



History of Counselling

Psychological Interventions in The 20th Century

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Psychological Intervention

An illustration featuring a central lifebuoy with alternating red and white segments and a teal center. Two hands are shown: one at the top, wearing a dark suit sleeve and a gold cufflink, and another at the bottom, wearing a teal and green striped wristband. The background is a light teal color with several white, stylized clouds scattered around.

- What is a Psychological Intervention
- A strategy
- To change a behaviour, emotion or a person's cognitive functioning

Unknown. (2020, 1130). *Interventions may have lasting benefits* . Retrieved from Aps- association for psychological science :

<https://psychologicalscience.org/observer/interventioneffects>

Igi. (2023, 1 3). *what is a psychological intervention*. Retrieved from igi-global.com: <https://igi-global.com/dictionary/psychological-intervention/24009>

Scull, A. (2016). *Madness in civilization* . London: Thames & Hudson .

Psychological Interventions

- Where did psychological interventions take place?
- Who was in receipt of a psychological intervention?



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(2018, June 13). *A Victorian Mental Asylum*. Science Museum. Retrieved January 12, 2023, from <https://www.sciencemuseum.org.uk/objects-and-stories/medicine/victorian-mental-asylum>

Psychological Interventions leading up to the 20th century

- Changes in the way people with mental health issues were seen and treated – Previously thought of as degenerates and deviants



- Treatments used previous the 20th century may be considered torturous to the modern era
- Changes included people's mindsets and the recognition that the mad needed support and moral treatments

Silvestri, M. (2022, 8 17). *Batman and Joker in the ultimate team up*. Retrieved from DC: <https://www.dc.com/blog/2022/08/17/batman-and-the-joker-in-the-ultimate-team-up-by-marc-silvestri>

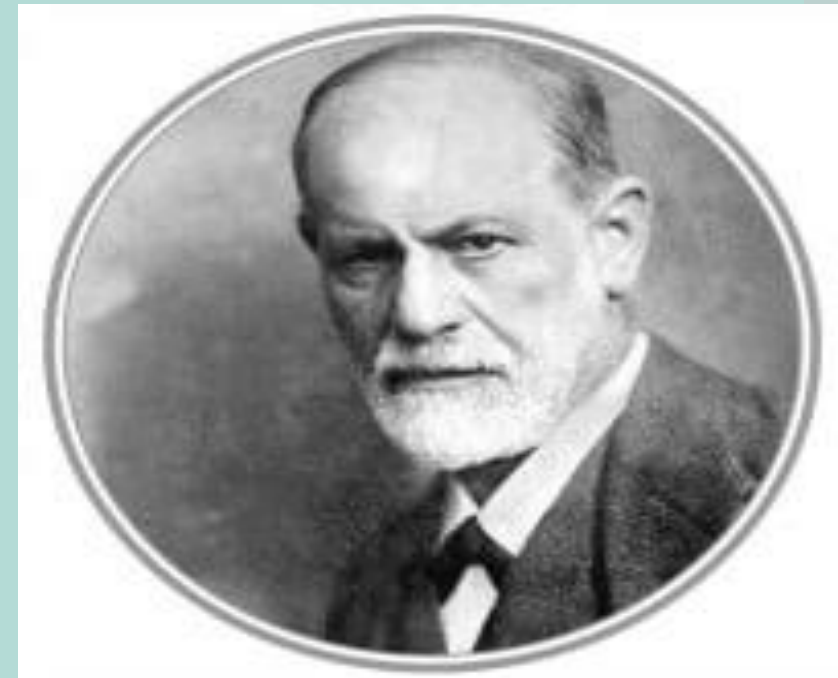
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Psychoanalysis and Sigmund Freud

- Somatic symptoms related to a person's experience to traumatic experiences
- Talking Therapy/ free word association
- Critiqued due to lack of evidence, the work being subjective and claims of healed patients being false

