superego – “over I”
      * The “conscience”
      * This is our morality, integrating morals and values of your society
      * Right from wrong, desire to be a good person
  + Ego Defense Mechanisms
    - Definition
      * Unconscious processes that prevent our knowledge of intolerable thoughts or anxieties; allow venting of these conflicts indirectly
    - Examples
      * Repression
        + Not allowing painful or dangerous thoughts to become conscious
      * Denial
        + Refusing to acknowledge the existence of an external source of anxiety
      * Projection
        + Attributes own unacceptable impulses, motives, or desires to others
        + Example

Whatever they do that they don’t like they become very concerned. Ie thieves are the most paranoid about getting their stuff stolen

* + - * Rationalization
        + Creates socially acceptable reason for an action that actually reflects unattractive motives
        + Example

You can’t enjoy college with a 4.0 GPA, you have to have fun and party. But I’m expanding my worldly knowledge

Can I have another piece of cheesecake example

* + - What happens when we are not defending
      * Parapraxes – “Slips”
        + Occur when the unconscious sexual and aggressive drives break through due to the failure of ego defenses
        + They are not premeditated, they are a leak
      * Wit
        + A controlled release of the id
        + Regression in service of the ego for the means of venting the id impulses
        + You say it as a joke but you really mean it
    - Freud’s Developmental Stages
      * Each stage of development focuses on a different sexually erogenous zone of the body
      * Fixation and regression
      * Libidinal or erogenous zone
        + Oral Stage (age 0-1)
        + Anal Stage (Age 1-2,3)

Emphasis on control

Potty training

If the parents are overly controlling then the child can become fixated in this stage (anal personality)

* + - * + Phallic or Oedipal Stage (Age 3-6)

Appropriate gender roles and sexual attraction

The son desires his mother and wants to have sex with his mother and envies his father, desire to kill the father, as to replace him to provide for his mother

* + - * + Latency Stage (Age 6-12)

They stop thinking about sex and pleasure

Identify with same sex parent and peers

They focus on talents and abilities

* + - * + Genital Stage (Puberty)

Sexual interest turns towards the opposite sex

People start acting in sexually appropriate ways

* + - * + Electra complex

The girl child reaslizes she doesn’t have a penis, realizes her mother doesn’t either. She envies her father for having one, wants to have sex with the father to provide

* + - Psychodynamic Therapies
      * Role of Analyst
        + Blank Screen (Neutral)
      * Free association
        + Say the first 10 things that come to mind when saying “green”
        + The assumption is that within this association of words you can look at the words to get cues on what is bothering them
      * Dream Analysis
        + Your dreams are the id
        + That is what your ego remembers
        + Latent Content

Symbolic meaning behind that dream

* + - * Resistance
        + If you don’t want to talk about a topic, that means we need to talk about that topic
      * Transference
        + The client would become to feel towards the therapist much like how they feel towards the person you’re mad at. If you’re mad at your mother, you will feel the therapist be more like your mother. When you realize this you can work through your problems with the therapist.
      * Catharsis
        + Venting, reliving those past experience as a means of working through them.

Four humors

Flem (apathetic)

Black vile (depression)

Yellow Vile (anger)

Blood (insomnia and delirium)

Timeline:

400 B.C. – Biological Models Emerge: Hippocrates and Galen

1300-1800 – Supernatural Theories Dominate

1850 – Biological Models Return Briefly: Syphilis

1900-1950 – Psychoanalytic Models Emerge and Gain Favor: Freud and Jung

“ - “ – Biological Models Are developers and gain research and support: Watson and skinner

In the two above cognitive models develop in reaction to behavioral models

2000 – Integrative models become standard

1913 Emil Kraepelin – Categorized mental illness to diagnose

1930 – The first use of shock therapy for depression to induce a seizure.

1950 – Get from cline

## August 28, 2012

* Assessing the Psychodynamic/Psychoanalytical Model
  + Ground Breaking Contributions
    - First theory to state that normal and abnormal behavior may stem from the same process
    - First theory to utilize psychological, rather than biological, treatments
* Enduring Components