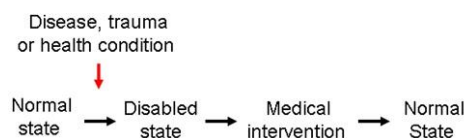


Psychology - lecture notes

„PSYCHOSOMATIC“

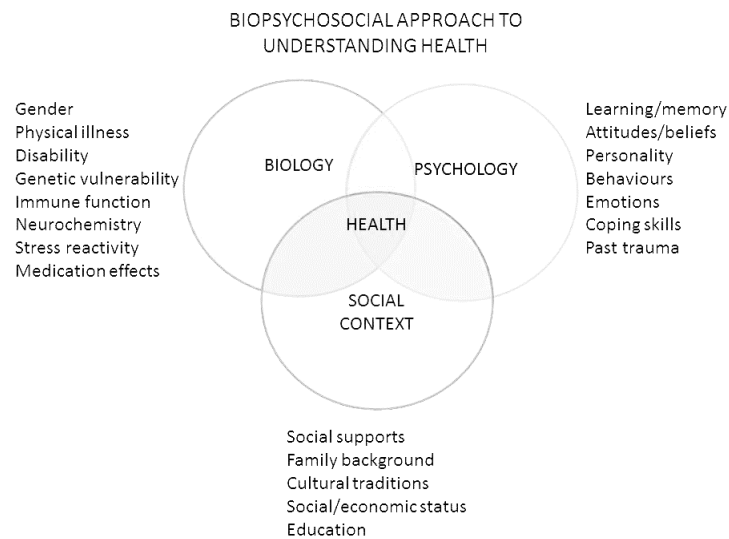
History

- Stone Age – trephination: skulls with small holes, believed to have been made intentionally with sharp stone tools (allowed the evil spirit to leave the body, while the „physician“ or shaman performed the ritual)
- Greeks – the humoral theory of illness
Hippocrates and Galen:
disease arises when the four circulating fluids of the body are out of balance (blood, black bile, yellow bile, phlegm)
personality types
- Middle ages – back to supernatural explanations of illness
mysticism and demonology
disease as God’s punishment
prayer, good works, torturing the body
healing and the practice of religion became indistinguishable
- Renaissance – technological basis of medical practice
Anton van Leeuwenhoek (1632-1723) work in microscopy
Giovanni Morgagni (1682-1771) contribution to autopsy
- Dualism René Descartes
Mind – body dichotomy
The body works like a machine, that it has material properties.
The mind/ soul- nonmaterial and does not follow the laws of nature.
Descartes argued that the mind interacts with the body at the pineal gland.
- Biomedical model
Governed the thinking of most health practitioners for the last 300 years
Maintains that illness can be explained on the basis of aberrant somatic processes (biochemical imbalances, neurophysiological abnormalities)



- Bio-technical model in medicine
Linear-reductional causal thinking
 - research of psychophysiology (psycho-biological stress)
 - brain research
 - research of eating disorders, sleep research...
 - gathering more accurate epidemiologic data (primary medicine)Comorbidity – two or more independent circumscribed disorders (somatic and psychiatric) may be diagnosed at the same time
Thinking in circles and spirals and systems – mutual relationships between two or more systems
- Psychoanalytic contribution
Sigmund Freud

conversion hysteria – specific unconscious conflicts can produce physical disturbances that symbolize the repressed psychological conflicts, patient becomes free of the anxiety
glove anesthesia – hand, not other parts of the arm, loses sensation
now less rarely seen



Systemic treatment program

First stage: provide an answer to the increasing need for treatment, provide multi-model (physical and psychotherapy) long term treatment and follow-up

Second stage: the staff of the general medical system becomes aware of the need to amplify interactional skills (e.g. in order to deal with compliance)

Third stage: the establishment of a multi-disciplinary team, formal multi-disciplinary treatment program

Fourth stage: adding families to the program, understanding that the therapeutic system is composed of several sub-systems and functions each with its own professional identity, training and experience

PSYCHOLOGICAL HEALTH AND HEALTHY/ MATURE PERSONALITY

Health psychology

Health Psychology applies scientific knowledge of the interrelationships among behavioral, emotional, cognitive, social and biological components in health and disease to:

- the promotion and maintenance of health
- the prevention, treatment and rehabilitation of illness and disability
- the improvement of the health care system

Aaron Antonovsky

Instead: Why do people become sick?