Sigmund Freud

- Victorians were not keen on Freud's theories and ideas around sex
- Making the unconscious conscious, bringing repressed memories to the surface so what's hidden can be understood and healed
- All that is spoken by a client is relevant and may hold symbolism with deeper meaning
- Many years of work with a therapist to be able to heal and restore good health



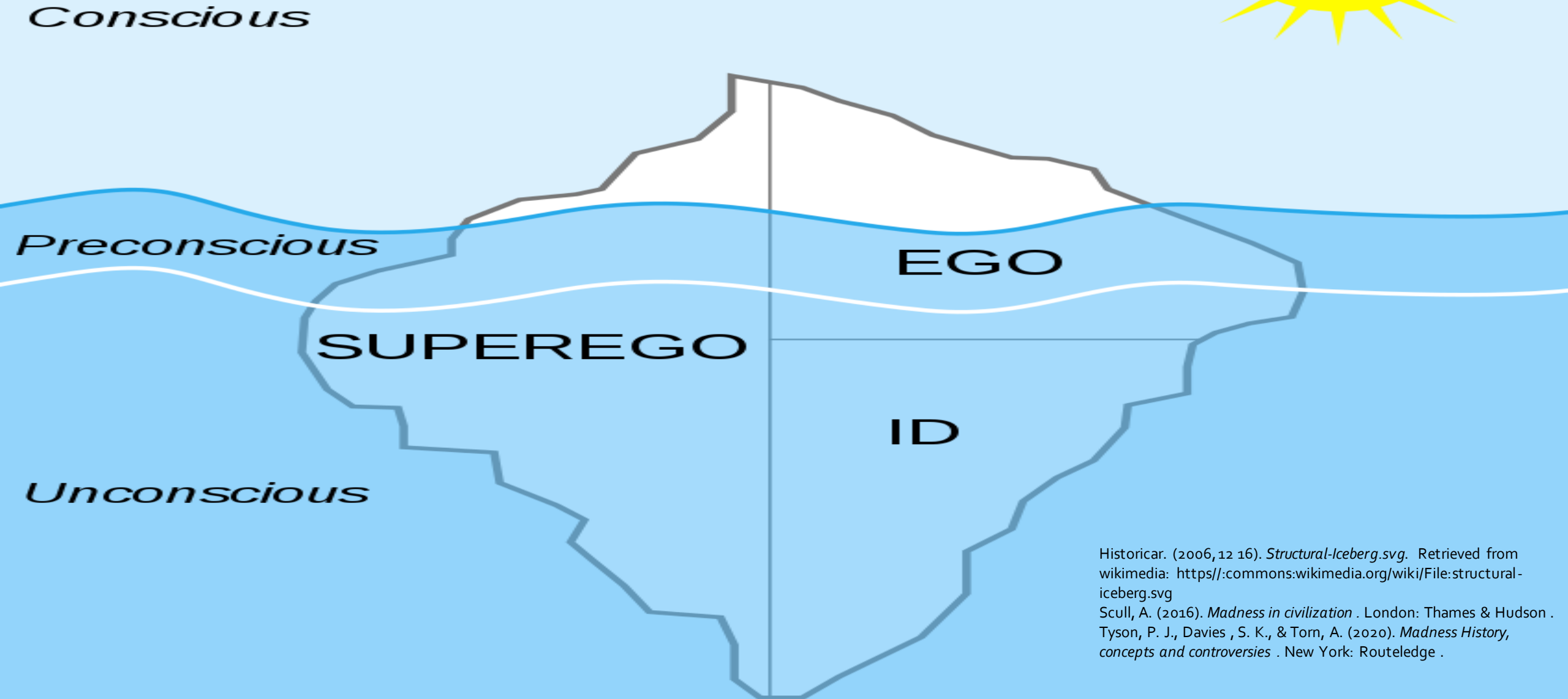
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Tyson, P. J., Davies, S. K., & Torn, A. (2020). *Madness History, concepts and controversies*. New York: Routledge.

