

# A BRIEF HISTORY OF PSYCHIATRY

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# HISTORY OF PSYCHIATRY

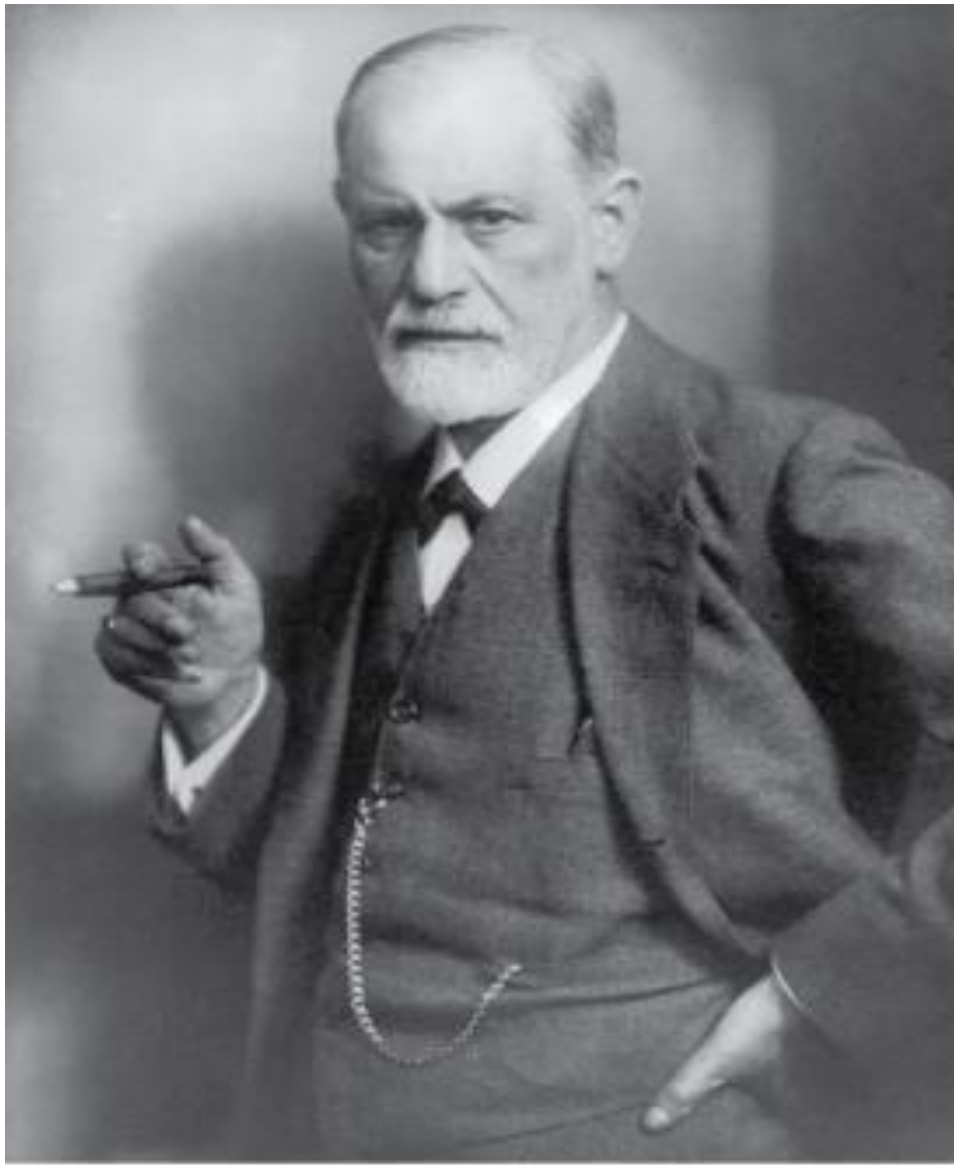
1. Psychiatry got its name as a medical speciality in the early 1800's
2. First part of the century psychiatry was confined to asylums only,
3. Neurologists treated out patients – viewed mental illness via a medical model
4. Patients presented with; Psychotic symptoms, Severely depressed, Mania
5. Nowadays they would be considered having hyperthyroidism, Dementia, Brain Tumours and Seizures.



