



INTRODUCTION

Mental Health Through Time

ECPS4026



PLAN

13:00

Introductions

Group Activity

13:30

Introduction to module and assessment

14:00

Break - 15 minutes

14:15

Beliefs and Views of Madness in the
Prehistoric and Ancient World

15:45

Summary and Questions



WHAT IS COUNSELLING?

Pause for a moment and consider your understanding of Counselling and Psychology

Where do you think it might have all started?

Jot some ideas down, as we will share some thoughts in a moment.

SCHEME OF WORK

- Wk1: Module Introduction. A Greek understanding of mental health
- Wk2: Early religious or supernatural understanding of madness and mental illness
- Wk3: Early hospitals and the Medieval Mind
- Wk4: Melancholy and Mental Health in Middle Ages
- Wk5: The Great Confinement- The growth of 'madness', the asylum movement, and its historical controversy
- Wk6: Madness to Mental Illness
- Wk7: Global and Multicultural perspectives of Mental Health
- Wk8: Psychoanalysis and the work of Freud
- Wk10: Psychopharmacology



MODULE ASSESSMENT

**Assessment
Component 1
Weighting 50%**

**Assessment Task:
Group Presentation
(5 minutes each)**

**Assessment
Component 2
Weighting 50%**

**Assessment Task:
Coursework: Essay
Wordcount: 1,500**

STUDY TIME

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15
Independent learning	170	85
Placement learning	-	-
TOTAL	200	100%

INTERACTIVE TASK: GROUP CONTRACT



Working in small groups consider your expectations and ideas for working effectively and safely as a group



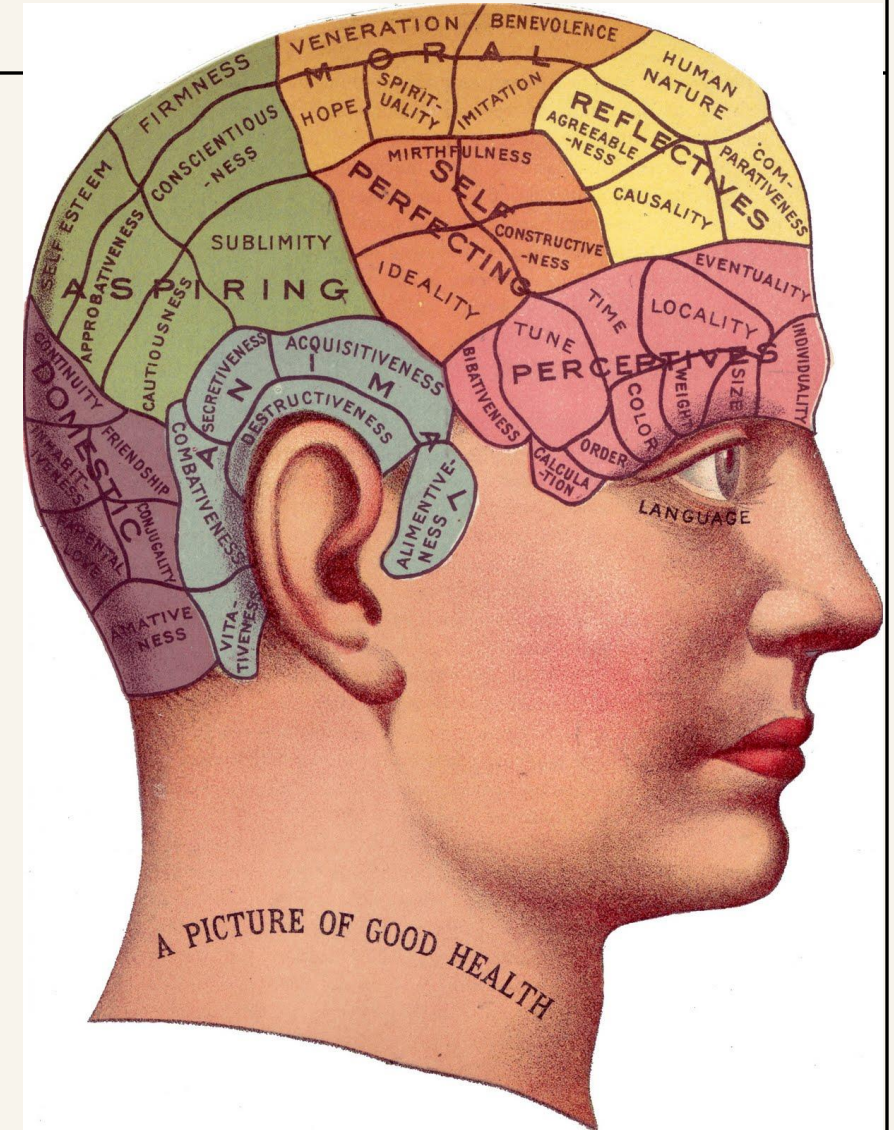
GROUP ACTIVITY

MENTAL HEALTH OR MENTAL ILLNESS?