tutor, C. (2020, 11 10). *Counselling tutor*. Retrieved from Psychoanalytical school of psychology:

<https://counsellingtutor.com/psychoanalytical-school-of-psychology/>

The ID & THE EGOS



Historicar. (2006, 12 16). *Structural-Iceberg.svg*. Retrieved from
wikimedia: <https://commons.wikimedia.org/wiki/File:structural-iceberg.svg>
Scull, A. (2016). *Madness in civilization*. London: Thames & Hudson .
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The Therapies

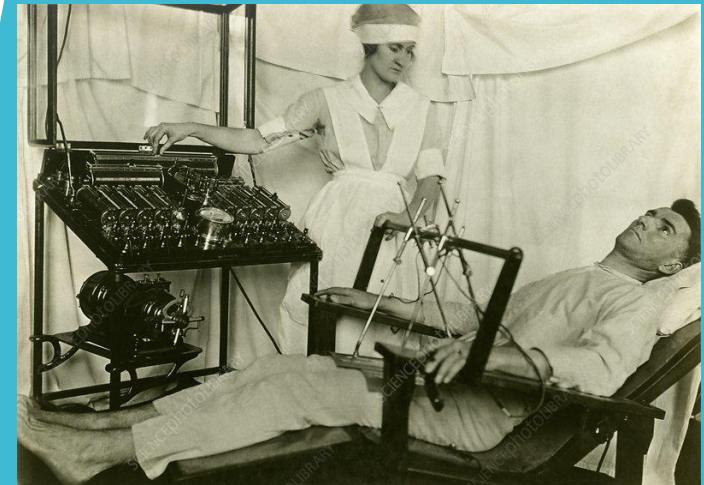
Transference

Free association

Dream analysis

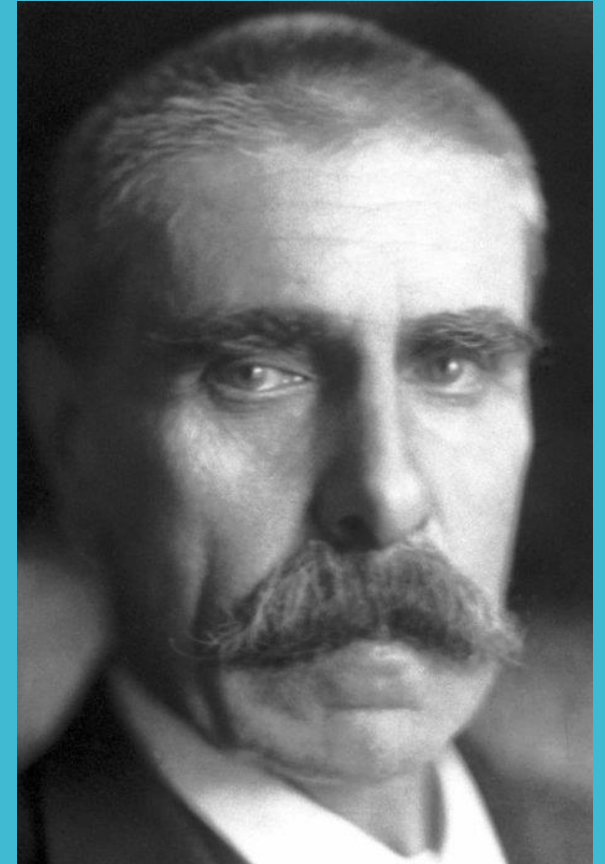
Shell shock and WW1

Scull, A. (2015). *Madness in civilization*. London: Thames & Hudson.
Retrieved January 15th, 2023, from <https://sciencephoto.com/media/co211927/view>



Malarial Therapy

- Julius Wagner-Jauregg
- The first Psychiatrist to win The Nobel Prize for Malarial Therapy
- He tried to cure insanity by raising the temperature of the body