# SIGMUND FREUD

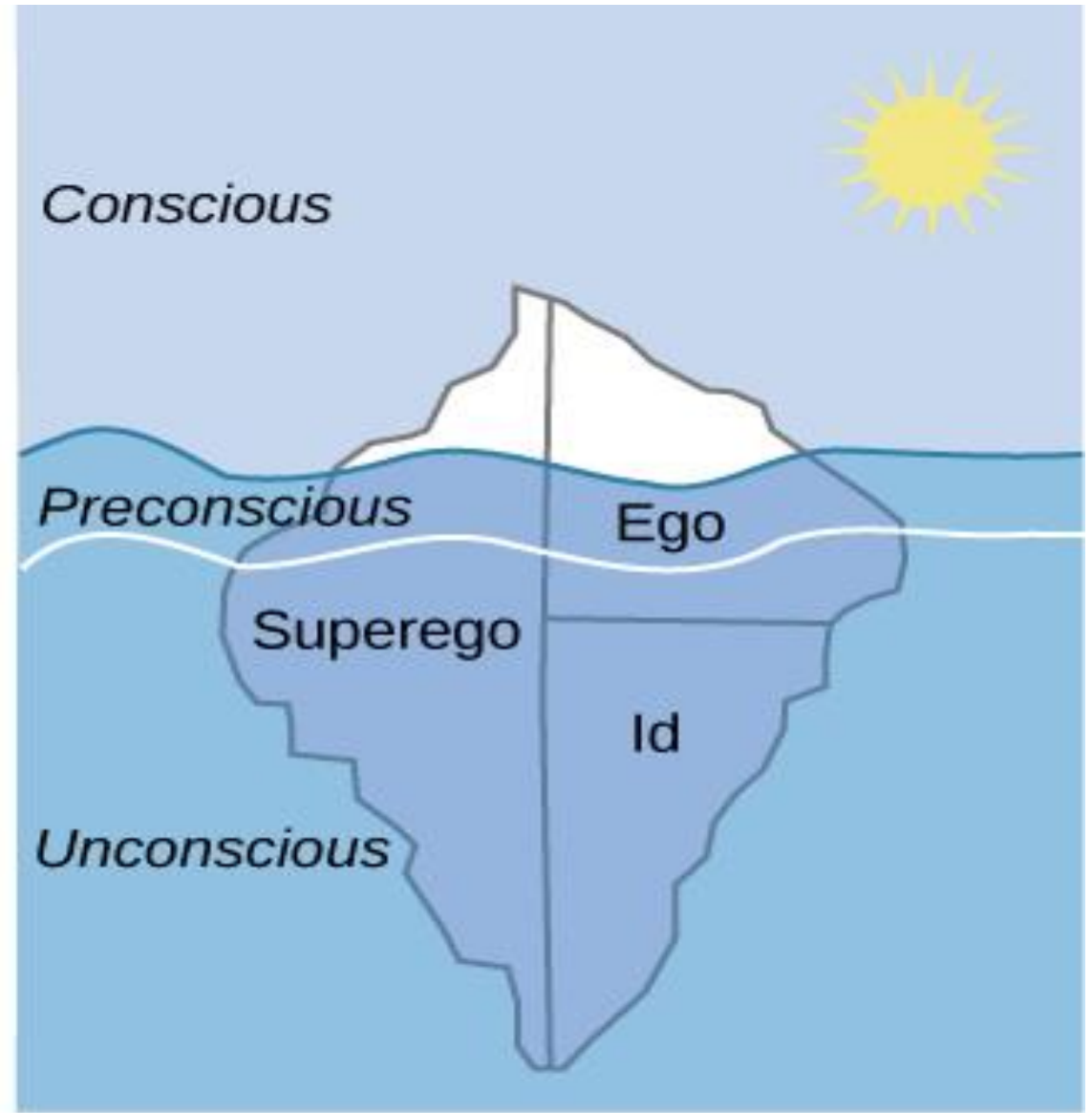
- Neurologist who published theories on the unconscious roots of the severe disorders.
- Developed the talking theory Psychoanalysis
- Psychoanalysis dominated psychiatry for the first half of the 20<sup>th</sup> Century
- CBT late 60's early 70's





(a)

Sigmund Freud 1856-1939



(b)



# PSYCHOANALYSIS

- Aim: - is to release repressed emotions and experiences
- Patients issues are rooted in childhood in the unconscious and are hidden
- Belief is patients can be helped by bringing the unconscious into the conscious mind exploring traumatic events that have been repressed or denied.
- Techniques used are free association, interpretation, dream analysis and transference.
- Goal – uncover the defence mechanisms and find a better healthier way of coping with anxiety and distress.