Concept of salutogenesis

Why do people stay healthy?

What are the inner and outer resources for this healthy coping?

The main assumptions of pathogenetic and salutogenetic model

	Pathogenesis	Salutogenesis
Conception of health and disease	<i>Dichotomy</i>	<i>Continuum</i>
Applicability of the disease conception	<i>Pathology of an illness. Reductionistic</i>	<i>History of ill person and his being ill. Holistic</i>
Health and illness factors	<i>Risk factors, negative stressors</i>	<i>"Healing resources", sense of coherence</i>
Intervention	<i>Use of healing devices</i>	<i>Active adaptation, risk reduction and development of resources</i>

Sense of coherence Antonovsky 1987

Global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that one's internal and external environments are predictable and that there is a high probability that things will work out as well as can reasonably be expected.

Comprehensibility

The conceptual perception of the world being understandable, meaningful, orderly and consistent rather than chaotic, random and unpredictable.

Manageability

The recognition of the resources required to meet the demands and a willingness to search them out.

Meaningfulness

The profound emotive experience of life as making sense and thus coping being desirable.

Mental health Marie Jahoda, 1958

includes one or more of the following six aspects of individuals:

1. The degree of personal integration achieved by the individual.
2. The degree of autonomy achieved by the person.
3. The adequacy of the person's perception of reality.
4. The degree of environmental mastery achieved by the person.
5. The attitudes shown by a person toward his or her own self.
6. The style and degree of a person's self-actualization.

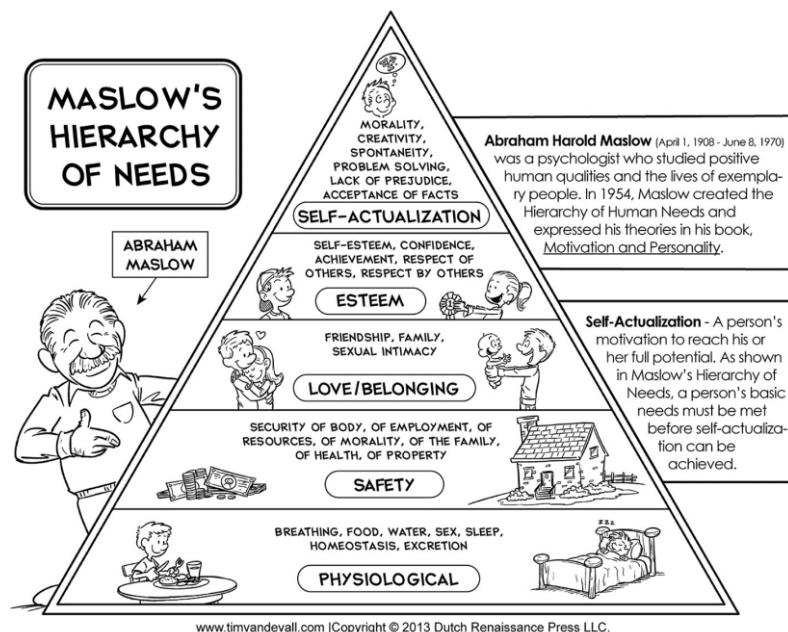
Healthy personality Duane P. Schultz, 1977

components of healthy personality (by most theorists):

1. Capability to consciously and rationally direct one's behavior.
2. Being in charge of one's own destiny.
3. Knowing who and what one is and being accepting of strengths and weaknesses.
4. Being firmly anchored in the present.
5. Pursuit of challenge through new goals and new experiences.

Healthy personality Sidney Jourard, 1963

Healthy personality is manifested by individuals who have been able to gratify their basic needs through acceptable behavior such that their own personality is no longer a problem to their self. They can take their self more or less for granted and devote energies and thoughts to socially meaningful interests and problems beyond security, or lovability, or status.



If you deliberately plan to be less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life.