



Prifysgol Cymru
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Contemporary
Context of
Counselling
Skill
M4X00954

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What do we mean by
good health?

Do we all mean the
same thing when we
describe good health?

What do we mean by
'Living Well'?

What do we mean by Health?

– 'Happiness and Health are confusing. We all want them, but how we achieve these states and how we know we have achieved them is more mysterious the more we look at it' (Tantam, 2014)

Historical Context of Health

- Archaeological finds of human skulls from the stone age attributed small neat holes found in some skulls to the process of 'Trepanation'
- Ancient Hebrew texts suggested that disease was punishment from the Gods (1000-300 BC)
- The Religious perspective persisted for many centuries.

The Father of Medicine: Hippocrates (Circa 460-377BC)

- Believed that medicine and religion should be kept separate.
- Holistic – He considered the balance of mind and body
- Attributed illness to an imbalance of four circulatory bodily fluids called 'Humours': Yellow bile; Phlegm; Blood and Black bile.
- This balance influenced by seasonal variations and also personality type
- Acknowledged the relationship with good nutrition and health (Helman, 1978)
- It is more important to know what sort of person has a disease, than to know what sort of disease a person has."

Historical Context of Health

- Middle Ages (5th & 6th century) Health linked to faith and spirituality. Illness seen as God's punishment and the result of evil spirits entering the soul. Religion dominated and the Priest was significant in terms of treating illness.
- Individuals thought to have little control over their own health.

Does illness exist in the mind?

BioMedical Model of Health

- ❖ Eighteenth and nineteenth centuries – There was a huge growth in medical understanding.
- ❖ Dualists believed the notion of the body as a machine, understandable in terms of its parts.
- ❖ Illness was understood through the study of physiological processes, physical investigation and examination, dissection.
- ❖ Darwin's Thesis 'The Origin of Species' (1856) described the theory of evolution (we are biological beings and part of nature)
- ❖ This approach underpins the Biomedical Model of Health
- ❖ Focus is on the symptoms underlying pathology.

Bio-medical Perspective

- The Biological Reductionist view – illness is reduced to the level of symptoms, cells, neural activity, it ignores individual differences such as personality, cognition, social support and cultural beliefs.

Where are we today
with the medical model
and wellness?

What is the role of
psychology in
health and illness?

Nature v Nurture

- Charles Darwin
- We are Biological Beings
- Evolutionary Psychology
- Twin Studies
- John Locke
- Tabula Rosa
- Products of our environment
- We learn from experience

The Twentieth Century

- ❖ Emphasise on the role of psychology in health and the relationship between mind and body.
- ❖ Psychosomatic medicine (Freud's analysis of the relationship between the mind and physical illness; *'Hysterical paralysis'*)
- ❖ Behavioural Medicine – focus on healthcare, treatment and illness prevention and intervention, behaviour change model (Schwartz and Weiss, 1977)
- ❖ Health psychology challenges the mind-body split by suggesting the role of the mind in both the cause and treatment of illness.

World Health Organisation (WHO)

- 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (1948)
- Criticisms:
 - It contributes to the medicalisation of society
 - The requirement for complete health "would leave most of us unhealthy most of the time." (BMJ, 2011)
 - In the face of an ageing population, many people function with feelings of fulfilment and well-being with chronic disease and disability

BIOPSYCHOSOCIAL MODEL



Biopsychosocial Model of Health (Engel, 1977, 1980)

- ❖ The view that disease and symptoms can be explained by a combination of physical, social, cultural and psychological factors



Models of Health

- ❖ Aspects of Biomedical, Reductionist and Dualistic thinking enable us to understand the aetiology and cause of many infectious diseases such as Coronary Heart Disease (CHD) and Aids



Bio-psycho-social Model of Health

- ❖ The Mind is 'fundamental' in terms of the manifestation of and response to illness
- ❖ Consider the 'Phantom Limb' pain in amputees
- ❖ The placebo effect of drugs

Who is responsible for health and well-being?

Social Constructivism

- ❖ Health is understood in terms of the language people use, the 'archaeology' of understanding is expressed in words and how they position themselves within cultural discourse.



The Six Dimensions of Wellness. Bill Hettler

'Health is Global: An Outcome framework for Global Health 2011-15

- How do we build and sustain the human capacity to adapt and cope?
- Resiliency
- Stone (1979) pointed out that until we agree on the meaning of health and how it can be measured, we cannot answer questions about how we protect and restore health.

Preparation reading for next week

- Well-being of Future Generations (Wales) Act 2015
- <http://gov.wales/topics/people-and-communities/people/future-generations-act/?lang=en>
- <http://gov.wales/topics/health/nhswales/heiw/detail/?lang=en>
- <http://gov.wales/topics/health/socialcare/well-being/?lang=en>
- <http://www.wales.nhs.uk/ourservices/strategies>

Trawsnewid Addysg.....Trawsnewid Rwyddau Transforming Education.....Transforming Lives

References:

- ❖ Clarinbull, N. 2011. Mental Health in Counselling and Psychotherapy. Learning Matters
- ❖ Clarinbull, N. 2011. What is Counselling and Psychotherapy? Learning Matters
- ❖ Ogden, J., (2012) *Health Psychology* (5th ed) Berkshire: Open University Press
- ❖ Tantam, D. 2015 Emotional Well-being and Mental Health: A Guide for Counsellors and Psychotherapists. Sage
- ❖ <http://gov.wales/topics/people-and-communities/people/future-generations-act/?lang=en>