DISCUSS

HISTORY OF COUNSELLING

- The word 'psychology' derived from the Greek word 'Psyche' (Mind, Soul, Spirit)
- Many assume that Sigmund Freud was the founder of Psychotherapy
- The history and process of Psychology and Counselling goes back thousands of years and can be traced back to Greek Mythology and early religious and tribal rituals



PRIMARY GOALS

During this module we will be looking chronologically at society's understanding of mental illness and madness.

It is a fascinating journey and allows us to really consider whether we have travelled very far in our understanding of psychological illness

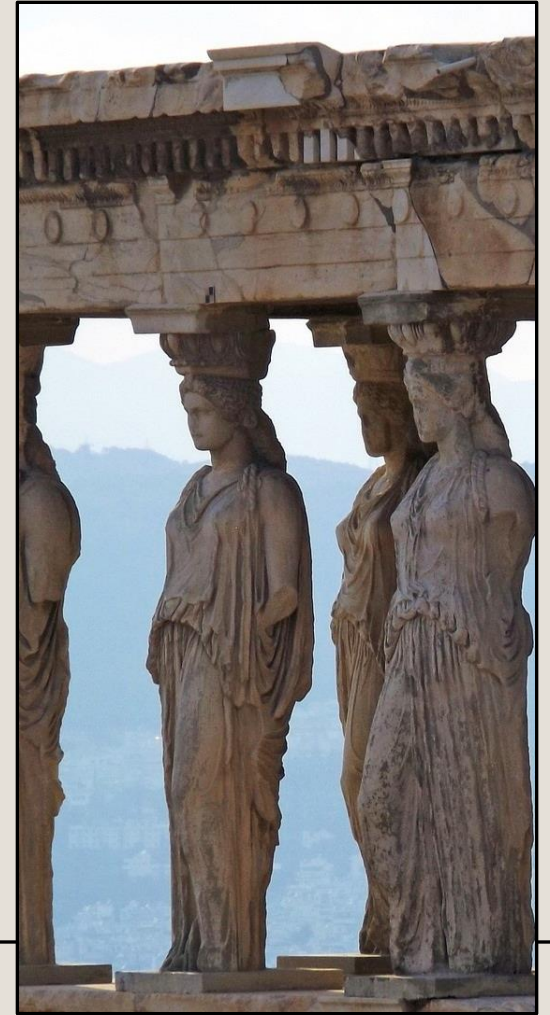


Discuss how interpretations of mental health and language has changed over time

- Madness
- Lunacy
- Idiocy
- Degenerates

HISTORY OF COUNSELLING

Beliefs and Views of Madness in the Prehistoric and Ancient World





PRE-HISTORIC UNDERSTANDING OF THE BRAIN

- Ancient skulls have been found throughout the world providing archaeological evidence to support the idea that early civilisations undertook trepanation of the skull, an operation undertaken whilst the individual was alive.
- CT Scans of the skulls suggest that the individual survived for many years after the operation.

THE LEGACY OF PAUL BROCA (1824-1880)

- Paul Broca was a scientist working in the 19th century. He was fascinated with early ideas of neuroscience and neurosurgery but was also particularly intrigued by ancient trepanned skulls.
- He suggested that trepanation was used to treat convulsions in babies and small children. He believed that Neolithic man attributed these fits to evil spirits. The trepanation would create a hole in the head that would allow the spirit to be released and thus the convulsions would cease.



BELIEF IN SPIRITS AND DEMONS

- Throughout history and in many different cultures there has been a belief that spirits can invade the body and cause illness.
- Any behaviours, illnesses and ailments that could not be explained would be blamed on the supernatural (spirits, gods, demons).



A row of ancient Greek marble busts is displayed in a museum. The busts are made of light-colored marble and feature curly hair and beards. They are arranged in a line, with the first two in sharp focus and the others receding into the background. The lighting is dramatic, highlighting the textures of the marble against a dark background.

THE ANCIENT GREEKS AND
MADNESS

ANCIENT GREEK GODS

Ancient Greek and Roman perspectives focus on causation and cure as both determined by the Gods





