

REFLECTIVE REPORT – PSYCHOLOGICAL THEORIES
MODULE: Psychology for Health and Social Care (BMHP4003)
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INTRODUCTION

In this report I will be discussing the reflection of Sigmund Freud's psychological lifespan theory and a physiological phenomenon/framework that has impacted my life, along with a conclusion.

RELECTION ON SIGMUND FREUD'S PSYCHOLOGICAL LIFESPAN THEORY

Sigmund Freud proposed that personality was made up of three key elements, the Id, the ego and the super ego. Freud believed that past childhood experiences is what formed people's personalities as adults and that it could sometimes cause a problem in adult life. For example, if someone fell off their bikes as a child and seriously injured themselves, as an adult they could fear going on a bike or even being around one. Another example is if a child was neglected during their childhood or put into care, they could have serious trust issues as an adult causing them to automatically have a closed off and very quiet personality. Past/childhood trauma can influence your personality as an adult.

Freud developed a topographical model of the mind where he explained the functions of the mind structure and function in-depth. In 1915 Sigmund Freud used an iceberg analogy to explain the three levels of the mind which are the conscious mind, preconscious mind and unconscious mind.

In 1923 Freud later created a more detailed model of the mind Id, the ego and super ego. Freud believes that the ego develops from Id during infancy and the super ego develops during early childhood. Freud believed that in order to be psychologically healthy you must complete each stage.

A PSYCHOLOGICAL PHENMENON/Framework THAT IMPACTED MY LIFE

A Psychological phenomenon are those manifested in human behaviours and responses. An example of this is Déjà-vu. Déjà vu is a French word to communicate the odd feeling that you have lived through the present situation before. This puzzling feeling, known as déjà vu, happens when we feel that a fresh situation is familiar, even though we know it has not happened before with proof that the situation could not have occurred previously.

The temporal lobe is the main part of the brain which associates short term memory and emotions. Scientists believe this is the part of the brain which summons the feeling of Déjà-Vu in your body. I have personally experienced Déjà-vu multiple times.

A time that I experienced Déjà-Vu is when I was going on holiday after covid-19 calmed down and the borders had opened back up, I was extremely excited. I packed my bags and went to bed, I struggled to sleep due to being so excited but I finally went to sleep. After finally falling asleep I had a dream about finally getting to our hotel in Maldives and the hotel tour guide showing us around. In the dream the room service came to our room after an hour of us being there and asked if we wanted extra towels and an extra bucket of ice. When I woke up got ready went to the airport and finally landed in arrived at our hotel in Maldives, we collected checked in collected our key card and the tour guide finally began the tour.

During the tour I started to feel as if I had been there before, but I brushed the feeling off seen as we landed before noon, and I was just excited to shower change and start our day. Once we finally got to our room and connected to the Wi-Fi me and my boyfriend contacted our family members to let them know we had landed safely see as it was a very long trip. In the middle of doing all of that, the room service workers knocked at the door and asked if we

wanted extra towels and an extra bucket of ice. I froze because those were the exact words said in my dream, we got the extra towels and ice and once he left, I told my boyfriend exactly why I froze and looked so shocked. For the rest of the day, I was just trying to wrap my head around how a dream can come true and how odd the feeling is.

HOW PSYCHOLOGY CAN HELP A MIDWIFE

Midwifery comes with many tasks and challenges; it requires many skills too. Even skills that you may feel are basic everyday skills such as: communication skills, good listening skills, an understanding and caring attitude, good observation skills, emotional and mental strength, willingness to take responsibility, patience, maturity and many more. These are a few of the skills you'll need to require to be a midwife. There are many things I have learnt in psychology in health and social care that are transferable for me to use within my Midwifery career.

In psychology you learn about the psychological danger and safety. The psychological dangers are:

- Fear of admitting mistakes
- Blaming others
- Less likely to share different views
- Common knowledge effect

The psychological safeties are:

- Comfort admitting mistakes
- Learning from failure
- Everyone openly sharing ideas
- Better innovation and decision making

These safety's and dangers are very important in midwifery for example the fear of admitting mistakes, if as a midwife you have a mother in the delivery room in pain screaming and crying and she requests painkillers and you go in a hurry to get what she needs without asking questions or reading her paper work and you give her something she is allergic to and something happens, if the doctors then come in trying to backtrack everything to see how this emergency occurred to they can sort the issue out and you stay silent in fear of getting in trouble not admitting what you've done can cause the mother and baby to be in pain for even longer and potentially cause death. Being brave and admitting what you've done even if you are scared allows the doctors to sort the issue out as soon as possible allowing the mother and her child to be pain free.

Blaming others is another danger that can occur in midwifery, making a mistake and then blaming it on someone else can cause an ongoing issue and can then cause tension between staff which can cause distraction leading to mistakes.

For example if me and another colleague have a scheduled gender reveal scan with a pregnant mother and I have read through her paper work before she comes in and I see that she has asked beforehand to not be told the gender of her baby seen as she has planned to have a gender reveal celebration with friends and family and I remind the colleague I'm working with and she agrees, but during the scan she accidentally tells the mother the gender leaving the mother very upset that she complains to the head staff this is where not having good listening skills comes in. If the head staff now comes to sort out the issue between the upset mother and the staff and the colleague, I was working with then writes in her statement that it was me, putting all the blame on me, this can lead to me confronting the colleague involved in the situation which can later cause tension. Other staff hearing about

the situation can cause them wanting to keep their distance from the other staff member in case the situation happens again and then this leads to that specific colleague feeling left out and lonely at work.

This is where the comfort of being able to admit your mistakes come in, if this member of staff can own up to her mistakes and let the head staff know what really happened along with an apology it will stop all the work tension allowing work to be a calm and peaceful environment.

The psychological safeties are as equally important. Learning from failure is one of the main skills you need in midwifery. If you make a mistake, allow someone to correct you so you don't make the same mistake again. Sometimes self-observation is key, reflecting on your own mistake and backtracking to see where you went wrong is also very important. This allows you to acknowledge the mistake so that you don't do it again. There is absolutely nothing wrong with making mistakes, mistakes in midwifery happen every day. By getting things wrong you can improve your skills and grow in various ways. You can one day be the person to correct someone and help them not making the mistake you did.

Another psychological safety is everyone openly sharing ideas. Midwifery is a very hard job, but it is slow highly rewarding. Due to midwifery being very difficult at times everyone openly contributing new ideas can lead to someone having a very good idea that helps midwives out with their workload, leading them to have an easier shift.

Collaboration between midwives and other maternity care professionals assures continuity of care, and better outcomes for both women and new-borns. Collaboration is an active process requiring the will to make meaningful contact between people (Behruzi, R., Klam, S., Dehertog, M. 2017).

CONCLUSION

In conclusion there are many psychological transferable skills that can be used in my future career which is midwifery. Sigmund Freuds theory also allowed me to have a better understanding of the many different personalities.

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