

Treatment Modalities

Dr. Faris Alsaraireh

Somatic Therapies

- ▶ Phototherapy
- ▶ Complementary and alternative therapy .





- ▶ Indications: Seasonal Affective Disorder 60-90 % response rate
- ▶ Consists of exposing a patient to artificial light that is 5-20 times brighter than indoor lighting .
- ▶ The “light visor” shaped like a baseball cap is worn on the head suspended in front of the eyes.

PHOTOTHERAPY

- ▶ Phototherapy is based on biological rhythms that are related to light and darkness. The therapeutic effect appears to be mediated primarily by the eyes not the skin.



- ▶ Most patients feel relief after 3-5 days; however they relapse equally rapidly if light treatment is stopped. Patients should continue treatments throughout the winter months.
- ▶ Adverse effects: headache, fatigue, nausea, dry eyes and nasal passages.



- ▶ A broad range of healing philosophies and approaches that focus on holistic therapies.



- ▶ Used to treat mild depression, anxiety, SAD, and sleep disorders.
- ▶ Mechanism: serotonin-reuptake inhibition



- ▶ Involves the insertion of needles into acupoints or energy channels for the purpose of restoring energy balance.
- ▶ It is used in treating depression & anxiety.



- ▶ There are a few studies that have evaluated the effects of massage therapy for the treatment of depression. Effects may be short term.

- ▶ Found to have efficacy in treating OCD and substance abuse disorders.



Group Therapy

introduction

- ▶ Group therapy become one of the most popular therapy in the treatment of mental illness. Its came out after World War II

Group therapy

- ▶ Group therapy provides treatment in a format where there is one therapist and six to eight participants with related problems. The participants improve not only from the interventions of the therapist, but also from observing others in the group and receiving feedback from group members.

cont

- ▶ The therapeutic group is different than a social group because its goal is to assist individual to alter their behavioral patterns and to develop new and more effective ways of dealing with the stressors of daily living

Group sessions

- -Group must be homogeneous
- 9 sessions
- 60 - 90 min. each
- these sessions include:-
 - development of personality
 - development of the disorders
 - identification of treatment needs

Group therapy

- ▶ The advantages of group therapy include:
- ▶ **Less expense** – By treating several patients simultaneously, the therapist can reduce the usual fee. In most cases the cost of group therapy is about one-third that of individual therapy.

Group therapy

- ▶ **Increased feedback** – Group therapy can provide the patient with feedback from other people. Getting different perspectives is often helpful in promoting growth and change.

Group therapy

- ▶ **Modelling** – By seeing how others handle similar problems, the patient can rapidly add new coping methods to his or her behaviours. This is beneficial in that it can give the patient a variety of perspectives on what seem to work and when.

Group therapy

- ▶ **Example** – Mary listens to Joan talk about how telling her husband that he hurts her feelings was more productive than simply getting angry at him and not speaking. As she listens, Mary thinks of how she might try this same strategy with her husband. She can then try out this new behaviour by practicing with the men in the group.

Types of Groups

- ▶ **Task Groups:** A group that comes together to perform a task that has a goal (e.g. community organizations, committees, planning groups, task force).
- ▶ **Guidance/Psychoeducational Group:** Preventative and educational groups that help group members learn information about a particular topic or issue and might also help group members cope with that same issue (e.g. support group for a suicide, transition group to prepare students to enter high school etc.)

Types of Groups (continued)

- ▶ **Counseling/Interpersonal Problem-Solving Groups:** These groups help participants resolve problems of living through interpersonal support and problem solving.
- ▶ **Psychotherapy Groups:** These groups focus on personality reconstruction or remediation of deep-seated psychological problems.

Types of Groups (continued)

- ▶ **Self-help Groups:** These have no formal or trained group leader. (e.g. Alcoholics Anonymous or Gamblers Anonymous.)

Group Counseling



Advantages of Groups

- ▶ It provides a social atmosphere that is similar to the real world.
- ▶ Members can test out and practice new behaviors.
- ▶ Members can practice new interpersonal skills.
- ▶ They are cost effective.
- ▶ Groups help members see that they are not the only one who has that particular problem or issue.
- ▶ Groups provide members with support.

Group Counseling



Disadvantages of Groups

- ▶ Less individualized attention from the counselor.
- ▶ Confidentiality is more difficult to maintain.
- ▶ There are concerns with conformity and peer pressure.
- ▶ Not everyone can be in a group (e.g. those with issues too severe or those with poor interpersonal skills.)



Group Counseling

Stages of Groups

- ▶ Stage One (Orientation/Forming): Group members become oriented to the group and to each other.
- ▶ Stage Two (Transition/Storming): Anxiety and ambiguity become prevalent as group members struggle to define themselves and group norms. This stage is often characterized by conflict.