# STRUCTURE OF PERSONALITY ID

- Present from birth
- Unconscious reservoir of drives and impulses
- Pleasure seeking drive, immediate gratification
- Primal and instinctive behaviour which are our basic urges
- Makes up the primary component of the personality



# EGO

- Part of the personality that is responsible for dealing with reality
- Functions in the conscious and preconscious and unconscious states
- Its Job is to weigh up costs and benefits of actions
- Delays Gratification
- Allows the behaviour but only in the appropriate place and time.
- Anxiety plays a role in helping the ego mediate between the demands of the basic urges, moral values and the real world.
- Ego uses defence mechanisms to protect against anxiety.
- Common defences are denial, repression, rationalization.



# SUPER EGO

- Last component of the personality to develop.
- Develops around the age of 5.
- Holds all of our internalised moral standards and ideals that are right from wrong that we acquire from parents and society.
- Obeying the rules and getting approval from parents and society encourages the feelings of pride, value and accomplishment.
- Behaviours that are often forbidden lead to punishments, feelings of guilt and remorse.



**ID**  
"I want that  
right now!"

**SUPEREGO**  
"Good people  
don't think about  
those things."

**EGO**  
"Let's figure  
out a way to  
work together."



# PSYCHOANALYST

- Freud
- Erik Erikson
- Carl Jung
- Anna Freud
- Melanie Klein
- John Bowlby
- Alfred Adler
- Wilhelm Reich
- Donald Winnicott



# COGNITIVE BEHAVIOURAL THERAPY

Deals with the brain's cognitive processes only

How we interpret information from our environment

If you interpret a situation negatively then you may experience negative emotions

