

**APPLICATION OF PSYCHOLOGICAL
THEORIES TO HEALTH AND SOCIAL CARE
PRACTICE**

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**CERT HE SKILLS FOR THE WORKPLACE
HEALTH AND SOCIAL CARE**

**PSYCHOLOGY FOR HEALTH AND SOCIAL
CARE
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INTRODUCTION

As individuals we all experience a life cycle from early infancy to late adulthood in different patterns, and developmental theories describe how this pattern can affect everybody's life in a psychological aspect. To explain this process there are different schools of thought. The main developmental theories influencing psychology are those of Freud, Piaget, Erikson, Bowlby, and Banduras. All these theories consider human experiences as the pattern that lead mental conditions or illnesses and help to develop treatments and solutions (Valenzuela, 2021).

I have analysed and discussed in my group presentation the Freud's psychosexual theory as one of the most valuable to explain the complexity of human behaviour and how to apply this theory in the health and social care setting (Nursekey.com).

FREUD.S PSYCHOSEXUAL THEORY

Freud's theory is based on five stages of psychosexual development and explain how crucial early experiences in our life are

The oral stage is the first step in the personality development, the pleasure of the baby is cantered in his mouth. At this stage, every infant get satisfaction by putting everything in

their mouth. Freud thought was that the oral stimulation can lead to an oral fixation in adult life. The characteristic of unsatisfaction at this stage develop in adult life as nail biting, smoking, chewing fingers, or thumb sucking. Many of drug or alcohol dependence can be related to an issue at this stage of the life.

Over one year of age the child starts to centre his libido on the anal area and drives pleasure defecating. At this stage, the EGO has developed in the child and is fully aware to be a person with his own rights starting a conflict with the external world. If the toilet training is too harsh or too early can develop in an obsessive personality, hating mess, obsessive tidiness, and punctuality and obsessed of authority, stubborn or possessive. In the other hand, when the toilet training is more liberal, in adulthood will be a person pleased to share his possessions, rebel personality and disorganised.

During the phallic stage, the source of pleasure becomes the genital area and masturbation. The child understands sexual difference and start to be in conflict with the opposite sex, feeling jealousy, resentment, or sexual attraction with one of the parents. Freud has defined this process as Oedipus complex for boys and Electra complex for girls. The consequences related to this stage are self-obsession, sexual anxiety, sense of inadequacy or inferiority.

At latency stage there is any further psychosexual development. Freud thought that at this stage the libido is dormant and sexual impulse is repressed. As a defence mechanism the sexual energy is directed into school, friends, and hobbies. Children learn how to develop new skills and to stay with their same gender.

The last stage corresponds to puberty. Adolescents start their sexual experimentation, and the successful resolution is to settle down in heterosexual with another person. If sexual perversion develop is because of a conflict or unsatisfaction at previous stages (McLeod, 2008).

ROLE OF HEALTH CARE PRATICITIONERS

In the health and social care sector e numerous professional as nurses, social workers, support workers, health care assistants, occupational therapists, and many others.:

All these professionals have a common denominator: working with people of diverse backgrounds, situation, problems to be solved. As health care professional we must be able to understand people behaviour and find solutions or treatments.

PROFESSIONALS	SERVICE USERS
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• Care and support workers • Rehab workers • Occupational therapists • Counsellor • Health psychologist • Social worker • Nurses • Teaching assistants	• Families • Elderly • People with mental health conditions • Drug and alcohol abusers • Young people • Young offenders • Homeless • Learning disabilities • School non-attenders
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Based on Freud's theory, every person behaves, and personality is influenced by early childhood experiences. Many of these group of people can have different behaviour and the use of developmental theory going through the facts happened in the childhood can help to better understand the today behaviour and the relation with others (Dorwart, 2022).

Psychology in general and Freud's psychosexual development is particularly important for the understanding of determinate human behaviour. Observing people behave we can understand what could have been the root cause and address them to the right psychological help or treatment.

Psychodynamics prospective

On undertaking a psychodynamic prospective we must understand what differences there are from each others, and how we relate with others.