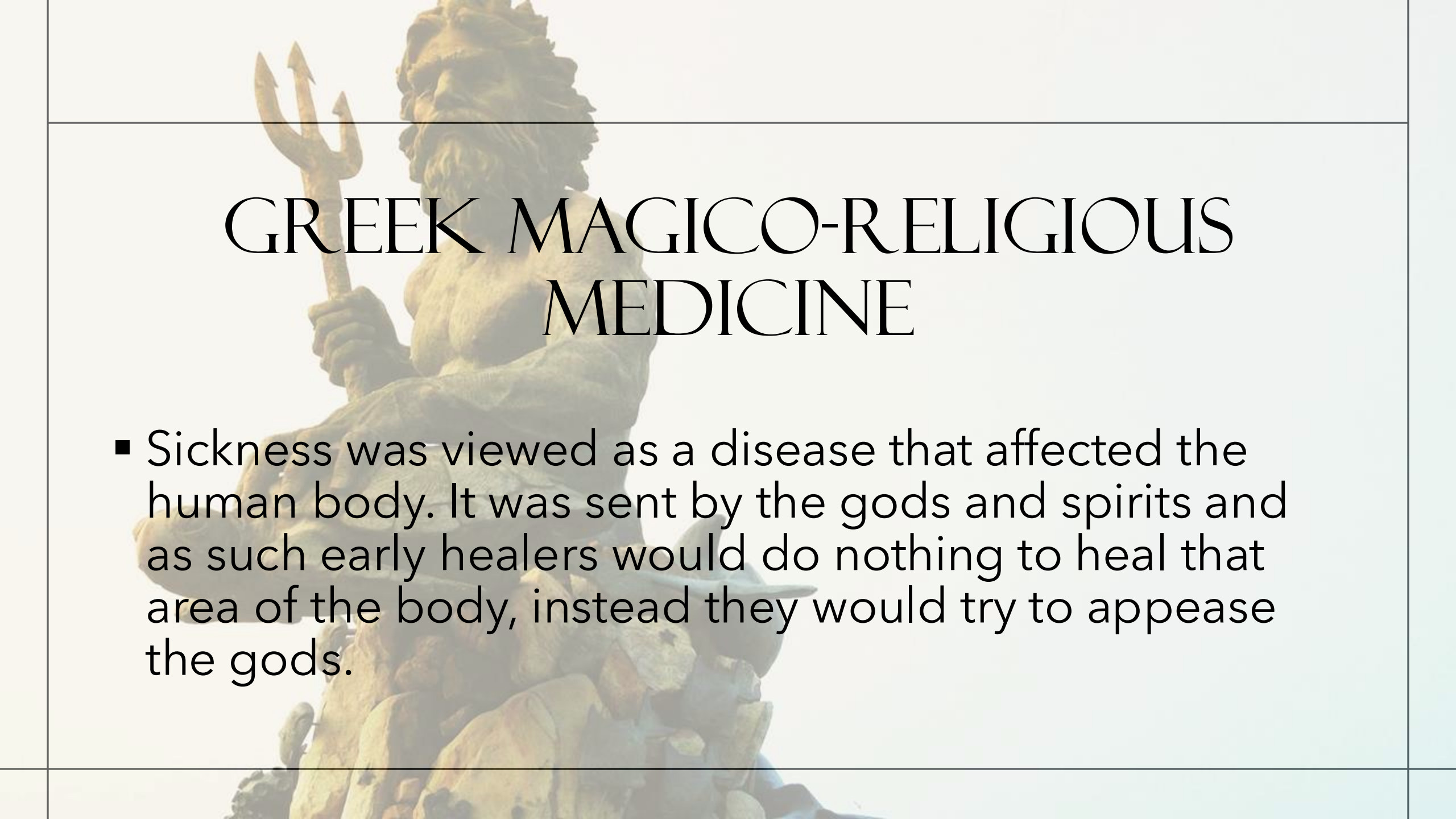
THE INFLUENCE OF ANCIENT GREECE

- Despite being an ancient civilisation, the influence of Greek thought and ideas about madness continued well into the 19th century and to some degree into our current understanding of mental health today.
- The idea that madness can be caused by physiological dysfunction and can be treated through talking therapy is not a new idea and is in evidence within the ancient Greek texts.
- In addition, the Greeks were keen observers and meticulously recorded their observations and experiments, again underpinning our ideas of the scientific method today.

GREEK NARRATIVES AND MADNESS

- Other examples of madness in the Greek stories are:
 - The 12 labours of Hercules
 - Medea (Jason and the Golden Fleece)
 - The Sacred Disease