Negative patterns start in childhood

Short term

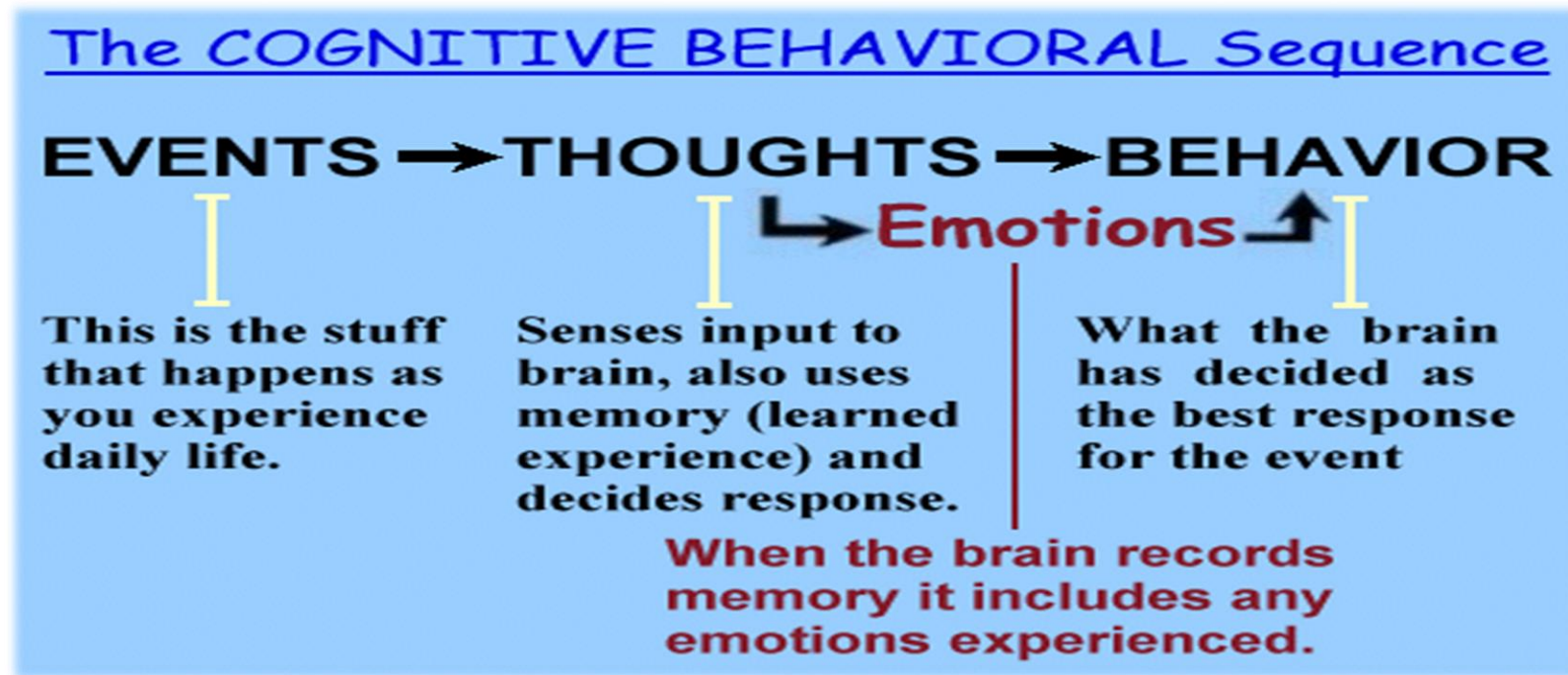
Albert Ellis and Aaron. T Beck

Two of the main founders and developers of CBT

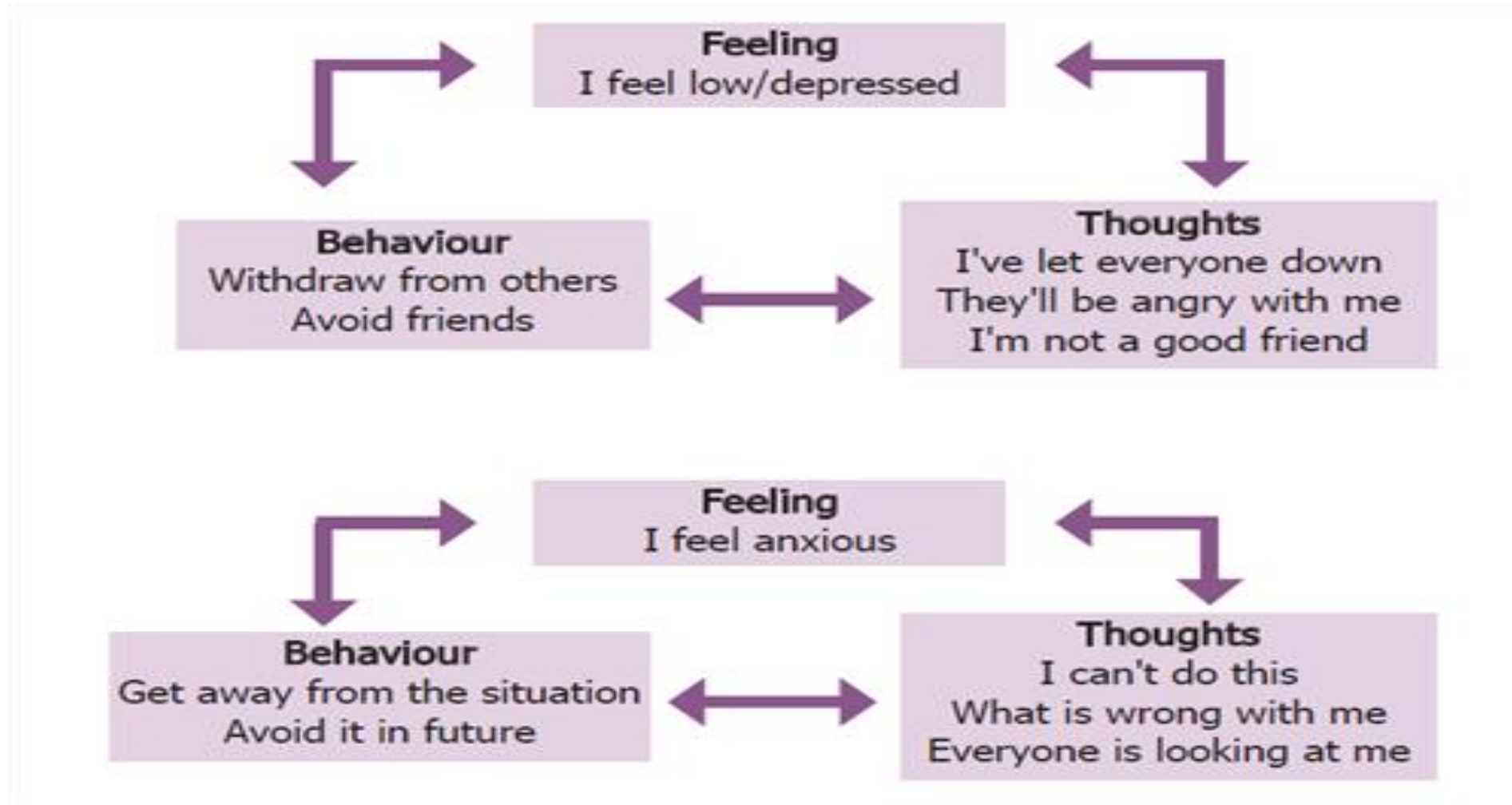


# COGNITIVE BEHAVIOURAL THERAPY

- 1970's saw a rise in the popularity of CBT
- Underlying concept is that our thoughts and feelings play a part in our behaviour.