Based on the psychodynamic theory started with Freud, our unconscious is categorized under three branches

EGO PSYCHOLOGY	THEORY DEFENCE MECHANISM	ADULT ATTACHMENT THEORY
<i>EGO has a central role in behaviour</i>	<i>Changes in DEFENCE MECHANISM over adulthood</i>	<i>Early relationship, set stage for later development of self and relationships</i>
<i>EGO is balancing ID vs SUPEREGO</i>	<i>Shielding from negative things or memories</i>	<i>Negative experiences are reflecting in adult life</i>

Psychology fields

We have different fields of application in psychology and is purpose of health and social worker to address the right one:

- ☐ Developmental psychology
- ☐ Social psychology
- ☐ Personality psychology
- ☐ Clinical psychology
- ☐ Personality psychology
- ☐ Counselling psychology
- ☐ School and educational psychology

The developmental psychology is the branch that studies human development and factors that shape behaviour in different ages from birth to old age and how we learn during the process of growth.

Social psychology deals with people thinking about the influence of others and the interaction of attitude or behaviour.

Personality psychology is the study of individual differences.

Clinical psychology studies about diagnosis and treatments dealing with mental illnesses or drug additions for example.

Counselling psychology is focused on less serious problems, if compared to clinical psychology, but not less important, and related on people problems.

School and educational psychology is the branch studying the evaluation of learning or emotional problems for school individuals as children or adolescents.

By addressing a client to a specific path as developmental psychologist, gives them the possibility to reach their full potential

The following conditions for example can be treated with developmental psychology path:

- Learning disabilities
- Intellectual disabilities
- Developmental delays
- Motor skill delays
- Issues with social and emotional development
- Auditory processing (hearing) disorder
- Autism Spectrum Disorder (ASD)
- Speech and language delays
- Dementia

- Mental health conditions like anxiety and depression

(Dorwart, 2022).

REFLECTION

Self-efficacy applied on my current job experience: working with elderly

This concept of self-efficacy has been introduced by Bandura in 1977, referred to the belief to individuals' capacity to succeed in particular situations. Is our own idea of our capabilities. 'I believe in myself; I can do it'.

According to different studies conducted on GENERAL SELF EFFICACY, has been reported that an enormous difference is made by the kind of care the old adults receive: there is a greater risk of having lower GSE in older adults receiving health care services than in those who do not receive any kind of care.

By identifying the factors indicating poor health-promoting behaviours is health care professionals' purpose and ability to support elderly clients and extend healthy life expectancy focusing positive psychological resources (Whitehall, Rush, Gorska, Forsyth, 2020).

Healthcare professionals' users are normally individuals with numerous and different difficulties and the picture provided from psychodynamic theory gives font of analysis on what are the causes of certain attitude providing to the professional a way to help and resolve. By using the psychodynamic theory is possible to go through the unconscious thought and emotions since the roots of childhood. In this way the individual has the chance to self-discover and recognize what is causing their behaviour and related problems.

By applying psychodynamic theory on clients, we can realise that every person behave has a reason, it is not random and most of the time happening in response to an unconscious process. And very often the person does not realise why is behaving in that way.

The purpose of health and social care professionals is also to promote improvement and change in their client's life and using the psychodynamic therapy helps to go through the roots of thoughts and emotions. When promoting changes, we must focus not just on the client's interpersonal relationship but also in client-worker relation.

We can benefit from many different treatments as part of the psychodynamic approach with their clients, psychotherapy is based on talking, as clinician let the client drive the

conversation, but other techniques can complement the talk therapy as transference, free association, and dream analysis.

Transference is when a person unconsciously redirects feelings into another person and is very common in therapy; basically the client applies his/her feelings toward the clinician, acting if they are the other person. Transference does not mean a mental health issue and can happen a variety of relationships. The understanding by a social worker of a client's transference can help to identify their conditions.

Free association has been developed by Freud and is not mostly used at these days. It consists in making the patients write or speak of all the thought coming in their mind as a random assortment of memories, it might seem incoherent but is useful to identify connections between unnoticed topics.

Dream analysis is another technique introduced by Freud to learn the unconscious mind and is used by modern psychodynamic clinicians as part of the person centered therapy. Dreams are read as messages that people unconsciously send to themselves (MSW Programs).

The NHS also offers various psychological therapies and other wellbeing pathways to enhance self-efficacy and resilience as counselling services and CBT (Cognitive Behavioural Therapy)

CBT is a talking therapy that can help to manage problems by changing the way you think and behave.

CONCLUSION

Numerous are the tools given by the study of psychology in health and social care to promote people wellbeing. Is purpose of health care practitioners to find what is better for client to give a positive change in their life.

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