



MA Mental Health Unit

SESSION 1

Today Schedule

- ▶ **Unit overview – 3 Sessions**
- ▶ **Assessment overview**
- ▶ **Way of working**

ASSESSMENT

Assessment Component 1: Course Work: Written Essay 40%

Essay format with a brief synopsis of the presenting issues/diagnosis.

You are employed as psychotherapist within a multi-disciplinary team in the NHS, working with clients with a mental health diagnosis. Critically discuss how you might work with a particular 'mental illness' within the paradigm of the medical model. Explore the tensions that might arise from a humanistic therapeutic perspective.

Submission Date 4th March 2020

Your work will need to show critical consideration of the following themes:

- ▶ How signs and symptoms associated with mental distress are recognized.
- ▶ What psychopharmacological interventions are commonly used in the treatment of mental health problems.
- ▶ What can be the impact that prescribed medication may have on the therapeutic relationship and process of psychotherapy.
- ▶ Critically evaluate ways in which government policies and recommendations such as those in the National Institute for Health and Clinical Excellence (N.I.C.E.) guidelines may impact on mental health service provision and client well-being (this may also refer to the WG mental health initiative).
- ▶ Critically appraise a range of psychological services and interventions available to clients.
- ▶ Comment on the importance of inter-professional and multi-agency approaches to mental health.
- ▶ Apply consistently a comprehensive, in-depth and research-informed body of knowledge to your work.

Mental Health

- ▶ The World Health Organisation (WHO) defines this concept of mental health as, *'a state of well-being in which an individual can realise his or her own, potential, cope with the normal stress of life, work productively and make a contribution to his or her community'* (WHO, 2013, p.6).

.

Mental Wellbeing

- ▶ **Mental wellbeing:** There are many different definitions of mental wellbeing but they generally include areas such as: life satisfaction, optimism, self esteem, mastery and feeling in control, having a purpose in life, and a sense of belonging and support.

Mental Illness

- ▶ Mental illness, on the other hand, refers to suffering, disability or morbidity due to mental, neurological and substance use disorders, which can arise due to the genetic, biological and psychological make-up of individuals as well as adverse social conditions and environmental factors.
- ▶ “Investing in mental health” relates both to the promotion and protection of mental health and to the prevention and treatment of mental illness or disorders.

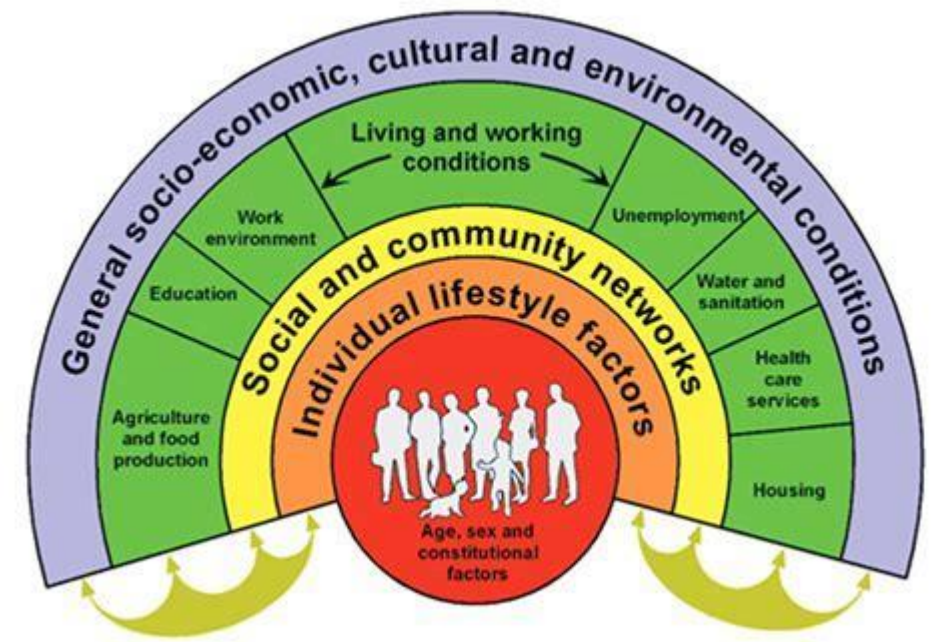
(WHO, 2013)

Mental Illness – (Mayo Clinic, 2019)

- ▶ Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behaviour. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours.
- ▶ Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

<https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

Social Determinants of Health



“The social determinants of health are the circumstances which people are born, grow up, live, work, age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies and politics.”

