

Doctors 2021 - رّوح - Medicine - Mu

PSYCHOLOGY SHEET

Treatment modalities

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PHOTOTHERAPY



- **Indications: Seasonal Affective Disorder 60-90 % response rate**
- **Psychotherapy of SAD is phototherapy and is very effective**
- **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 For protection**

Mechanism of action:

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.

Light and darkness mechanism presents in brain Done by putting the patient in a highly lighting area



It has high response rate

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. high frequency during winter

During winter the patient needs more sessions (high frequency during winter) so higher risk to have side effects, that include: headache, fatigue, nausea, dry eyes and nasal passages ,air way dryness

COMPLEMENTARY AND ALTERNATIVE THERAPIES "CAM"

A non pharmacological intervention

Defined as: A broad range of healing philosophies and approaches that focus on holistic therapies.



1• Herbal products

- **Used to treat mild depression, anxiety, SAD, and sleep disorders.**
- **Mechanism: serotonin-reuptake inhibition, work as SSRI 'Antidepressants' drugs**
- **ex: St John's Wort**



2• Acupuncture

ابرا الصينية

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





3• Massage

There are a few studies that have evaluated the effects of massage therapy for the treatment of depression. Effects may be short term, no effect in long term



4• Yoga

- Yoga Breathing control stretching, and meditation
- Found to have efficacy in treating OCD and substance abuse disorders.
- During meditation people start to remember positive vibes and memories



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
- The aim is having a cohesive and therapeutic group
- Group therapy provides treatment in a format where there is one therapist and six to eight (maximum 10)participants with related problems(similar diagnosis and problem).
- 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.
- The therapeutic group deferent than social group because its goal:
 1. to assist individual to alter their behavioral patterns and
 2. to developed new and more effective way of dealing with the stressor of daily living



Group sessions

- Group must be homogeneous the common factor among the group member
- 9 sessions / 60 – 90 min. each

These sessions include:-

- Development of personality (Pay the attention for the positive side)
- Development of the disorders (Better prognosis of the disorder-in right direction -)
- Identification of treatment needs



The advantages of group therapy include:

1-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.

تكلفة الجلسة تتوزع على اعضاء المجموعة

2- increased feedback: Group therapy can provide the patient with feedback from other people. Getting different perspectives is often helpful in promoting growth and change. "When a patient receives an evaluation or feedback from someone who is experiencing the same issue or challenges, this can have a positive impact on their conviction in the treatment more than receiving feedback from the therapist alone. This is because engaging with others who share similar challenges can provide social support and empathy, enhancing the sense that they are not alone in their experiences.

This type of interaction can make the patient feel like a part of a group that fully understands what they are going through, thereby potentially increasing their motivation to continue with the treatment."

3-modelling (someone gets over the problem that these group suffer from) 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.

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

- 1. Task Groups:** A group that comes together to perform a task that has a goal (e.g. community organizations, committees, planning groups, task force).
- 2. Guidance (deliver a knowledge) / 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.)
- 3. Counseling/ Interpersonal Problem-Solving Groups:** These groups help participants resolve problems of living through interpersonal support and problem solving.

Learn how to do assesment then reach diagnosis then do a plan for doing cirtain interventions then check it by doing evaluation.

4. psychotherapy Groups: These groups focus on personality reconstruction or remediation of deep-seated psychological problems. teach them how to deal with stresses and improve coping mechanisms and adaptation technique .

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



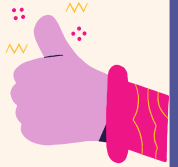
Not at the hospital, it could be anywhere, we used it when the patient is ashamed of their own problems

disadvantage :less controlled

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 **specially the communication skills**
- Groups help members see that they **are not the only one** who has that particular problem or issue.
- Groups provide members with support.



Disadvantages of Groups

- Less individualized attention from the counselor.
- Confidentiality is **more difficult** to maintain, **Specially for the group with addiction and taking drugs**
- There are concerns with conformity and peer pressure, **some people are annoying and don't act in a suitable way, Some people are very sensitive or, with high anxiety so these people better to have individual therapy**
- **Not everyone can be in a group** (e.g. those with issues too severe or those with poor interpersonal skills.)



Stages of Groups

- 1. Stage One (Orientation/Forming):** Group members become oriented to the group and to each other.
- 2. Stage Two (Transition/Storming):** Anxiety and ambiguity become prevalent as group members struggle to define themselves and group norms.
- 3. This stage is often characterized by conflict. Conflict could appear ;low trust relationship, with no cohesiveness**
- 4. Stage Three (Cohesiveness/Norming):** A therapeutic alliance forms between group members. **Trust between members has been established.**
- 5. Stage Four (Working/Performing):** Group members experiment with new ideas, behaviors or ways of thinking. **psychotherapy starts to work.**
- 6. Stage Five (Adjourning/Terminating):** This is the time when the group disbands. **Patient should know when the therapy over, we must not end it suddenly**



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 we do it 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."

