

Psychological Interventions Throughout the Centuries

Elliott, Faith and Onyx

Ancient Intervention

By Elliott



Melancholy/Depression

<https://keeptalkinggreece.wordpress.com/2010/06/17/diaspora-greeks-ashamed-of-being-greek/>

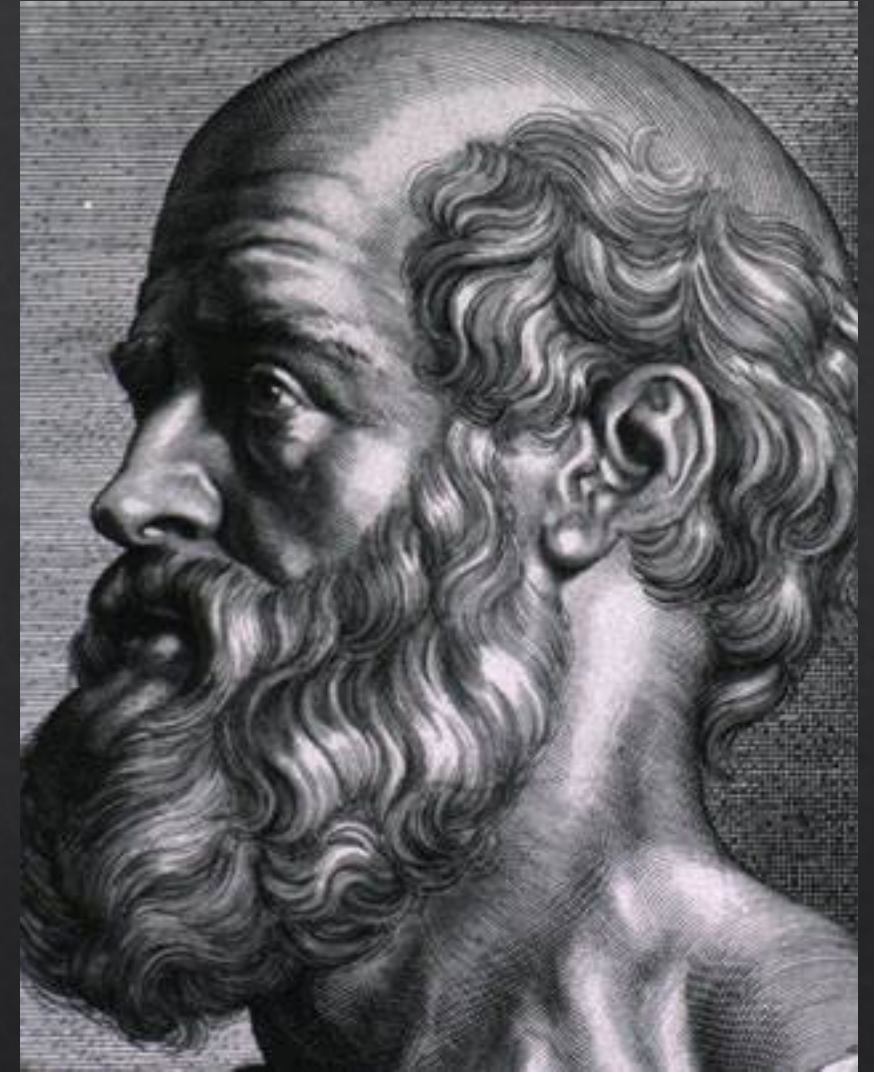
What is Melancholy?