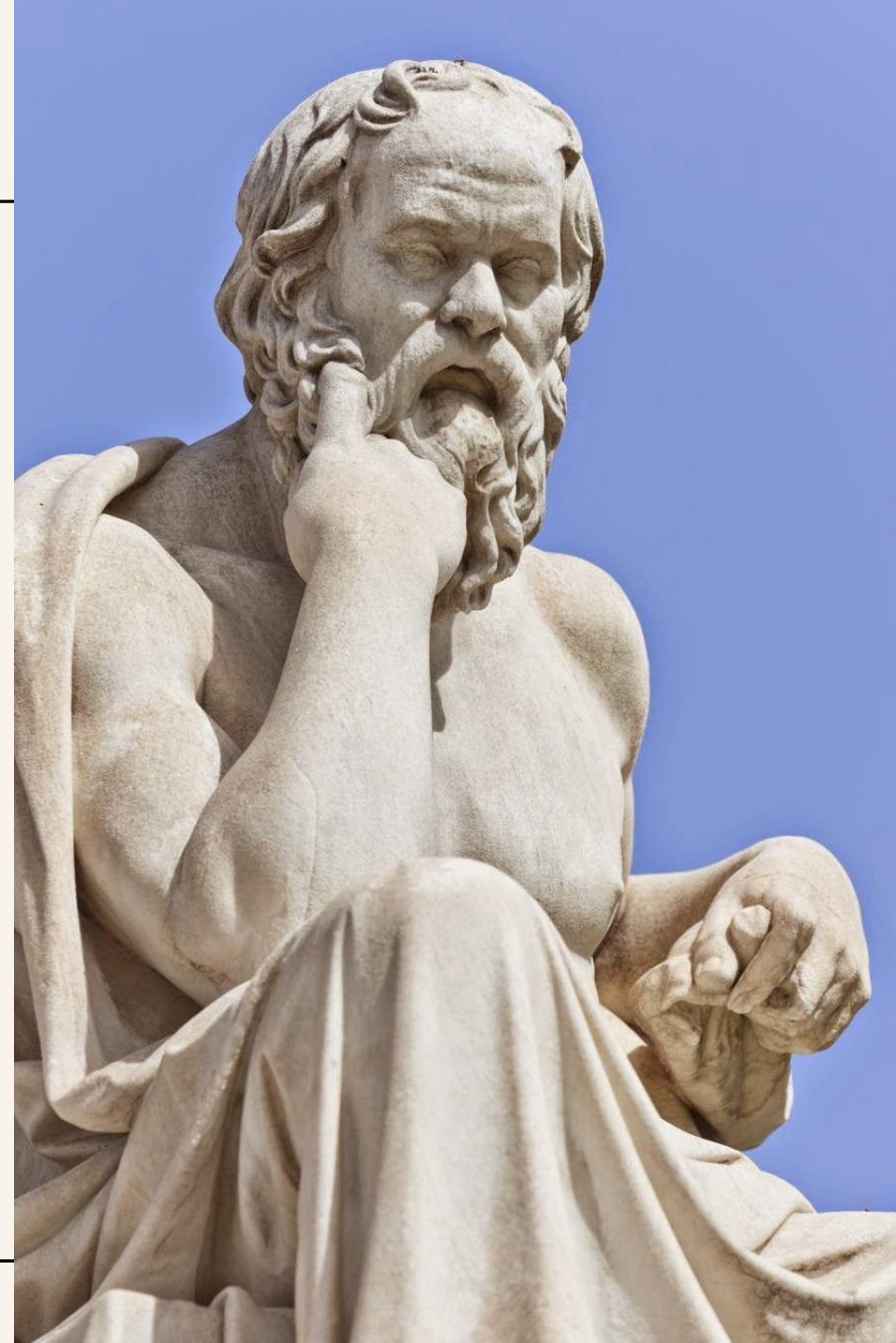


GREEK MAGICO-RELIGIOUS MEDICINE

- Sickness was viewed as a disease that affected the human body. It was sent by the gods and spirits and as such early healers would do nothing to heal that area of the body, instead they would try to appease the gods.

ANCIENT GREEK PHILOSOPHERS

- Socrates, Plato and Hippocrates
- Socrates (470-299 BCE) limited written text, but perhaps the most famous philosopher.
- Plato (428-348 BCE) The Logistikon, The Epitumetikon and Thumoeides.
- Hippocrates (460-370 BCE). Founder of modern medicine.
- Aristotle (384-322 BCE) further developed the humoral theories.



WHAT IS YOUR
UNDERSTANDING
OF EPILEPSY?