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Retrieved January 15th, 2023, from <https://nobelprize.org/prizes/medicine/1927/wagner-jauregg/facts/>

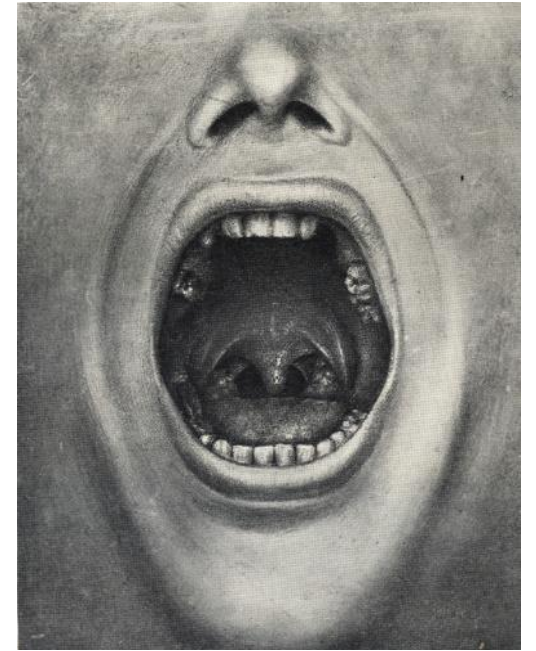
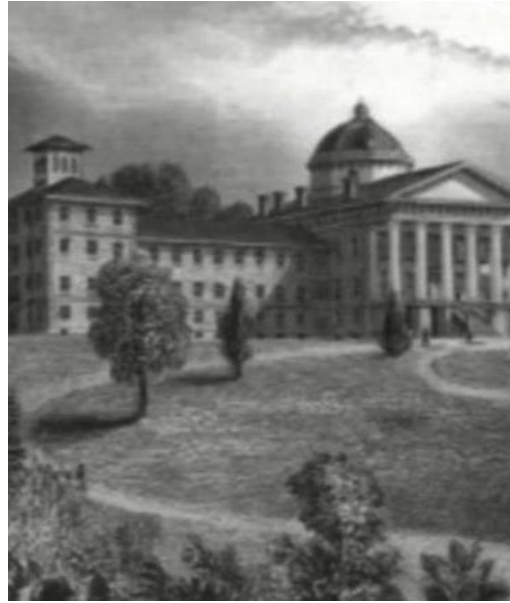
Was the brain being poisoned by toxins?

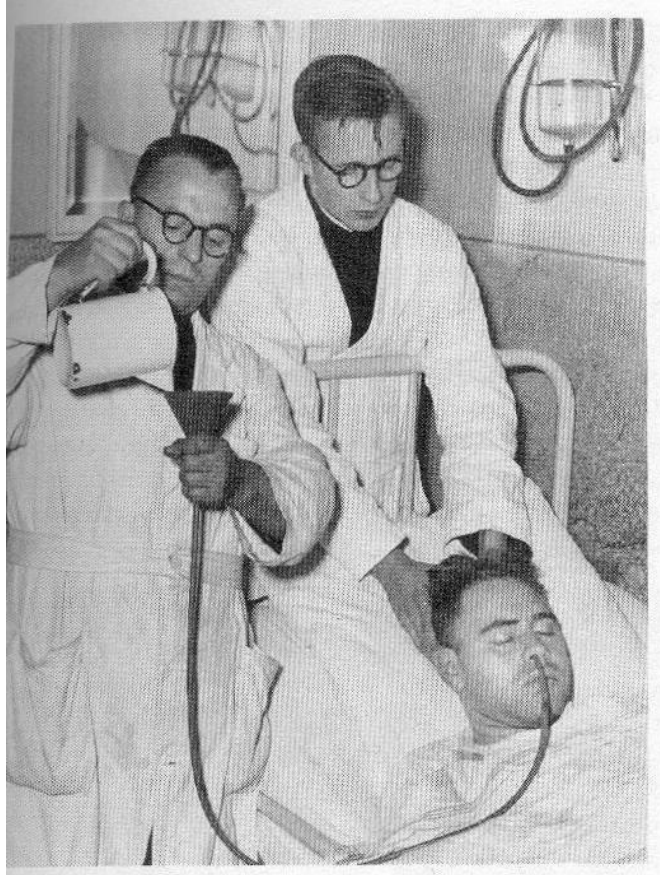
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Retrieved January 15th, 2023, from <http://www.allthatsinteresting.com/Henry-Cotton>