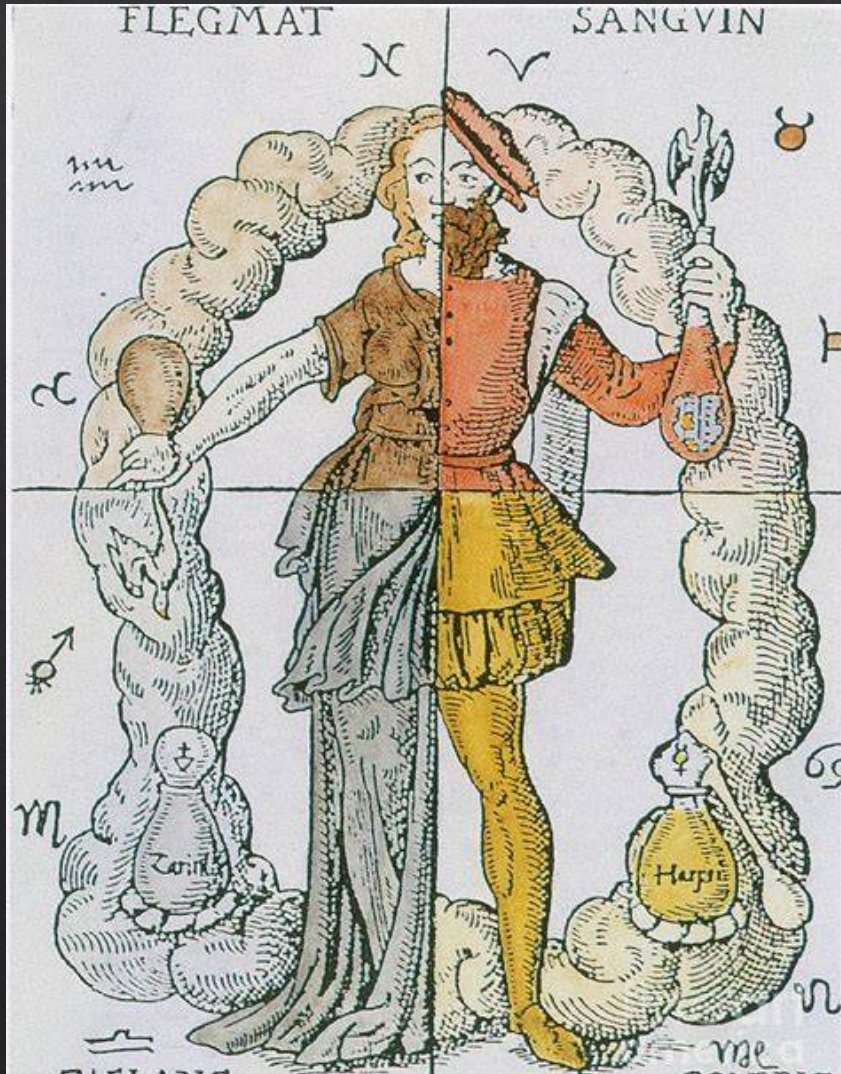
- ◆ What was Melancholy? Translation of Greek word *Melancholia* – *Melas* (Black/Dark) + *Khole* (Bile).
- ◆ Causes – excess of Black bile or Burnt Yellow bile.
- ◆ Belief in God as a primary source for ailments – Easily displeased - (Dionysus and the Cult of the Goat skin).
- ◆ First stated by Plato (428 – 348 BCE) (Davies, Torn, & Tyson, (2019)).
- ◆ Believed to be a trait belonging to individuals with power and/or creativity – Aristotle (384 – 322).
- ◆ Was synonymous with madness within Greek drama I.e. Heracles, (Toohey, 1990)

Hippocrates

- ◇ (460 – 377) BC
- ◇ Known as the *Father of Medicine*.
- ◇ Primarily known for Observation and moving away from superstitious reasonings.
- ◇ Links to modern medicine and understanding (Davies, Torn, & Tyson, (2019))
- ◇ Found that Melancholics had an aversion to food, fearful and despondent

<https://brewminate.com/hippocrates-didnt-write-the-oath-so-why-is-he-the-father-of-medicine/>





The Four Humours

- ◆ A Quest for Balance – Battle of Excess & Deficiency.
- ◆ Four Elements – Blood, Phlegm, Yellow Bile, & Black Bile.
- ◆ Linked to Four Seasons – Winter, Spring, Summer, & Autumn.
- ◆ Drafted by the Hippocratic Corpus 6th – 4th Century.
- ◆ <https://tse4.mm.bing.net/th?id=OIP.V7IyRzYKfUveddxWx6xjtQHaJu&pid=Api&P=0>