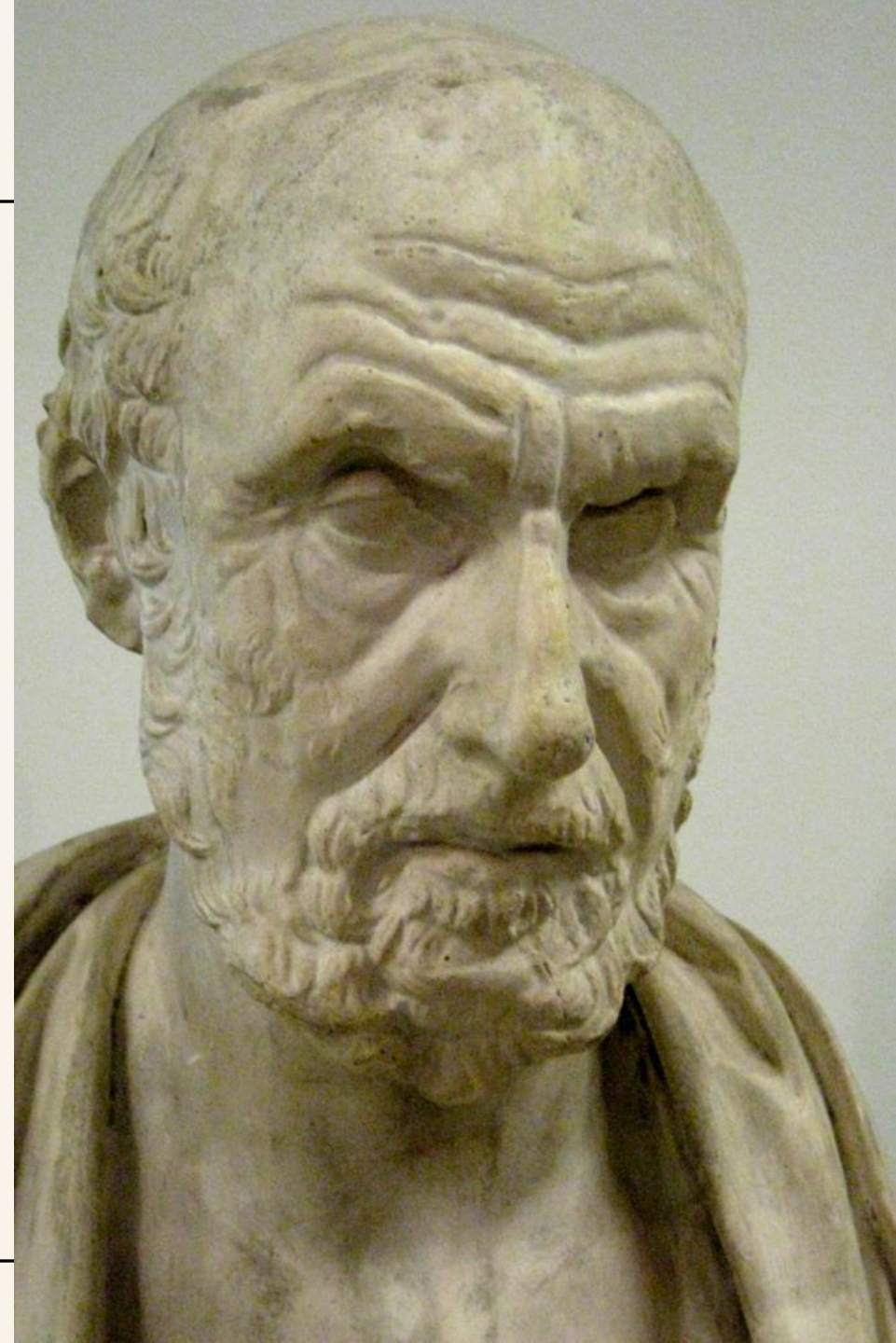
EARLY GREEK UNDERSTANDING OF EPILEPSY

- In ancient times, Epilepsy was viewed as a visible illness.
- In ancient times it was seen as a miasma or an unpleasant smell or vapour.
- It was a mist that had been draped over the individual, and it was caused by a range of different gods.



SACRED DISEASE AND HIPPOCRATES

- In 400BC Hippocrates and several others at the time sought to prove that madness and other illnesses were caused by illness within the body, rather than the ill favour of the gods.
- In the 5th Century BCE 'On the Sacred Disease' moves away from the concept of divine intervention and influences Western medical ideas significantly.
- The Sacred Disease - Epilepsy
- The Hippocratic writings were to have a huge influence on the development of medicine even into the 19th century.