Group Counseling

Stages of Groups (continued)

- ▶ Stage Three (Cohesiveness/Norming): A therapeutic alliance forms between group members. Trust between members has been established.
- ▶ Stage Four (Working/Performing): Group members experiment with new ideas, behaviors or ways of thinking.
- ▶ Stage Five (Adjourning/Terminating): This is the time when the group disbands.

Therapeutic Groups



- ▶ A group is a collection of people who have a relationship with one another, are interdependent, and may have common norms.

Conclusion

- ▶ Group therapy is one of multiple methods to deal and treat patients with mental illness when done in the right way

Milieu Therapy - The Therapeutic Community



Introduction

- ▶ *The psychiatric-mental health doctor provides structures, and maintains a therapeutic environment in collaboration with the patient and other health care clinicians.”*

Milieu, Defined

- Milieu therapy, or therapeutic community, is defined as “a scientific structuring of the environment to effect behavioral changes and to improve the psychological health and functioning of the individual.”

The Goal of Milieu Therapy

- Manipulate the environment so that all aspects of the client's hospital experience are considered therapeutic.
- Within the therapeutic environment, patients are expected to learn adaptive coping, interaction, and relationship skills that can be generalized to other aspects of their life.
- Achieving client autonomy

Basis of Milieu Therapy

- Basis of Milieu Therapy is the belief that all human beings are affected by their physical, social, and emotional climate. So the use of the environment considered the therapeutic tool in milieu therapy, because factors such as social interactions, the physical structure of the setting, and scheduled activities may generate stress and resistance for some patients – these “stressful experiences” are used to help them learn to manage stress adaptively in the real world

Milieu Therapy Characteristics

- ▶ The client physical needs are met.
- ▶ The client is respected as an individual with rights, needs and opinions and is encouraged to express them.
- ▶ Decision making authority is clearly defined.

Cont...

- ▶ Protection of the client from being injured from self and others and only those restrictions are necessary to afford such protection are imposed.
- ▶ Programming is structured but flexible.

Cont...

- ▶ The environment provides a testing ground for the establishment of new patterns of behaviors.

Team Members

- ▶ *The treatment plan is directed by an interdisciplinary team.*
- ▶ *Team members of all disciplines sign the plan and meet regularly to update the plan as needed.*
- ▶ *Disciplines may include psychiatry, psychology, nursing, social work, occupational therapy*

Critique

*Advantages:-

- ▶ Milieu therapy creates a different type of attitude and behaviour in the patient because the environment is like home.
- ▶ Instead of adopting a sick role, the patient makes decisions in the ward management and cares for other patients. In other words, he becomes less dependent and passive.

- ▶ The patient learns to make decisions which improves his self confidence.
- ▶ Milieu includes safe physical surroundings, all the treatment team members, and other clients, which is supported by clear and consistently maintained limits and behavioral expectations

*Disadvantages

- Low client- to- staff ratio.
- Requires continuous open communication among all staff and clients.
- Milieu therapy is limited to only hospitalized patients
- Individual needs and concerns may not be met.

Conclusion

The therapeutic environment is a type of milieu therapy, restore their self-confidence by providing many opportunities for decision making, increase their self-awareness, and focus their attention and concern away from the self and toward the needs of others

Family Therapy

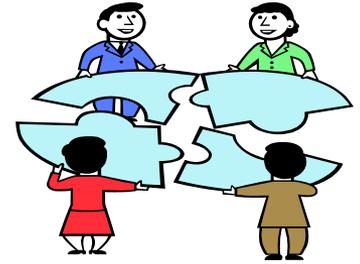


Family definition



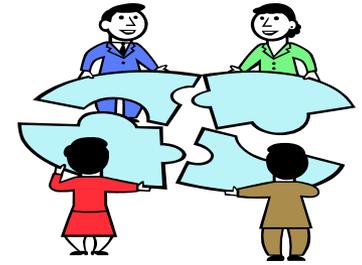
- A group of people connected emotionally by blood or both that has emotionally patterns of interaction and relationships .(wright,watson and Bell 1996)

Cont



- Mcgoldrick and carter (2003) stated that “ families comprise person who have a shared history and shared future “.

Form of family units



► Nuclear

-two or more people living together and related by blood , marriage or adoption .

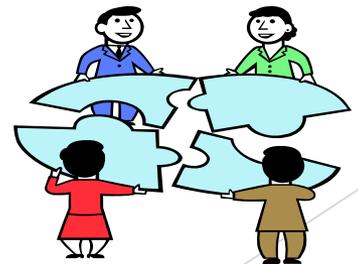
► Extended

-several nuclear families whose members may or may not live together and function as one group .

