

Hergenhahn's An Introduction to the History of Psychology

Eighth Edition

EIGHTH EDITION

HERGENHAHN'S
An Introduction to the
History of Psychology



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Chapter 15

Early Considerations of Mental Illness

Learning Objectives (1 of 2)

After reading and discussing Chapter 15, students should:

- Be familiar with the views and definitions of mental illness.
- Be acquainted with early explanations of mental illness.
- Be acquainted with early approaches to treatment of mental illness.
- Know of the events and people involved in the improvement of treatment for people with mental illness.

Learning Objectives (2 of 2)

- Be able to contrast psychological and medical models of mental illness.
- Be familiar with the early development and use of hypnosis as treatment of psychological disorders.

What Is Mental Illness? (1 of 3)

- Several terms used as names
 - Several terms have been used throughout history for what we may consider mental illness.
 - Historically, terms used were mad, lunatic, maniac, and insane; currently, terms such as psychopathology and abnormal behavior are used in addition to mental illness.
- Characteristics
 - Several recurring themes are part of the description
 - Cultural beliefs and traditions affect what a society may call abnormal or not.

What Is Mental Illness? (2 of 3)

- Harmful behavior
 - Behavior which is self-mutilating or suicidal is generally considered abnormal.
- Unrealistic thoughts and perceptions
 - A person's beliefs or perceptions which differ markedly from those considered normal at a certain time and place in history are considered abnormal and signs of mental illness.
 - Delusions are abnormal beliefs, hallucinations are abnormal perceptions.

What is mental illness? (3 of 3)

- Inappropriate emotions
 - Emotional displays are inappropriate based on the community in which one lives
 - The person is often said to be mental ill.
- Unpredictable behavior
 - Beliefs and emotions experience sudden shifts
 - This may be a sign of mental illness.

Early Explanations of Mental Illness (1 of 3)

- Biological
 - Typically referred to as the medical model of mental illness
 - Assumes that all disease is caused by a malfunction of some aspect of the body, mainly the brain.
 - These malfunctions may be inherited either directly or indirectly, such as a predisposition toward mental illness.
 - Other events which may affect biological functioning, may also result in problems, such as injuries, tumors, toxins, pollution, disease, excessive stress, physiological imbalances, among other things.

Early Explanations of Mental Illness (2 of 3)

- Psychological
 - Psychological events are the causes of abnormal behavior
 - Events such as grief, anxiety, fear, disappointment, frustration, guilt, or conflict are emphasized.
 - Biological and psychological explanations of mental illness most often exist simultaneously.

Early Explanations of Mental Illness (3 of 3)

- Supernatural
 - Disorders, both mental and physical, are inflicted on people by some mortal or immortal beings.
 - This model was popular during the Middle Ages.

Early Approaches to Treatment of Mental Illness (1 of 9)

- Psychotherapy
 - Defined as any attempt to help a person with a mental disturbance.
 - The common elements in the psychotherapy situation has always been a sufferer, a helper, and a systematic ritual or practice through which help is proffered.

Early Approaches to Treatment of Mental Illness (2 of 9)

- The basic reasons for seeking help have been
 - 1) Removing, modifying, or controlling distressing psychological states
 - 2) Changing undesirable behavior patterns
 - 3) Promoting more positive personal growth and the development of greater meaning in one's life.

Early Approaches to Treatment of Mental Illness (3 of 9)

- Psychological
 - Therapist's job to help the person change behavior
 - This may take and has taken many different forms.
 - These forms range from observing (by watching a drama) or personally reenacting a traumatic experience in order to create a catharsis, listening to relaxing music, offering support, reassurance, and love, and analyzing dreams, to teaching better coping skills.

Early Approaches to Treatment of Mental Illness (4 of 9)

- Natural law
 - Belief that you get what you deserve in life.
- Supernatural
 - To dispel supernatural forces from the person, the primitive doctor/priest/“therapist” would attempt to coax the invading forces out by various means
 - Ranged from appeals and bribery to exorcism, magical rituals, trepanation and incantations.

Early Approaches to Treatment of Mental Illness (5 of 9)

- Physical actions were also used to rid the person of the “spirits” causing the problems
 - Examples:
 - Bleeding a patient
 - Removing a portion of the skull (called trepanation)

Early Approaches to Treatment of Mental Illness (6 of 9)

- Sympathetic Magic: Two types
 - Homeopathic magic
 - Based on the principle of similarity; belief that what one did to a model of a person would affect the person.
 - Contagious magic
 - Based on the principle of contiguity; belief that what was once close to someone would continue to exert influence on that person.

Early Approaches to Treatment of Mental Illness (7 of 9)

- Biological
 - Hippocrates and later Galen proposed that many ailments were a function of bodily, natural causes
 - Thus natural remedies were prescribed.
 - Things such as baths, fresh air, special diets, and rest were prescribed.
 - It was the condition of the brain then, that determined whether a person was mentally normal or abnormal.

Early Approaches to Treatment of Mental Illness (8 of 9)

- Return of the Supernatural Approach
 - Took place during the Middle Ages and had a religious bent.
 - People with abnormal behavior were seen as possessed by demons or witches or in some other way in alliance with the devil.
 - The ages of the witch hunts and the inquisition began in this time but carried through into the Renaissance and Reformation.
 - The *Malleus Maleficarum* was the official manual for the Inquisition

Early Approaches to Treatment of Mental Illness (9 of 9)

- In the Renaissance, many people with mental illness were locked up in “lunatic asylums.”
 - One such famous asylum was St. Mary of Bethlehem Hospital. It came to be known as Bedlam, this institution was typical of such places at the time, inmates were chained, beaten, fed only enough to stay alive, subjected to bloodletting, and put on public display for visitors.