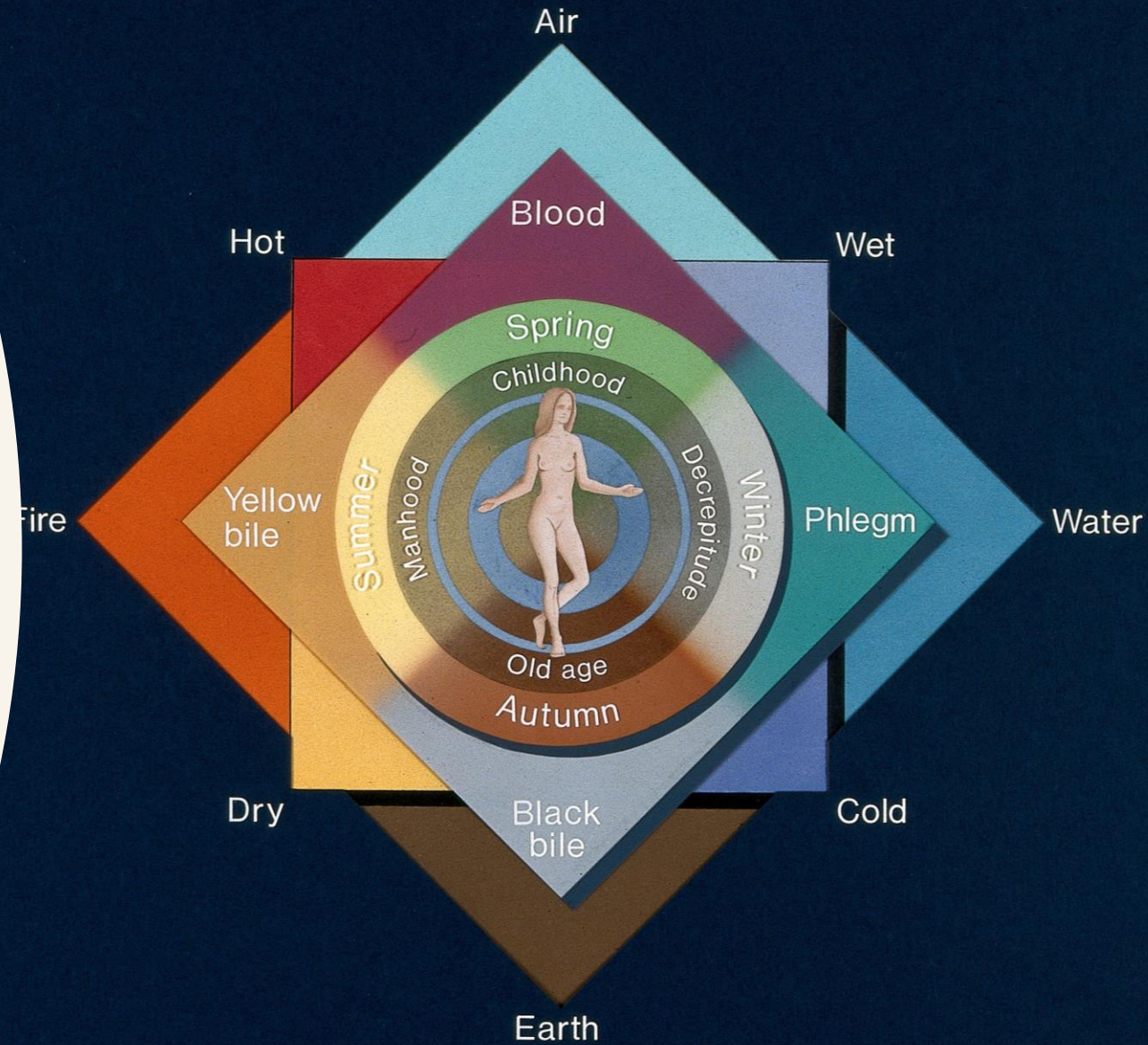
SACRED DISEASE

- Hippocrates was critical of the methods used to treat and cure, believing "witch-doctors, quacks and charlatans" were calling upon the gods for a quick heal to screen their own failure to give appropriate and adequate treatment invoking a divine element to hide their inadequacies.



THE HIPPOCRATIC CORPUS – THE FOUR HUMOURS

- The concept of the Four Humours was introduced by Greek physicians around 6th and 4th centuries BCE.



BRIEF INTRODUCTION TO THE FOUR HUMOURS

Each of us have four basic elements within the body:

Blood, Phlegm, Yellow Bile and Black Bile.

Each is fighting for supremacy within the body

When one of these elements becomes elevated it will give rise to different temperaments, illnesses and conditions.



THE FOUR HUMOURS

- Blood makes the body hot and wet
- Phlegm makes the body cold and wet and is made of secretions such as sweat and tears
- Yellow bile makes the body hot and dry
- Black bile makes the body cold and dry and is found in the spleen, dark stools and blood.
- When a person is in good health, all four aspects are in harmony with each other. Pain and illness is caused if one of these elements is either defective or in excess



THE SACRED DISEASE AND HIPPOCRATIC IDEAS

- According to the Hippocratic texts, disease is caused by both internal (diet, exercise, age, constitution) and external (wind changes, climate, external temperature) conditions.
- Epilepsy was specifically caused by weather conditions such as too much warmth, too cold or winds.
- Hippocrates suggested that the cure for Epilepsy would be found if the physician was able to balance out these conditions.



MADNESS

- Believed to be caused by an imbalance of the humours:
- Nightmares and night terrors caused by too much blood in the body (warming the brain)
- An individual who was too quiet had too much phlegm
- Those that are fidgety and can't keep still, shout, or up to no good have too much bile
- And those who are low in mood are melancholic, which derives from the Greek meaning black (melan) and bile (chole).