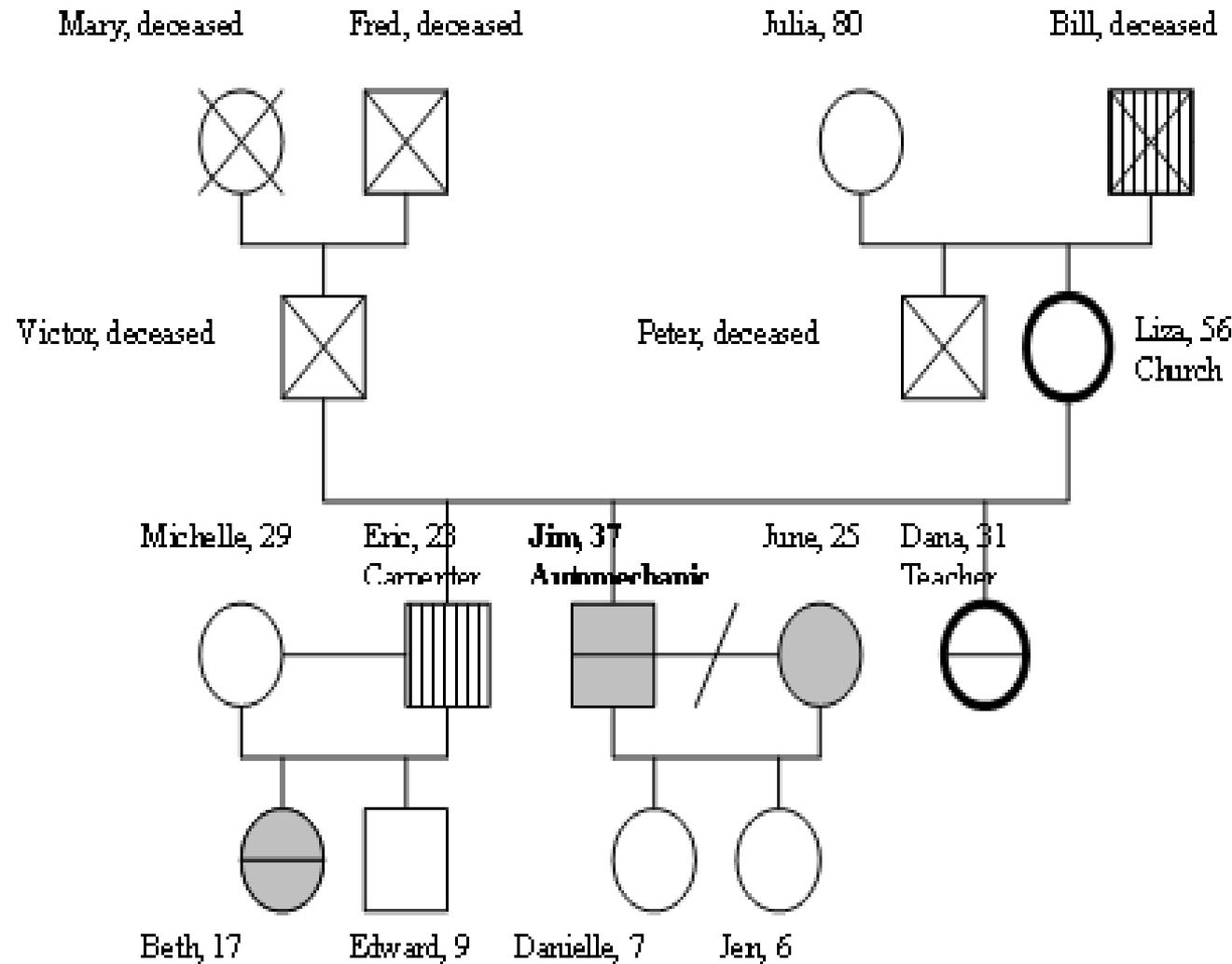
A single-parent family is one where either the mother or father is caring for the children in the family.

Comprehensive family assessment

- Collection of all relevant data related to family health , psychological well-being and social functioning to identify problems for which the doctor can generate psychiatric diagnosis .

