

What is Abnormal?

Chapter One:
Abnormal Behavior in Historical Context

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PLEASE WRITE THIS DOWN!!!
CLASSROOM change

Ψ Tuesday class- AD 130

Ψ Thursday class- AD 121

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Class Objectives

Ψ What is ABNORMAL?

Ψ When does an abnormal behavior become a psychological disorder?

Ψ NEXT CLASS- Historical perspectives

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The Human Perspective

☞ Have you ever known someone diagnosed with a psychiatric disorder or on psychiatric medication?

☞ Have you ever felt lonely, nervous, sad, confused, angry, embarrassed or humiliated?

☞ Have you experienced suffering?

☞ One of the most important objectives for this class is for students to recognize how psychological suffering is everywhere.

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Sensitivity Please!

☞ The language we use when discussing psychological disorders is very important - people are not just their disorders!

☞ Humor has its place, but respect and compassion for crucial.

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How are people with psychological disorders portrayed in our culture?

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☛ Abnormal behavior is characterized as:

- Non- typical
- Socially unacceptable
- Distressing to the person who exhibits it or to the people around them

What do we *call* people labeled as abnormal?

Labels, Labels, Labels...

¶ These words are used to dismiss and dehumanize people who we consider different.



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Defining Abnormality

¶ A study performed in 1962 (The Midtown Manhattan Study) reported that 55% of the general population have some form of mental illness

¶ So, how ABNORMAL are these disorders?

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Who decides what's
"NORMAL"?

WE do!



Who's Normal?



Is this behavior "normal"?
Why or Why not?

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¶ Your neighbor has physical complaints and sees several doctors weekly.

¶ A 23 year-old college student smokes 4-5 marijuana joints per day, is a straight A student, has a successful job and a solid long term relationship.

¶ Your neighbor sweeps, washes, and scrubs his driveway daily.

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¶ A 10 year-old wants to have his entire body tattooed.

¶ Your cousin is pregnant, and she is dieting (800 calories per day) so that she will not get "too fat" with the pregnancy. She has displayed this behavior since she was 13 years old.

¶ A 35 year-old very happily married man enjoys wearing women's clothes and underwear on the weekends when he and his wife go out on the town.

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Are the standards for abnormal behavior universal?

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How do we define a psychological disorder?

Ψ _____
associated with distress or impairment that is not typical or culturally appropriate

Ψ Someone is fearful to travel...dysfunctional?

Ψ Was it dysfunctional after 9/11?

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Defining psychological disorders

Ψ _____
also contributes to defining psychological disorders.
- being "extremely upset"

Ψ The concept of impairment is also useful in defining this.

Ψ One last factor is the question, "Does the behavior meet cultural standards?"¹⁸

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Can any of these criteria be used solely to define a psychological disorder?

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Ψ _____. Using any of these in isolation is not adequate for a valid definition. As well as looking at the “_____”

Ψ The conclusion...it is difficult to define “abnormal” and “normal”

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Psychopathology

Ψ *Psychopathology* is the scientific study of psychological disorders.

Ψ _____

Ψ Involved in the assessment, diagnosis and treatment of these disorders

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Assessment

How are psychological disorders evaluated?



Clinical Description

Ψ Mental Health professionals who take a scientific approach to their clinical work are referred to as a scientist-practitioner.

Ψ _____

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Evaluation Behavior

Ψ A _____ is written to document behaviors, usually similar to symptoms of the disorder.

- Combination of thoughts, behaviors, and feelings

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Presenting Problem?

Ψ Patricia was referred to the crisis center for suicidal thoughts and suicide attempt which followed an argument with her boyfriend. Patricia ingested a bottle of prescription pain medication and drank small amounts of a household cleaning product. Patricia was once hospitalized for major depression and suicidal statements.

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Clinical Description

Ψ A presenting problem typically refers to the

Ψ “Why are you here today?”

Ψ “The client presented with suicidal thoughts and attempt.”

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Clinicians are interested in:

Ψ Course- _____

Ψ Prognosis- _____

Ψ Etiology- _____

Ψ Prevalence-

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“In Order to Understand the Future We Must Understand the Past”

Psychopathology in a historical Context

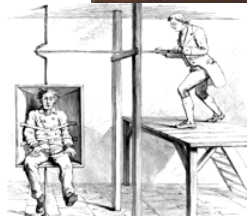
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Where did it all begin?

- ⚡ Abnormal behavior and mental illness has been documented for thousands of years.
- ⚡ Although many early “treatments” are recognized now as cruel and ineffective, they were considered state-of-the-art for their times.
- ⚡ Developed and promoted in a sincere effort to help people struggling with serious mental illness.

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Early Treatments



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Reform

¶ Reformers like Dorothea Dix and Dr. John Grey advocated for humane treatments for the mentally ill in the 19th century.

¶ Dorothea Dix began the

- Including the poor and homeless.

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The unfortunate result:

- A huge increase in the number of mental health patients
- The creation of the “_____”



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Next Class

¶ How are psychological disorders
DIAGNOSED?

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