Improvement in the Treatment of Mental Illness (1 of 6)

- Middle Ages
 - Despite the witch hunts and trials and persecutions, several people argued against the notion of possession by evil spirits and believed that natural causes and natural remedies could be beneficial for those behaving abnormally.
 - Around the 1600s mental illness began to be viewed as having natural rather than supernatural causes, but it was still poorly understood.

Improvement in the Treatment of Mental Illness (2 of 6)

- Treatment included the popular procedure of bloodletting
- Other methods were devised in hope of “shocking the patients back to their senses.”
 - For example, Spinning people at high speeds in chairs; throwing cold water on them.
- These conditions continued well into the 18th century.
- Paracelsus differentiated between material and spiritual (psychological) diseases
- The Deception of Demons was written as a rebuttal to the Malleus Maleficarum.

Improvement in the Treatment of Mental Illness (3 of 6)

- **Phillipe Pinel**
 - In the late 18th century, he proceeded slowly to improve the treatment of the mentally ill.
 - First, he unchained them and segregated them based on their behavior.
 - He encouraged occupational therapy, favored baths and mild purgatives as physical treatments, and argued forcefully against the use of any type of punishment or exorcism.
 - Others, like William Tuke and Vincenzo Chiarugi, followed his lead and treatment improved.

Improvement in the Treatment of Mental Illness (4 of 6)

- Benjamin Rush
 - Wrote a book in which he encouraged more humane treatment
 - However, he still advocated bloodletting and use of rotating and tranquilizing chairs.
- Dorothea Dix
 - Her work brought about institutional reforms in many states and across Europe.

Improvement in the Treatment of Mental Illness (5 of 6)

- Emil Kraepelin
 - His goal was to classify mental illnesses
 - In 1883, he published a list of mental disorders that was so thorough it was adopted throughout the world and lasted for decades.
 - *The Diagnostic and Statistical Manual of Mental Disorders* (DSM) is a direct descendent of Kraepelin's earlier work.
 - Still used today by most all those who work with the mentally ill.
 - He was also among the first to systematically study the effects of drugs on various cognitive and behavioral functions.

Improvement in the Treatment of Mental Illness (6 of 6)

- Lightner Witmer
 - Founded the first psychological clinic
 - Founded the journal *Psychological Clinic*
 - Coined the term clinical psychology.
 - He made three lasting impressions on clinical psychology:
 - 1) Experimental psychology can be useful in helping people
 - 2) This help can best be provided through a special profession (clinical psychology) that is independent of both medicine and education
 - 3) A commitment that clinical psychology should be highly research oriented and be closely allied with basic psychology.

Tension Between Psychological and Medical Models (1 of 3)

- Psychological Model
 - Proposes that the roots of mental illness are in psychological causes such as conflict, frustration, emotional disturbance, or cognitive factors.
- Medical Model
 - Supports the view that mental illness has organic origins just as any other illness.
- Debate Between Psychological and Medical Models
 - Still contested today and has many supporters on both sides of the issue.

Tension Between Psychological and Medical Models (2 of 3)

- Thomas Szasz
 - Wrote an influential book, *The Myth of Mental Illness*
 - The book argues that unless an illness has a neurophysiological basis, it is not an illness at all.
 - In the case of what has been labeled mental illness:
 - It reflects problem in living or nonconformity, but not a true illness.
 - Thus, the diagnosis of mental illness reflects a social, political, or moral judgment, not a medical one.

Tension Between Psychological and Medical Models (3 of 3)

- Labeling someone with mental illness or disease implies that they are not responsible for solving the “problems in living” which they have.
- Labeling a person with a mental illness or disease can, and in many cases does, encourage the person to act in ways dictated by the diagnosis.

The Use of Hypnotism (1 of 6)

- Franz Anton Mesmer
 - Developed a “magnetic” cure in which magnetic forces were employed to heal (later called animal magnetism).
 - Became very well known for this cure’s abilities
 - As his fame grew, his critics became more relentless.
 - Eventually, a commission of inquiry discounted
 - Mesmer’s claims and animal magnetism died out.
 - Contagion effect
 - Patients would not respond to suggestion when alone with a physician, but would do so readily after seeing others respond.

The Use of Hypnotism (2 of 6)

- Marquis de Puységur
 - Developed what he called artificial somnambulism, which was a trance-like state under which the person would respond to his commands.
 - Observed many of the phenomena, which we know of today with hypnosis, including posthypnotic amnesia and posthypnotic suggestions.

The Use of Hypnotism (3 of 6)

- John Elliotson, James Esdaile, and James Braid
 - Examined this process as a means to produce an anesthetic response for use during surgery.
 - Despite the banning of its use by the medical establishment, this method was used successfully on many occasions.

The Use of Hypnotism (4 of 6)

- The Nancy School
 - The “school” grew out of the work of Ambroise Auguste Liébeault with hypnosis with his patients, which was located just outside of the city of Nancy, France.
 - Hippolyte Bernheim became the major spokesperson for this school.
 - Bernheim contended that all humans are suggestible, but some are more so than others; the more suggestible a person is, the easier it is to hypnotize him/her

The Use of Hypnotism (5 of 6)

- Charcot's Proposed Explanation of Hypnosis and Hysteria
 - Charcot developed the use of hypnosis for treatment of hysteria, and concluded that hypnotizability indicated the presence of hysteria.
 - Through hypnosis the doctor could relieve the effects of traumatic events, which would dispel the hysteria symptoms.
 - Charcot was also a very accomplished neurologist.

The Use of Hypnotism (6 of 6)

- Freud studied with Charcot for a time and was greatly influenced by him.
- Pierre Janet, a student of Charcot's, used hypnosis to discover dissociated memories, and when they were brought to the attention of a patient, his/her hysterical symptoms often abated.