Galen

- ◈ Studied medicine and anatomy for the Roman empire. Studied the theories of Hippocrates.
- ◈ Believed that psychological ailments were caused by physiological disturbances, i.e. excess food, amount of exercise and black bile.
- ◈ Three types of Melancholia (1 - illness of the brain, 2 – Infected blood, 3 – Melancholic hypochondria (upper abdominal))



Treatment - Melancholia

- ◆ Adherence to Four Humours – Black Bile most susceptible during Autumn
- ◆ Purging/Bloodletting – removing impurities + regain equilibrium
- ◆ Gaining the Gods' favour – Easy to anger
- ◆ Sacrificing animals and/or women and children, along with ritualistic prayer
- ◆ Herbal remedies – Hellebore along with vomiting
- ◆ Celsus in “De Medicinia” – recommended rubbing the patient twice a day, regular exercise and abstaining from wine (Jackson, 1986)

Medieval Intervention

Onyx

Asylums in the middle ages

- ◇ First asylum was created in 1247, Bethlehem
- ◇ Asylums were created for those who suffered mental illnesses such as depression, or first known as melancholia.
- ◇ Almshouses founded in 1437



Treatments and cures

- ◆ Medieval Europeans often used torture as a form of treatment for melancholy
- ◆ They thought depression was caused by demons/evil spirits or even witchcraft
- ◆ Torture methods included; severe beatings, put into prisons, being put into leg irons and even burning at the stake.
- ◆ During the middle ages, depression was seen as witchcraft which resulted in exocutions such as being burnt at the stake

Treatments and cures

- ◆ Diets were also used as a cure for madness which included melancholy
- ◆ For example, spices were considered a cure by adding ingredients like cinnamon, peppers, cloves and garlic in meals.
- ◆ It was said the spices and various ingredients created a balance
- ◆ The 4 humours, although first used in the ancient times, were also carried out throughout the middle ages.

Modern Intervention

Faith

Emmanuel Church Healing Movement

- ❖ Emmanuel movement was a religious movement started in 1906 that battled new scientific ideals when it came to treating the mentally ill.
- ❖ They placed a great level of hatred towards the use of drugs when it came to these treatments and thought being taught “self help” by a christian leader would be much healthier and more effective.
- ❖ The movement gained popularity in the United States during the mid-20th century and continues to have a presence in some Christian communities today (Poloma & Green, 1989).
- ❖ The movement lost traction in the mid-1900s due to arise in the popularity of the work of Sigmund Freud the movement never gained the same popularity again

The EMMANUEL MOVEMENT

A Descriptive Outline

First of a series of sermons by Rev. Dr. Robert MacDonald, at the Washington Avenue Baptist Church, Brooklyn, on the subject, "Has the Church a Mission for the Cure of the Body," preached February 10, 1909.

TEXT—Wilt thou be made whole.—John vi.

That is the inspiration of the Emmanuel movement—to make the man whole. It accomplishes this by bringing the whole man under the redeeming power of the Christian religion. An Episcopalian rector and his associate in office conceived the happy idea, a few years ago, of making Christian faith do service in the entire psychical and physiological realms. Their studies in psychology convinced them that there was an intimate and powerful relation between the psychic and physical parts in man, and that it was not wise to divide man up into compartments, and say this part is for the priest to prescribe for, as it is psychic, and that part is for the physician to prescribe for, as it is physical, but that man is a unit, an entity, that the kind of a mind he has accounts largely for the kind of body he has, and that a healthful spirit, if the man be willing to let the health of the spirit do further service, may become a curative force unto his entire system.