Defined as 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

Milieu Therapy is a rehabilitation stage done by restructuring for the environment, which means to create a field similar to the real life but inside the hospital, so patients can learn how to deal with life as a part of the therapy. This type of therapy is with less amount of health care provider efforts by making the patient more responsible about themselves.

1. Manipulate the environment so that **all aspects** of the client's hospital experience are **considered therapeutic**.
2. 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.
3. Achieving client **autonomy**

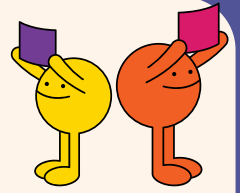
Basis of Milieu Therapy



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



1. The client physical **needs are met**.
2. The client is **respected** as an individual with **rights, needs** and **opinions** and is encouraged to express them.
3. **Decision making** authority is clearly defined.
4. **Protection of the client** from being injured from self and others and only those restrictions are necessary to afford such protection are imposed.
5. Programming is structured **but flexible**.
6. 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

Multidisciplin team "different health care provider "ex: psycatric psychologists, occupational therapist ,psycatric nurse , social worker ,nutritionist all together design the milieu therapy Each one have their adds to make a comprehensive program to help the patient perfectly

Critique

Advantages:-



1. Milieu therapy creates a **different type of attitude and behaviour** in the patient because the environment is like home.
2. 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.
3. The patient learns to **make decisions** which improves his self confidence.
4. 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



- 1. Low client- to- staff ratio** Low number of health care provider & high number of patient this to make patient rely more on their self than on health provider
- 2. Requires continuous open communication among all staff and clients.**
- 3. Milieu therapy is limited to only hospitalized patients for inpatient not the outpatient**
- 4. 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)



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

Form of family units

1. Nuclear -two or more people living together and related by blood , marriage or adoption. They could be brothers and living together



2.Extended -several nuclear families whose members may or may not live together and function as one group. Include grandparents ,uncles aunt



3.A single-parent family is one where either the mother or father is caring for the children in the family text Separate either by devours or death



Comprehensive family assessment

"The first thing in treatment is assessment, this assessment should be comprehensive of mental health ,mental illness and physical illness "

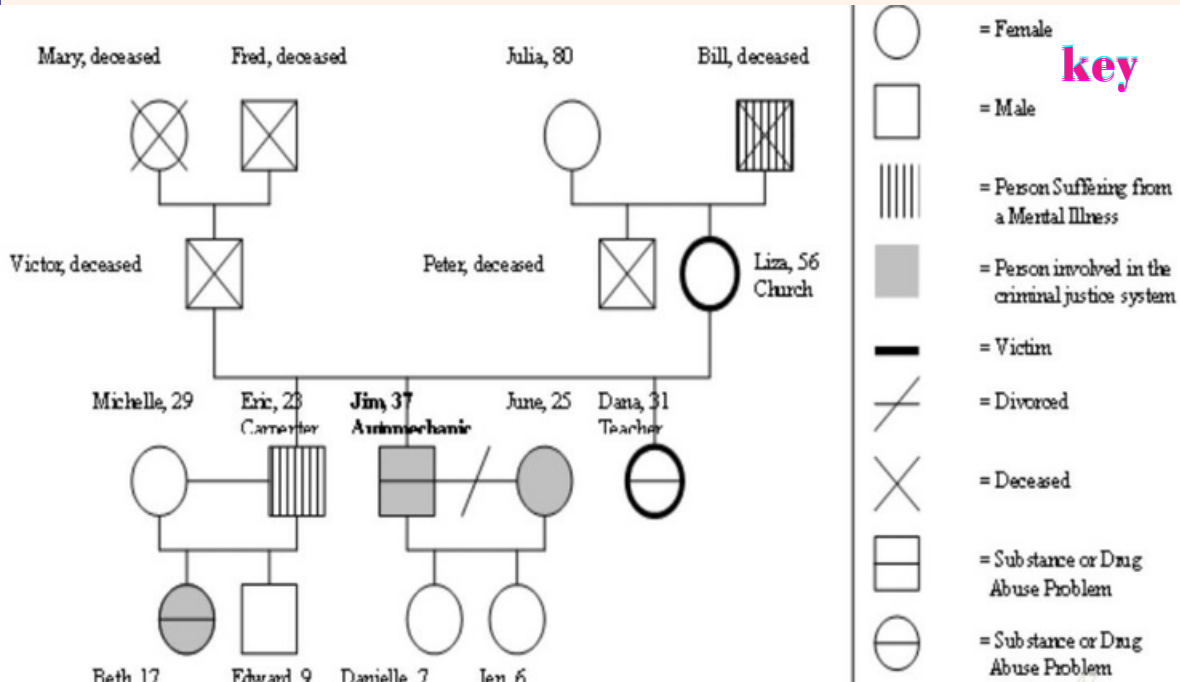
• Collection of all relevant data related to family health , psychological well-being and social functioning to identify problems for which the doctor can generate psychiatric diagnosis .