# COGNITIVE BEHAVIOURAL THERAPY



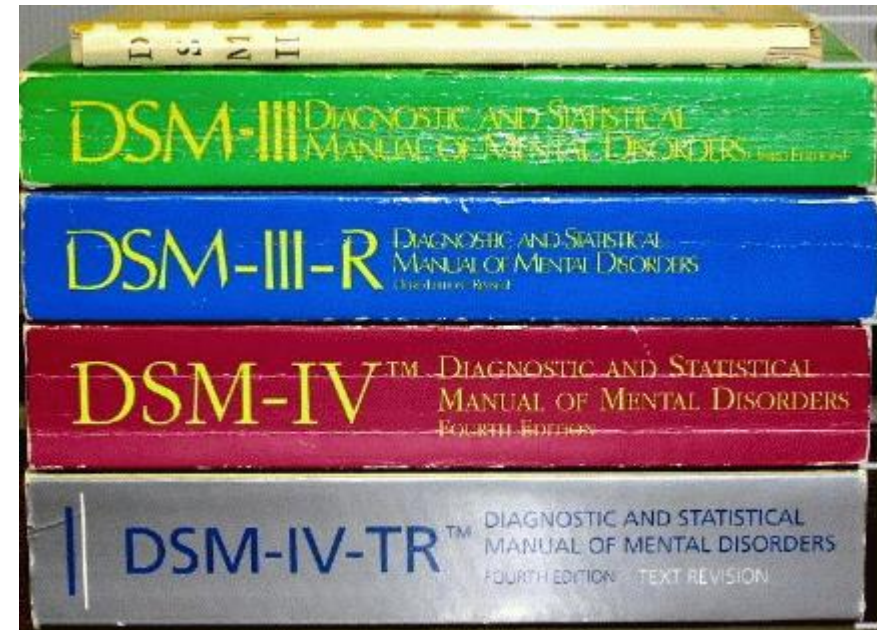
# THE BIRTH OF MEDICATION

- **By the late 1950's and early 1960's new medication changed the face of psychiatry**
- **Thorazine first anti-psychotic**
- **Lithium for mania**
- **SSRI s (Selective Serotonin Reuptake inhibitors)**
- **for depression**
- **Prozac 1987**
- **1990's SSRI's (anti-depressants) most**
- **Widely prescribed drug in the world.**



