

Stigma Presentation

by Laurence Jones

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Stigma of Mental Health: practitioner's and public perspective

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Ethical consideration

The topic that I will be discussing for my independent project can be considered highly sensitive due to the influence of mental health practitioner's within our society.

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BACP Ethical Framework for the counselling professions, (2018) states their fundamental values to include “enhancing people’s wellbeing and capabilities”

But how much is this applied in our society?

What is Stigma? (Mental Health)

Mind (n.d), defines stigma as a misconception and incapability of understanding mental health problems which can be incredibly distressing to people with mental illnesses.

Stigma can also be stereotypes which are “assigned to them on the basis of others’ awareness of their cognitive challenges.” (Dudley, 2000).

Stigma and its effect on treatment success and recovery is not fully understood. (Cerully, Acosta & Sloan, 2018)

Professionalism in mental health care

Professional health practitioner's are typically seen as a more effective treatment solution than community and family based treatment plans (Ziguras & Stuart, 2000)

However..

¹⁹
“many mental health professionals still have negative and pathologizing attitudes toward LGBT clients” (Mongelli et al., 2019)

Key Words – What I've used to research my project

Attitudes towards mental health

Perspectives

Stereotypes

Stigma

Effectiveness (of treatment)

Quality of care – what practitioners provide to patients

Research Question/Inquiry

In my research question, I hope to assess the following statements:

1. The attitudes and perspectives of counsellors and mental health workers, why they exist and what we can do to combat negative views

2. Peoples perspectives ²³ of people coping with mental health issues and how we can develop measures

Research Method

My research method will include a critical analysis literature review which may include research from:

Third-Sector Charities (Mind)

Quantitative Studies

Governmental Documents (UK Government)

Databases

Qualitative Interviews

Background, why these perspectives?

Mental health practitioners have varying opinions of people with mental illnesses and the public view on practitioners.

- Their personal experiences with professionals (ten Have et al., 2009)
- Quality and results of treatment

Public Opinion of Mental Health

- Assessing the positive and negative views of mental health, and why stigma of mental health exists (Jorm, Korten, Jacomb, Christensen & Henderson, 1999)

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Discussion Points

Quality of professional mental health care (ten Have et al., 2009):

38.6% of Spanish participants “¹⁸believed that professional care was worse than or equal to no help when faced with a serious emotional problem.”

Italy: 54.8%

France: 72.3%

Netherlands: 74.2%

Further Discussion

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Public Opinion of Mental Health: (Jorm, Korten, Jacomb, Christensen & Henderson, 1999)

An unexpected finding within the study found that the public held a kinder view of people recovering long-term with depressive and schizophrenic symptoms in comparison to mental health professionals.

Criticism: Inconsistent data collection

Why this subject?

Self-Positioning has put me in a position to be in contact with and experience people going through mental health practitioner's and post-mental health treatment

- Not every case has been successful, not every person has the same opinion after treatment. (Forman-Hoffman et al., 2017)

Implications of Research

I am hoping my research can bring about positive implications:

- Current mental health issues the public experience today (Suicide, Depression, Dementia, Anxiety) and guide rehabilitation by encouraging more people to speak up/out.
- The perspectives of mental health within society and how we can tackle negative opinions and stigma of both mental health and practitioner's. Promotion of anti-stigma programs. (Corrigan, 2004)

Potential arguments

Based upon my current understanding of literature, I hope to form an argument around

- Assessing the quality of mental health treatment available
- Whether enough work is being done to combat stigma (Heijnders & Van Der Meij, 2006)
- Are negative attitudes towards mental health practitioner's considered justified? (Mongelli et al., 2019)
- Are we encouraging people to talk about their mental health? (ten Have et al., 2009)

Authors under consideration

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Conclusion

Stigma can be applied to both practitioner's and public views on people with mental illnesses.

Stigma negatively effects recovery and treatment chance and success.

Exposure of stigma-based literature could encourage more work to anti-stigma programs and reduce negative views of practitioners and perspectives of mental illnesses.

Any Questions?

Thank you for listening.

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