Genogram

A diagram or map of multiple generation of a family indicating family relationships, life events, family functioning, and significant development events. act as summarize, easy to understand, reading and analysis

- Includes ages, date of marriage, death, geographic location



Analysis of genogram

- Family composition
- Relationship problems
- Mental health illness pattern

Family mental health



we aren't focus on mental illnesses only

Do they know how to adapt? and have coping mechanism? Do they support each other?, do they have well relationships?

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

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."

The presence of one patient in the family could transference some issues to people surround him so that's why we should check

- 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.
- shame or embarrassment in the family about how people outside the family will view the family and ill member
- The ill family member might experience feelings of sadness anger about being ill or about the intervention of other family members .
- 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
- It differs according to the personality of the patient, we decide the best way. If the patient is sensitive and with high anxiety while he is socially stable, we better use individual therapy. If the patient is with distress and problems while he is socially unstable "there is a conflict in parents or the people surround him", we can treat him with group therap , this one is better.

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 .

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

(sadock&sadock, 2004)

تَمُّ بِفَضْلِ اللَّهِ وَنِعْمَتِهِ



Test yourself



1. Serotonin-reuptake inhibitors "Herbal Products" are effective for the treatment of:

- a) Schizophrenia.
- b) mild depression.
- c) Obsessive compulsive disorder.
- d) Generalized anxiety disorder.

Answer:b

2. The technical term for the process in which a trained professional uses psychological methods to help a person with psychological problems is :

- a) psychotherapy.
- b) psychoanalysis.
- c) psychiatry.
- d) clinical psychology.

Answer:a

3. The following are first line treatments for SAD:

- a) phototherapy
- b) tricyclic antidepressants c) SSRIs
- d) Melatonin

Answer:a

4. Which of the following describes how CAM therapies are similar:

- a) They treat disease.
- b) They promote self-care and self-healing.
- c) They focus on generalized treatments, good nutrition, and preventive health practices.
- d) They recognize of the physical nature of the individual.

5. Alcoholics Anonymous (AA) is an example of:

- a) group therapy.
- b) a self-help group.
- c) couples therapy.
- d) dialectical behavioral therapy.

Answer:b

Answer:b

6. Group therapy can be helpful for clients because :

- a) it is more cost-effective than individual therapy.
- b) clients can interact in genuine relationships, which is more like real life than individual therapy.
- c) it allows clients to not invest as much psychological energy as in individual therapy.
- d) clients are more comfortable speaking in groups.

Answer:b

7. In the forming stage, the group leader will :

- a) screen group members.
- b) establish the rules.
- c) develop a rationale for the group.
- d) advertise the group.
- e) all are correct.

Answer:e

8. After which stage of a group's development has the group formed a common set of expectations of member behaviors :

- a) forming
- b) storming
- c) norming
- d) performing

Answer:c

9. Providing a safe environment for patients with impaired cognition planning unit activities to stimulate thinking, and including patients and staff in unit meetings are all part of:

- A. Milieu therapy
- B. Cognitive-behavior therapy
- C. Behavior therapy
- D. Interpersonal psychotherapy

Answer:a

بمادة السايكو .. الي أكثرنا صار يشخص الثاني بأعراضها 🤔

أدركنا أهمية أنفسنا ونفسيّتنا ،، وكيف بتعتمد عليها ساعات عمركنا وأيامنا
وما ستؤول إليه ..

كخُلاصة مهمة .. مرما كنت تمر بضغوطات ،، لا تنسى نفسك وحقها عليك،
وحتى تكون طبيب ناجح كون طبيب نفسك أولاً! ❤️

هذا آخر شييت نُهي به فصلنا الصيفي ،

مُودّعين السنة الثانية بإذن لله ،، ومُرحّبين قريبًا بأخر سنة بيسك !!
وآخر دعاءنا خالص التوفيق والسداد بامتحاننا جميعًا .. وفقنا لله وإياكم ..

#الفريق_الأكاديمي

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