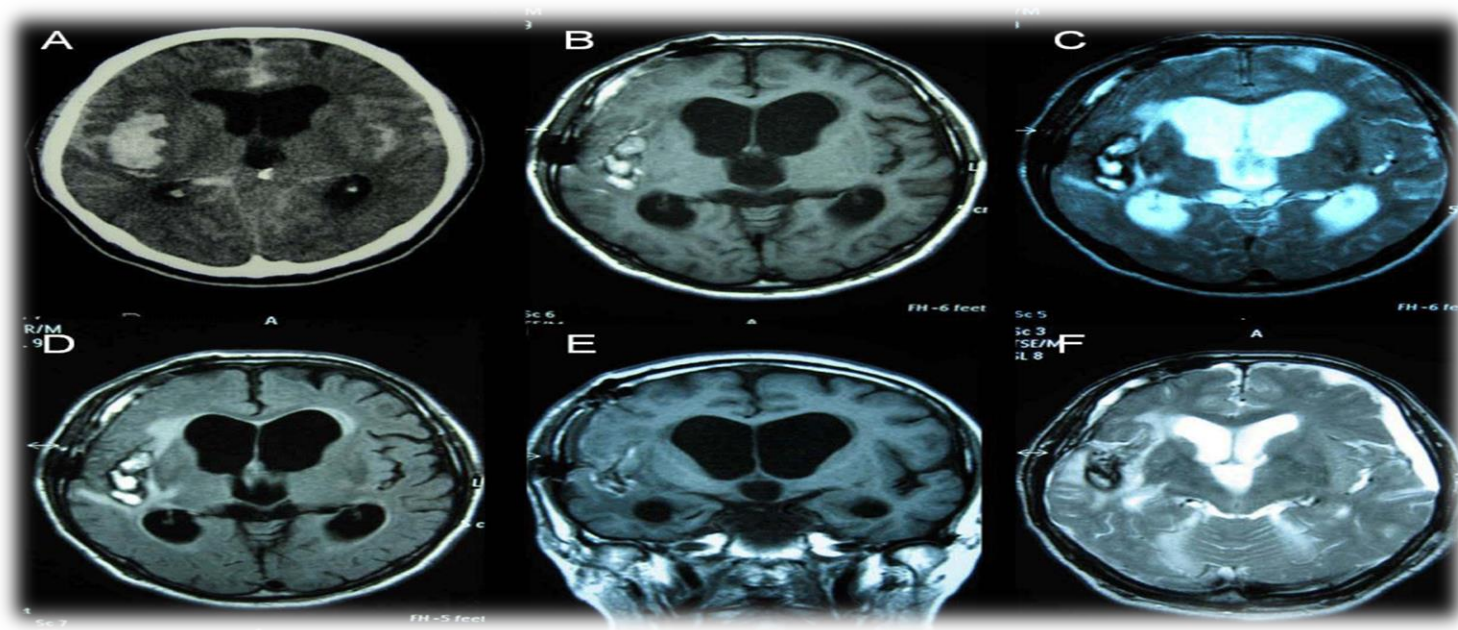
# DSM-IV

- 1994 DSM- IV was published
- 1990's -National Institute of Mental Health (NIMH) was the Decade of the Brain'
- 2000's -Public and private investments dried up and there were no new research done within the pharmaceutical area so there were no new medications
- 2013 DSM-V
- World Health Organisation released the new ICD 11 – June 2018



# SHIFT IN RESEARCH

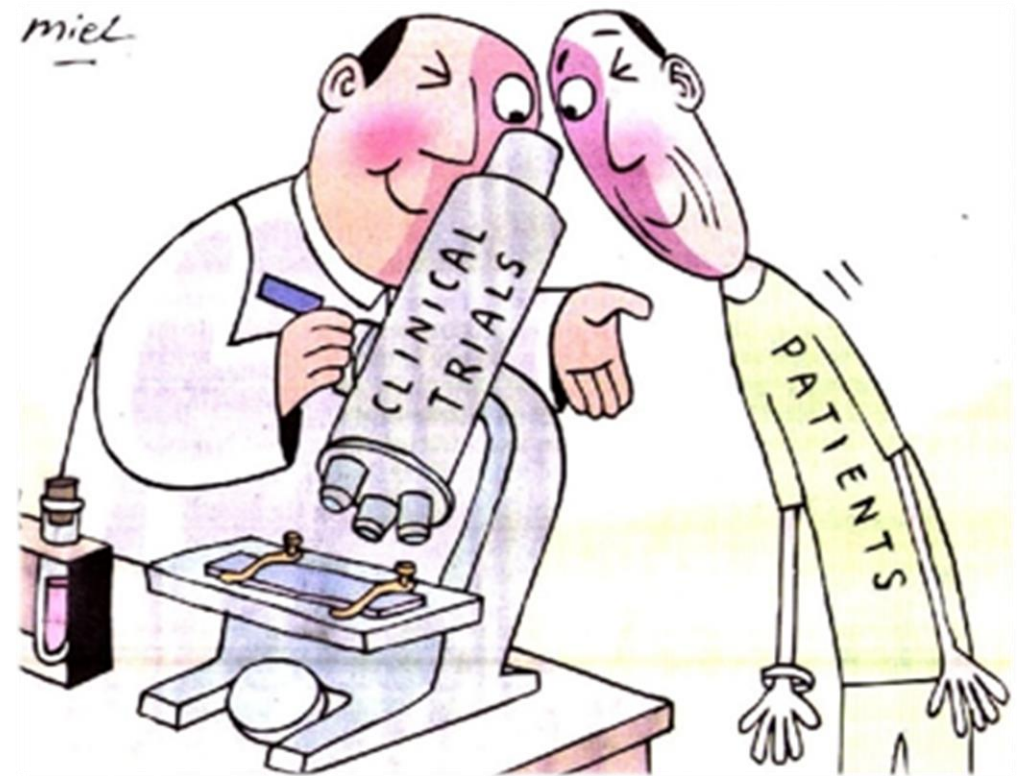
- Psychiatry was now being seen as a mainstream medical speciality and public research money was being shifted towards neuroscience and pharmaceutical research.