Patel, V., Minas, H., Cohen, A., and Prince, M. eds .2014 *Global Mental Health*. Oxford: Oxford Press (Chapter 7)

So What is the Medical Model?

- ▶ A term coined by psychiatrist R.D. Laing, in *The Politics of the Family and Other Essays* (1971), a medical model is a "set of procedures in which all doctors are trained."
- ▶ The medical model's school of thought is that mental disorders are believed to be the product of physiological factors. Simply stated, the medical model treats mental disorders as physical diseases whereby medication is often used in treatment.
- ▶ When it comes to mental illness, the medical model, which is more widely used by psychiatrist than psychologist, treats these disorders in the same way as a broken leg.

Models of Mental Illness

- ▶ Spiritual Model
- ▶ Moral Character Model
- ▶ The Statistical Model
- ▶ **The Disease/ Medical/ Biological Model**
 - ▶ Genetics
 - ▶ Neuroimaging
 - ▶ Neurobiology

► Psychological Models

- Psychodynamic Model
- The Behavioural Model
 - The Cognitive-behavioural Model
- Existential / Humanistic Model
- The Social Model
- Psychosocial Model —
 - The Social Learning Model
- Family Therapy Model
- **Biopsychosocial Model**
- Recovery Model



**Thinking
Processes**

**Emotional
Processes**

**Learned
Behaviours**

**Biological
Processes**



MODELS OF ABNORMALITY

Behavioural
processes

Thinking & emotional processes

Conscious

Unconscious

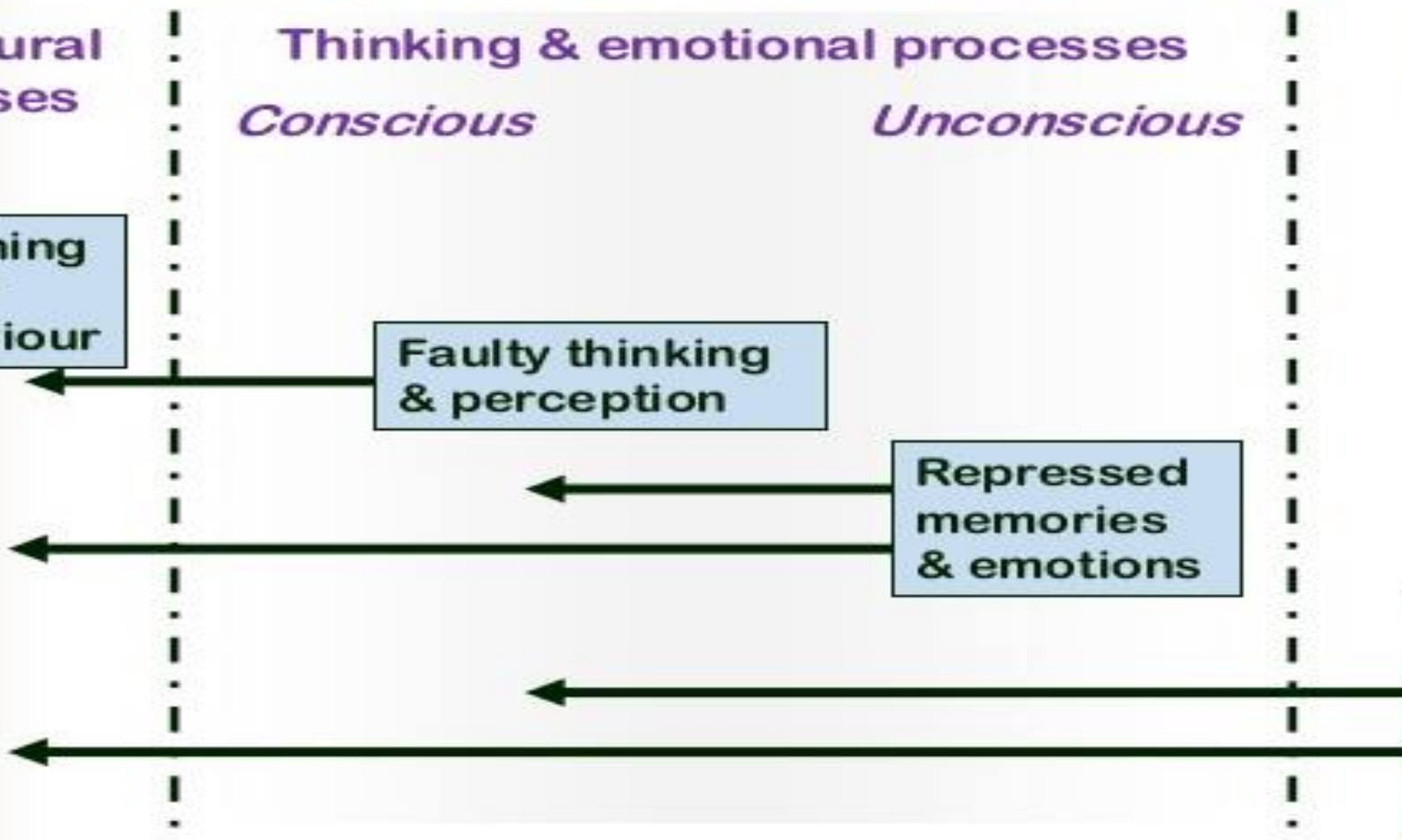
Biological
processes

Learning
of
behaviour

Faulty thinking
& perception

Repressed
memories
& emotions

Genetics
Structural
damage
Chemicals



Conclusion

- ▶ Current trends in delivery of care emphasize a collaborative team – multidisciplinary approach.
- ▶ The diverse explanations of the models provide a range that influence and direct current approaches in the treatment and management of people with mental health problems.
- ▶ The dominance of the biomedical model is increasingly being challenged by other professional groups.



Reflective thinking/practice