Retrieved January 15th, 2023, from <https://kingscollections.org/exhibitions/specialcollections/mind-matters/from-alienism-to-psychiatry/henry-cotton>





The Introduction of Shock Therapy

Manfred Sakel – Insulin Shock Therapy

Ladislav Joseph Meduna – Pentathylentetrazol
(**Metrazol**)

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Retrieved January 15th, 2023, from <https://www.priory.com/homol/insulin.htm>

E.C.T. Electroconvulsive Therapy

Ugo Cerletti and Lucio Bini, Italian physicians



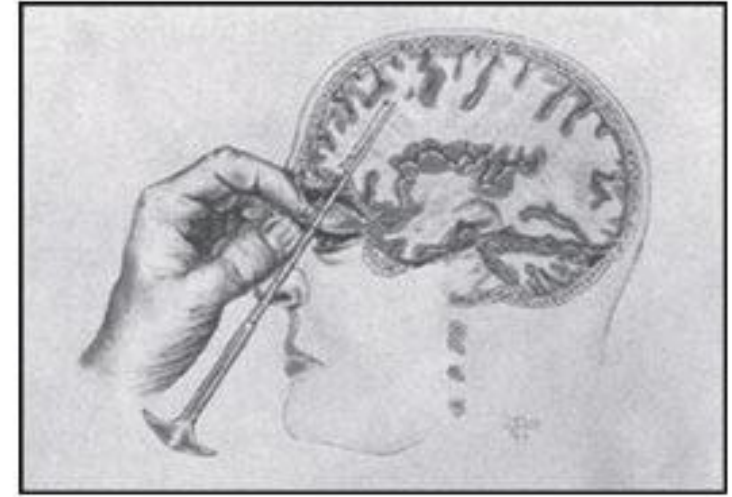
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Retrieved 15th January, 2023, from https://en.wikipedia.org/wiki/Ugo_Cerletti#/media/File:Ugo_Cerletti.jpg

Surgical Interventions

- Lobotomy



- Neurosurgery



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Pritchard, C. (2006). *Mental Health Social Work. Evidence Based Practice*. Routledge Taylor & Francis Group.

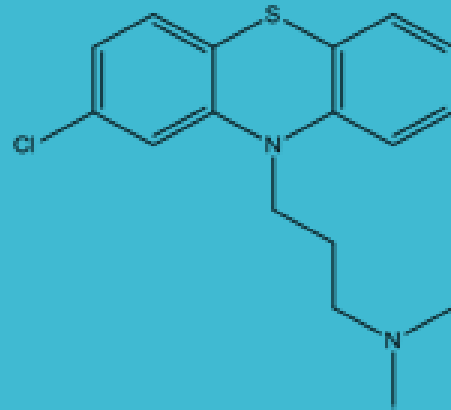
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A Psychopharmaceutical Revolution

Antihistamines

Antipsychotics

Antidepressants



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The National Health Service and Community Care Act 1990



Community
care

Mental health
support

Drop in
services

(1990, June 29). *Nation Health Service and Community Care Act 1990*. Legislation.gov.uk. Retrieved January 14, 2023, from <https://www.legislation.gov.uk/ukpga/1990/19>
(2018, October 10). *Mind. Information and support*. Mind.org.uk. Retrieved January 14, 2023, from <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/day-services/>
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