# AREAS OF FINANCIAL TENSION



VS



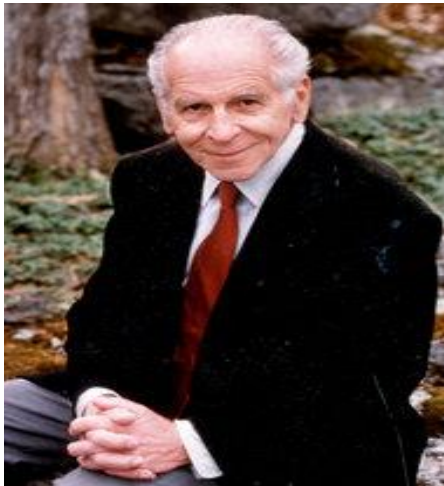
# ANTI-PSYCHIATRY MOVEMENT

- Anti-psychiatry movement rooted in right wing Libertarianism
- View that psychiatry is more damaging than helpful
- Against Dangerous treatments – Electro-convulsive therapy – Insulin shock- Brain lobotomy and over prescriptions
- Believe mental illness is a **social construct**. (An idea has been created and accepted by society).



# ANTI-PSYCHIATRY

- Laing, R.D (1965) The Divided Self. Penguin



**“INSANITY - A PERFECTLY RATIONAL  
ADJUSTMENT TO AN INSANE WORLD.”**

R. D. LAING

© Lifehack Quotes

- Scottish Psychiatrist born 1927-1989



# **RONALD LAING**

## **POST WAR PSYCHIATRIST**

- Main area of expertise in Psychosis and Schizophrenia
- Beliefs: Because society encourages conformity, this renders individuals powerless to express their true identities
- Believes that madness enables individuals escape resulting in clarity and wholeness in the personality.
- Breakdown = Breakthrough. Psychosis is an outcome of the divided self.



- Treatment is allowing patients to speak freely and allow feelings to be expressed.
- He held a genuine and compassionate vision to mental disturbances
- He felt very angry at psychiatry hospitals as he felt they wanted to keep patients quiet and didn't help cure them with their brain seizure drugs and tranquilisers and insulin induced comas.



# THE MYTH OF MENTAL ILLNESS — THOMAS SZASZ

- Thomas Szasz (1997). The Manufacture of madness. Syracuse press
- Mental illness is a metaphor **for human problems in living** and not an illness
- He was not anti-psychiatry he was anti-coercive psychiatry and believed that each person has a right to bodily and self ownership and the right to be free from violence.
- If you talk to God your are praying
- If God talks to you then you have Schizophrenia
- If a woman does not bend to a mans demands then she has hysteria.



# DAVID ROSENHANN EXPERIMENT



# RE-ENACTMENT OF THE ROSENHANN EXPERIMENT

## 1972 'BEING SANE IN INSANE PLACES'



# WHAT ARE YOUR VIEWS ?

Discuss your views on psychiatry medicine and treatments

Discuss your views on Psychoanalysis – talking therapies.

Discuss your views on mental illness is it nature or nurture or both.