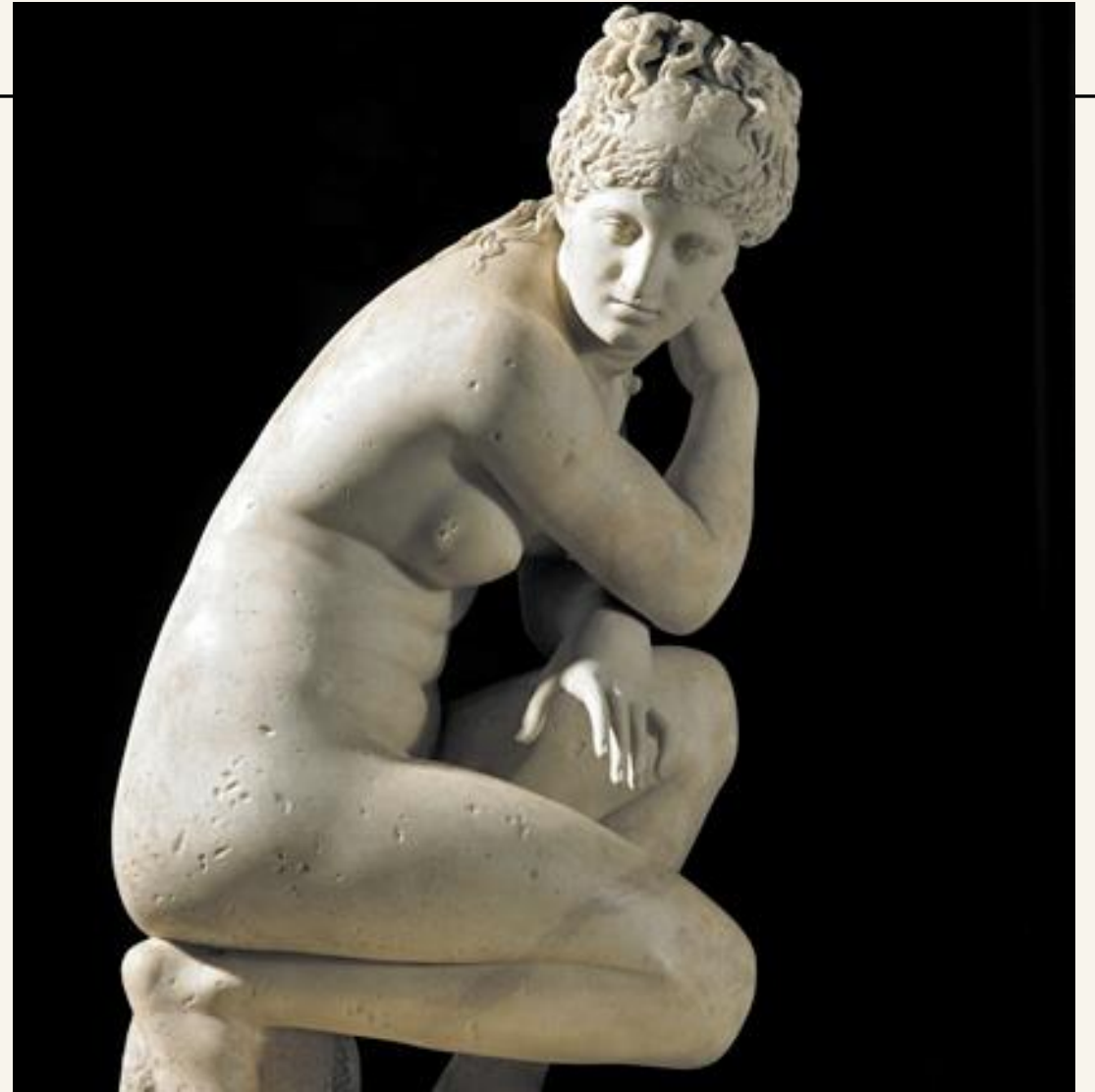
QUESTION

- The Greeks even had ideas about women's 'problems' and hysteria!
- Spend a few minutes, just considering what you know about a woman's monthly cycle, pregnancy and menopause and how it might affect the temperament of a woman!
- Give yourself about five minutes to reflect on this one.



HYSTERIA – THE FEMALE DISORDER!

- According to Hippocratic text "the womb is the origin of all diseases".
- Puberty, pregnancy, menopause, suppressed menstruation all have the potential to cause problems for the female. The internal equilibrium is set off balance, thus causing a variety of complaints.
- It was these ideas that were taken up by Galen and later moved into Western ideas about medicine.



The background of the slide features several bundles of dried herbs, including lavender and rosemary, tied with white string and hanging against a light-colored wooden plank wall. The herbs are slightly out of focus, creating a soft, naturalistic backdrop for the text.