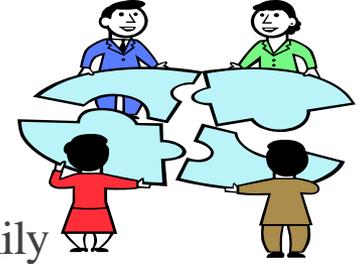


Genogram



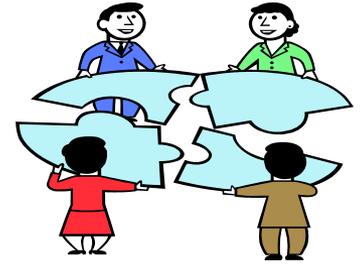
-  = Female
-  = Male
-  = Person Suffering from a Mental Illness
-  = Person involved in the criminal justice system
-  = Victim
-  = Divorced
-  = Deceased
-  = Substance or Drug Abuse Problem
-  = Substance or Drug Abuse Problem

Genogram



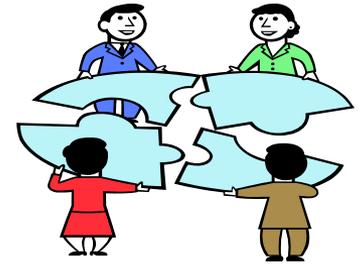
- A diagram or map of multiple generation of a family indicating family relationships, life events , family functioning , and significant development events .
- Includes ages , date of marriage , death , geographic location .

Analysis of genogram



- Family composition
- Relationship problems
- Mental health illness pattern

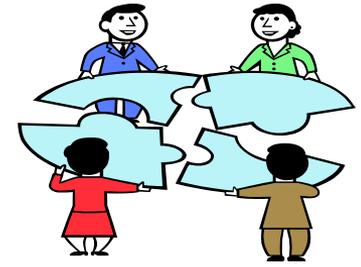
Family mental health



- Members live in harmony among themselves and within society , and support their members throughout their lives .



Cont



- In a dysfunctional family , interactions, decisions or behaviors interfere with the positive development of the family and its individual members .

- *“People with serious mental illness are not ill in isolation. Their families, and others whatever they think about the illness, cannot escape being affected by it. The lives of people with serious mental illness are inextricably involved with the lives of those they love and care for, and the lives of those who love and care about them.”*

(Mental Health Commission 1998 p9)

Family mental illness

- Mental illness is a stressful event in family's life .

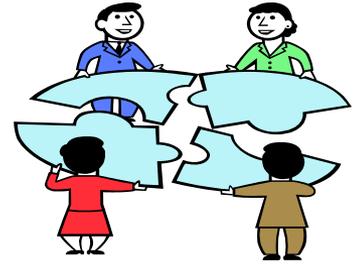


Effect of mental illness on the family



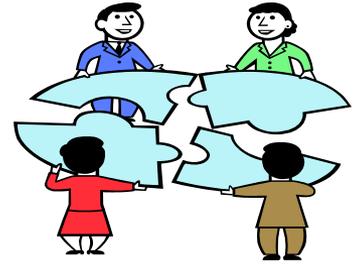
- the diagnosis of a mental illness in a family member can bring out feelings of guilt over possible genetic transmission of the disease to the ill family member by parents.

Family mental illness



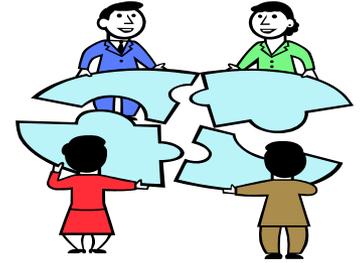
- shame or embarrassment in the family about how people outside the family will view the family and ill member .

Family mental illness



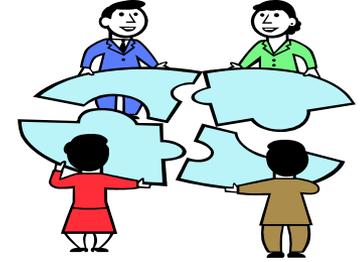
- The ill family member might experience feelings of sadness anger about being ill or about the intervention of other family members .

Family mental illness



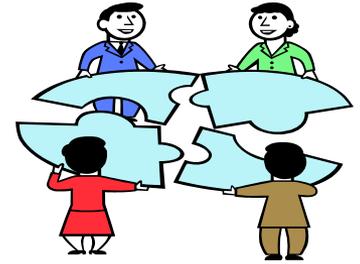
- When a family member experience a mental illness , the family is likely to be the major source of assistance for mentally ill member .

Which approach is best?



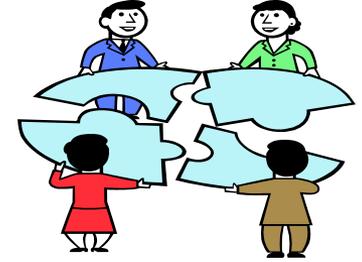
- Individual therapy when the social relationships are stable, and the person is in distress
- Family therapy when the social relationships are unstable, and the person is in distress

Family therapy



- Is method of treatment in which all family members gain insight into problems improve communication and improve functioning of individual members as well as the family as a whole .

Family therapy



- Is a form of group therapy in which the client family members participate the goal include understanding how family dynamics contribute to the client psychopathology mobilizing the family inherent strength and functional recourses ,restructuring maladaptive family behaviors

(saddock&saddock, 2004)