Methods they also had a conviction on the religious side of the question. They recognized that something had been lost out of Christianity since Jesus asked the infirm man at the pool of Bethesda if he would be made whole, and since Peter commanded the impotent man at the gate of the Temple Beautiful, in the name of Jesus of Nazareth, to rise up and walk. That lost something is that Christianity has a redeeming power for the cure of the body as truly as for the cure of the soul.

Then, further, may they not have felt that the church was not holding the devotion of men and women as strongly as

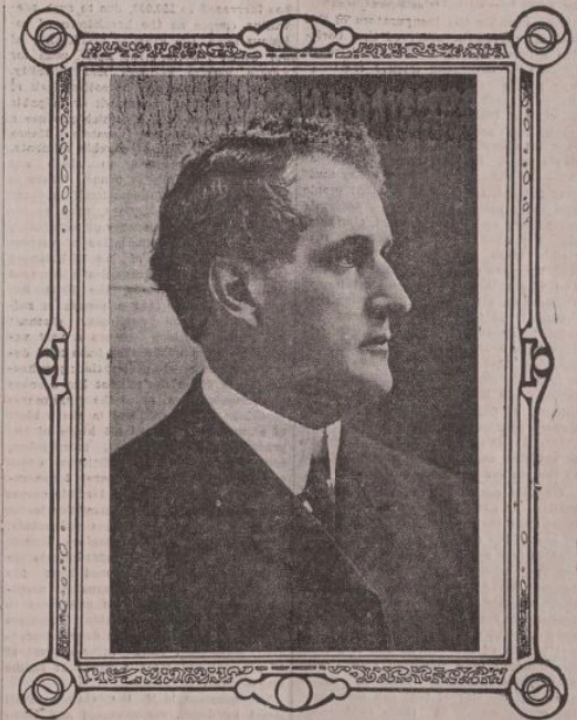


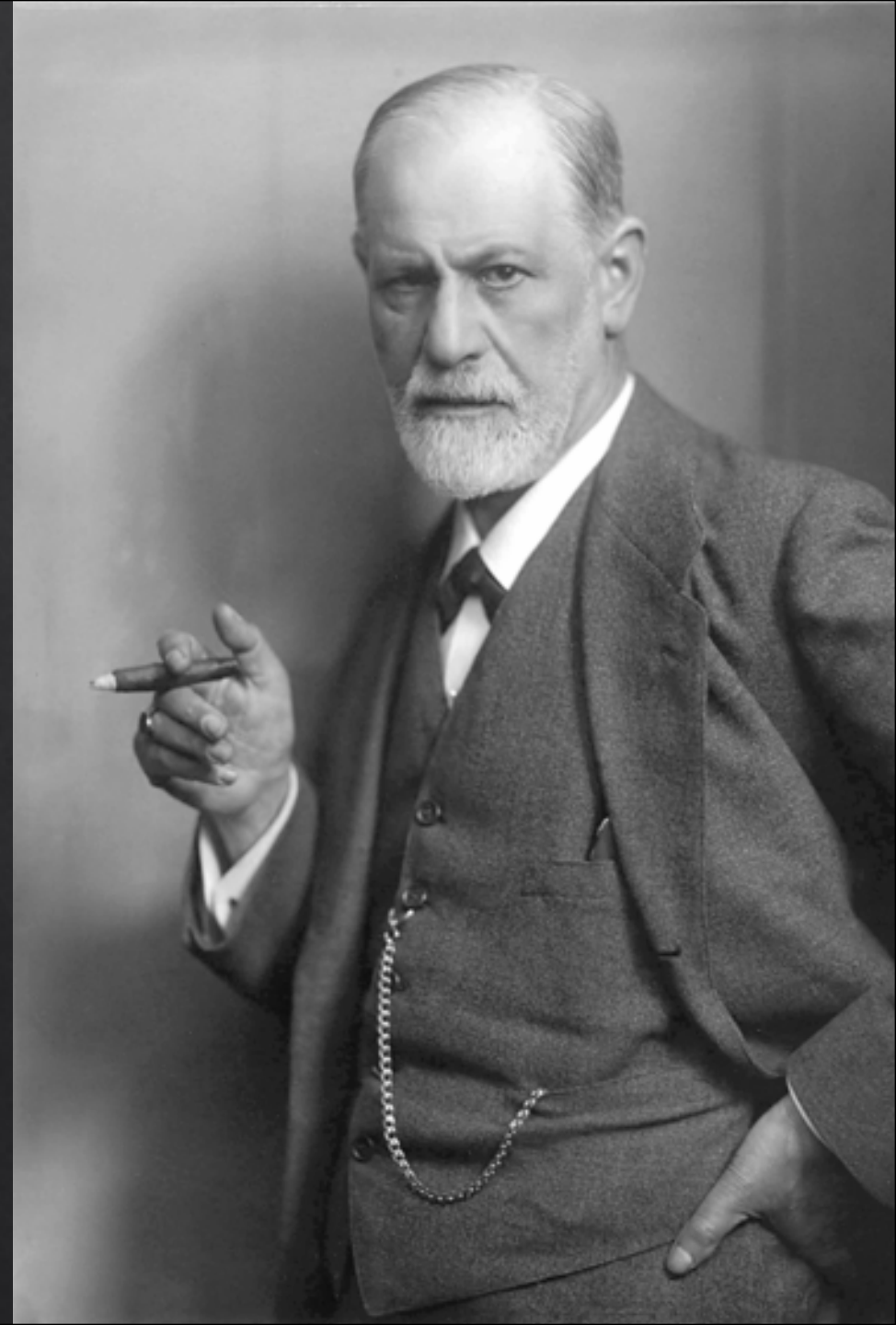
Photo by Thompson.)