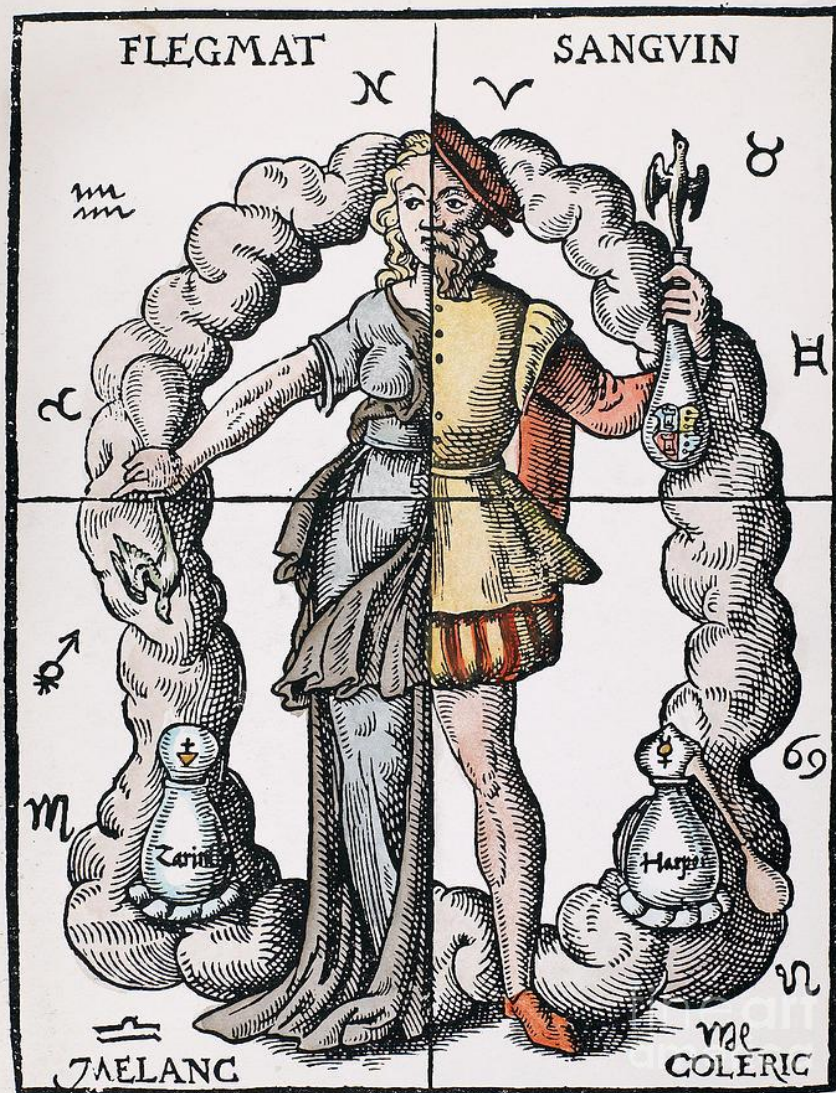
TREATMENTS FOR MADNESS

- A table of mental health conditions and treatments that were suggested by the Greeks is available on Moodle.
- Tyson, P., Khanam Davies, S. and Torn, A (2020) Madness. History, Concepts and Controversies. Oxon: Routledge.



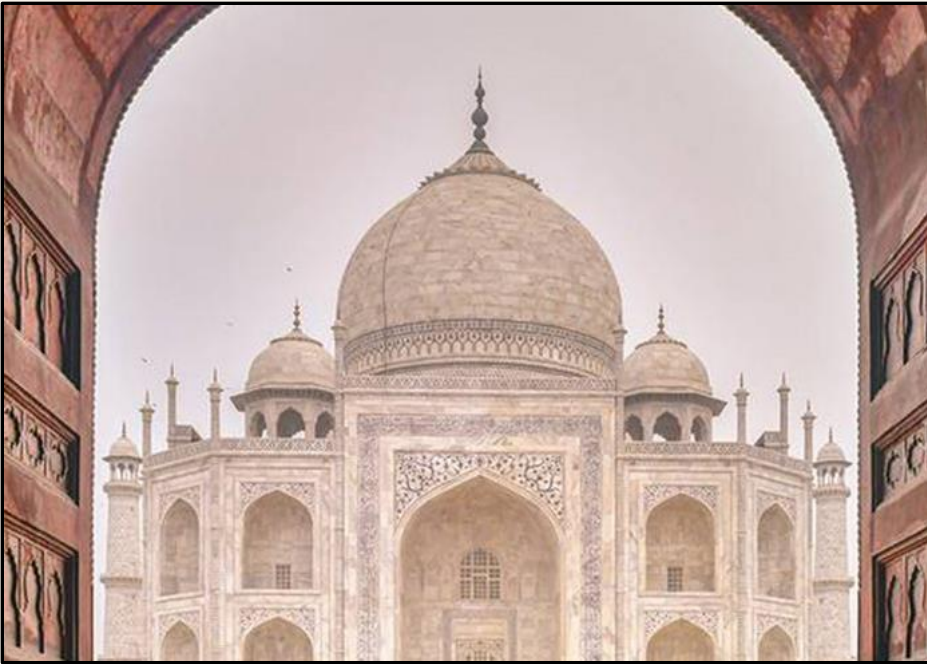
FOUR HUMOURS ACTIVITY

GREEK INFLUENCES ON MODERN UNDERSTANDING



- Greek philosophy and Western European medicinal understanding (14th century – 19th century).
- Ideas of Freud
- Distinct symptoms and treatments for different psychological disorders
- Galen

MENTAL HEALTH



WHAT HAS CHANGED?

What has changed is the application of scientific principles to the human art of discourse.

The development of neuroscience and neurobiology provides us with a deeper understanding of the function of the brain

Psychopharmacology



Psychopathology



- Introduced Module and assessment
- What is counselling
- Pre-historic ideas and trepanation
- Early Greek ideas about medicine and treatment

SUMMARY

REFERENCES

- Scull, A. (2016). *Madness in civilization : A cultural history of insanity from the Bible to Freud, from the madhouse to modern medicine*. London: Thames and Hudson
- Tyson, P., Khanam Davies, S. and Torn, A (2020) *Madness. History, Concepts and Controversies*. Oxon: Routledge.