“William Bento states therapy is not just about treating symptoms but also about finding opportunities for strengthening and guiding the person to find healthy ways of living” (Lees, 2016)

Groups Work

Next Week

- ▶ Classification and Diagnosis
- ▶ DSM5

Resources

- ▶ Claringbull, N., (2011). *Mental health in Counselling and Psychotherapy*(Counselling and Psychotherapy practice series). Exeter, UK: Learning Matters. Chapter 1
- ▶ Pilgrim, D. (2017) *Key Concepts in Mental Health 4th Ed.* Sage: London.
- ▶ WHO (2013) *Investing In Mental Health: Evidence For Action*: World Health Organization. https://apps.who.int/iris/bitstream/handle/10665/87232/9789241564618_eng.pdf;jsessionid=3FD90930322A6A4DC4B9E3ACBB059137?sequence=1
- ▶ Mental Health Foundation (2016) *Fundamental facts about Mental Health 2016*: Mental Health Foundation. <https://www.mentalhealth.org.uk/publications/fundamental-facts-about-mental-health-2016>

Additional Resources

- ▶ Paris, J., (2013) *The intelligent Clinician's Guide to the DSM-5*. Oxford: Oxford University Press
- ▶ American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders*
- ▶ Frances, A., (2013). *Saving normal: an insider's revolt against out-of-control psychiatric diagnosis, DSM-5, big pharma, and the medicalization of ordinary life*. New York: William Morrow
- ▶ MIND
- ▶ Rethink

Cont

NICE Common Mental Health Problems

<https://www.nice.org.uk/guidance/cg123/ifp/chapter/Common-mental-health-problems>

NICE (National Institute for health and care excellence)

<http://www.nice.org.uk/>

Royal College of Psychiatry

<https://www.rcpsych.ac.uk/>

WHO Pharmacological treatment in mental disorders in primary health care

http://www.who.int/mental_health/management/psychotropic/en

Cont.

- ▶ Together for Mental Health Wales - Research to proposed plan and the 2012 plan. <https://gov.wales/together-mental-health-delivery-plan-2019-2022>
- ▶ Research Briefing Psychological Therapies in Wales
<https://www.assembly.wales/research%20documents/16-050-psychological-therapies/16-050-web-english.pdf>
- ▶ Boyle, M. The problem with diagnosis
<https://thepsychologist.bps.org.uk/volume-20/edition-5/diagnosis-special-issue-part-1-2>