THE REV. DR. ROBERT MACDONALD
OF BROOKLYN.

it should? Preparation for living as a disembodied spirit the other side of the grave is a weak, vague appeal to a man whose nature that he is not conscious of pos-

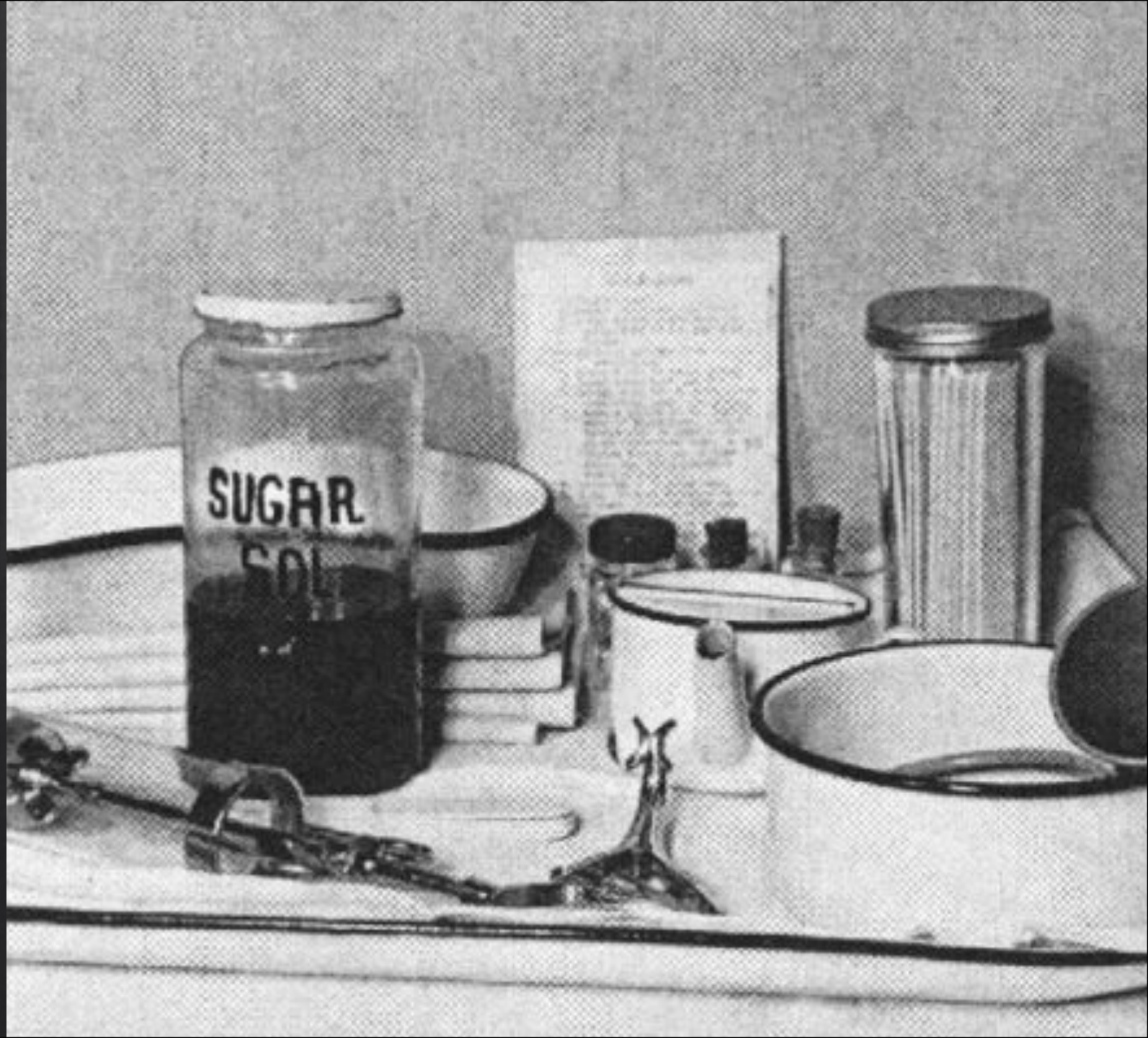
Sigmund Freud

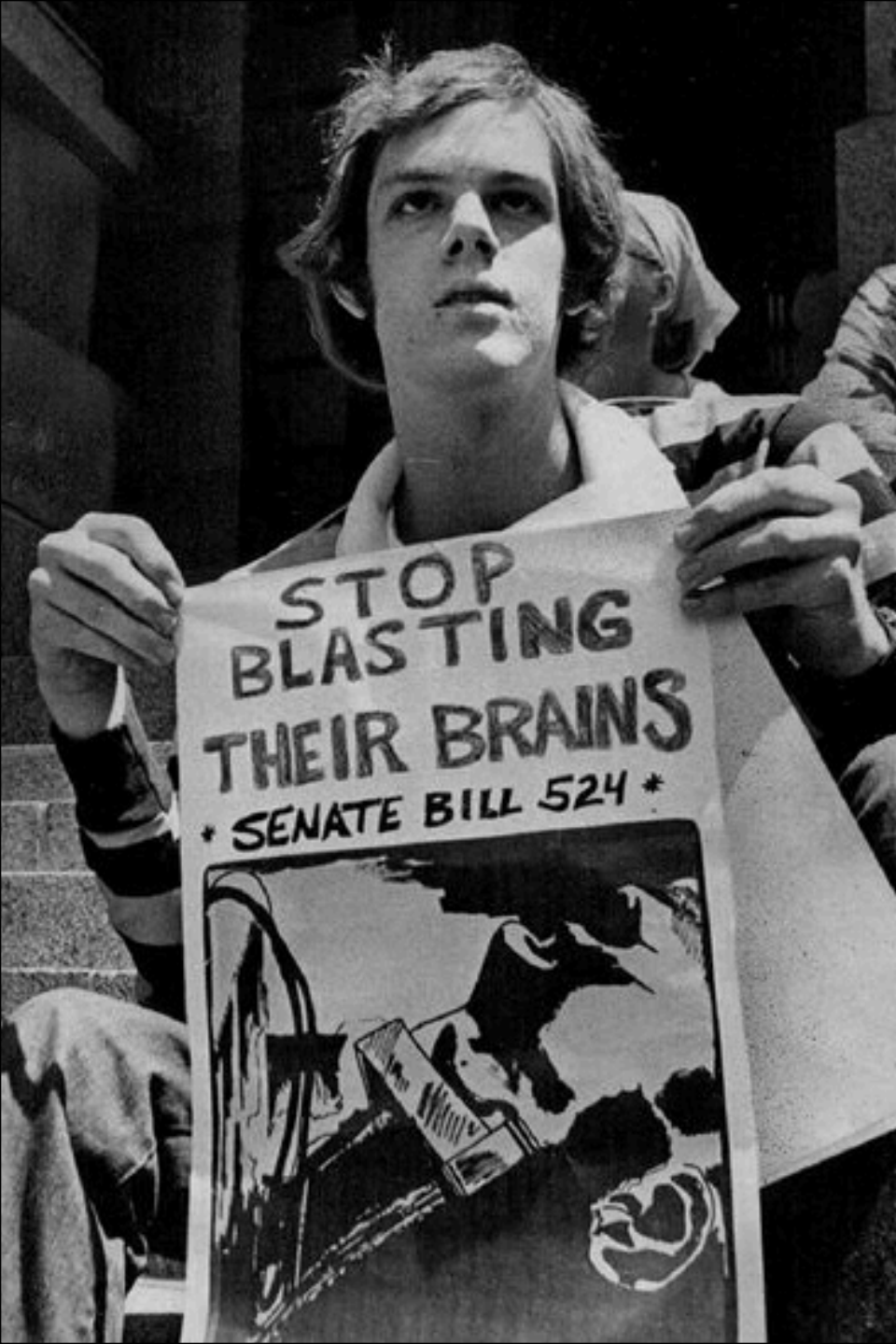
- ❖ Sigmund Freud developed a method of treating melancholy known as psychoanalysis.
- ❖ This method involves exploring a patient's unconscious thoughts and experiences through techniques such as free association
- ❖ A patients speaks whatever comes to mind and dream analysis, where a patient discusses their dreams to find the symbolism and meaning behind them
- ❖ through these processes patients can gain an insight into their own unconscious mind and the conflicts which may be causing their melancholy.
- ❖ By today's psychological standards Freud's work holds very little merit due to his lack of evidence or scientific reasoning however his work gave way for more study into psychology



Insulin shock therapy

- ◆ Insulin shock therapy was a form of treatment that involved administering large doses of insulin to patients suffering with mental disorders such as schizophrenia and depression, in order to induce a coma like state due to low blood sugar (Fink, 1999).
- ◆ The theory behind this therapy was that by resulting insulin, the shock to the body would have a therapeutic effect on the patient's mental state.
- ◆ Insulin shock therapy was considered a major advance in the treatment of mental disorders in the early 1900s, and was used extensively in psychiatric hospitals and institutions throughout the world (Fink, 1999).
- ◆ with the developments of new and more effective treatments for mental disorders and mental illnesses along with the plethora of safety issues and side effects caused by insulin shock therapy, the use the therapy declined heavily in the mid-20th century.





Electroconvulsive therapy

- ◆ In the early 1900s treatments for melancholy (otherwise known as depression) had been developing yet were still limited. Patients were very commonly institutionalised into psychiatric hospitals and subjected to various forms of both physical and psychological abuse ranging from being restrained and to being lobotomised.
- ◆ First introduced in the 1930s electroconvulsive therapy (ECT) was a method of treating a variety of psychological conditions but most however it was commonly used on patients suffering from melancholy or depression, through ECT A patient would be given a series of electric shocks through the brain in order to induce a seizure which was said to be able to help the patient after coming back around.
- ◆ Despite the fact that it was found electro convulsive therapy could help some people, Side-effects of this treatment included damage to the hippocampus memory loss or in some cases even death.
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