

Final

psychology sheet

Doctor 2020 - wateen - medicine - MU



DONE BY:

Hala Mahasneh

Ayyad Qwaba'h

Batool ali

CORRECTED BY:

Batool Ali

DOCTOR:

Dr. Faris Alsaraireh

Treatment Modalities

Phototherapy
Complementary
Alternative therapy

- Treatment modalities such as ; psychotherapy, group therapy, individual therapy... etc.
- و كل نوع اله مادة و مادة عملي لذلك ال Treatment modalities بحر
- لكن رح ندرسهم إن شاء الله بشكل مختصر جداً ...

1- Somatic therapy يعني فيه Contact مع الجسم

- Phototherapy
- Complementary and alternative therapy .

و كلا النوعين Evidence – based يعني مش شغلات عشوائية بل مبني على أبحاث عديدة

a- Phototherapy

- **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.



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.

- SAD : mood disorder

ينتشر أكثر اشي فترة الخريف و الشتوية لأنه ما فيه شمس كثير ف بكتأبو و بنعالجهم بال phototherapy عن طريق وضعهم بغرفة صغيرة أو صندوق إضائته عالية جداً تقريباً 20 ضعف الإضاءة الطبيعية (بشتغل على العين) (visual) و مشكلة هاي الطريقة إنه بدها وقت أكثر من أسبوع و ممكن أطول

و بسبب الإضاءة العالية و حفاظا على أعينهم بيبيلوس زي نظارات حماية عشان تخفف شوي من الإضاءة



و برضه بنعطي مرضى ال SAD ___ antidepressants مثل ال fluoxetine (Prozac)

- antipsychotics do Alleviate Major negative symptoms (such as social withdrawal).

Positive & Adverse Effects of Light Therapy:

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.

b- Complementary and Alternative Therapies

(CAM)

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

دون أدوية ، نستخدم أعشاب و مواد طبيعية مثل الطب الصيني و اليوغا ...



Herbal Products

Used to treat mild depression, anxiety, SAD, and sleep disorders.

Mechanism: serotonin-reuptake inhibition

st john's wort نبتة ال

و صنعوا منها دواء طبيعي و موجود بالصيدليات



Acupuncture

Involves the insertion of needles into acupoints or energy channels for the purpose of restoring energy balance.

It is used in treating depression & anxiety.

الإبر الصينية لل anxiety مثلا، و يشتغل ع ال nerve endings و هي effective و بتختلف الدرجة حسب ال severity



- Internal Validity: Determining whether a treatment works because of the principles it contains. بحدد جودة العلاج اذا يشتغل او لا

Massage

There are a few studies that have evaluated the effects of massage therapy for the treatment of depression.

Effects may be short term.



كوبس للي عندهم OCD , anxiety & depression

Yoga

(breathing control stretching, and meditation)

Found to have efficacy in treating OCD and substance abuse disorders



relaxed meditation (تأمل) و 90% منهم خلال الجلسة بنامو و يكونو relaxed

Mindfulness validation & relaxed – إنه إنت تعيش المريض مع اللحظة و مع ال reality و هذا كله هدفة اخلي المريض relaxed و اشيل عنه الأفكار السوادية

- Behaviour Therapy: Therapies which are mainly based on the principles of classical and operant conditioning .

• هسا المدمنين لما اعالجهم باليوغا ما بكفي لانه فقط علاج سلوكي – behavioral ، فلازم نعطيهم برضه أدوية لعلاج الإدمان

2- Group Therapy

Group therapy which encourages therapy and self-growth through disclosure and interaction.

العلاج اللي من خلاله يكون على شكل مجموعة تقريبًا عددهم من 6 الى 10 اشخاص ، و بالعادة بشاركونا بنفس المشاكل أو الأمراض النفسية و انه كل واحد يصير يحكي عن مشكلته و يصير فيه تفاعل فيما بينهم مع بعضو بيعطوا feedback، فبحسن من ال personality للشخص و يكونوا قاعدين بشكل دائري مشان الكل يشوف بعضه و هون بنرجع لطريقة ال non-verbal و إجت فكرته من أيام الحرب العالمية الثانية

→ Homogenous : يعني هاذ القروب فيه بينهم عامل مشترك و هو انهم نفس المشكلة

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 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.

- The therapeutic group deferent than social group because its goal to assist individual to alter their behavioral patterns and to developed new and more effective way of dealing with the stressor 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

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.

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

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.

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: فيه الهم task معينة و تجمعو عشان يعملوها

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: الهدف تاوعها educational

يعني بدي اعطي information ، يعني مثلاً فيه قروب مجتمعين و كلهم مصابين بالاكتئاب فبصير أحكيلهم عن الاكتئاب و أسبابه و أدويته و كيف نتغلب عليه ...

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.)

Counseling/Interpersonal Problem-Solving Groups: مشورة

From health care provider (doctor) to patient

استشيره مثلاً بدواء معين ...

And it is a profession that aims to Promote personal growth and productivity

تعزيز النمو الشخصي والإنتاجية والتخفيف من أي مشاكل شخصية

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.

Self-help Groups: ما يكون بالمستشفى

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.

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.)

Stages of Groups:

Stage One (Orientation/Forming): interaction لسا ما فيه

Group members become oriented to the group and to each other.

Stage Two (Transition/Storming): high anxiety

Anxiety and ambiguity become prevalent as group members struggle to define themselves and group norms. This stage is often characterized by conflict.

Stage Three (Cohesiveness/Norming): بلشوا يتقو ببعض و يعرفوا بعض

A therapeutic alliance forms between group members. Trust between members has been established.

Stage Four (Working/Performing):

خلصنا من ال anxiety و بدنا نبش نشتغل للهدف يلي اجتمعنا مشانه .

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 method to deal and treat patient with mental illness when we o in the right way

3- Milieu Therapy – The Therapeutic Community



I. Introduction

A. Standard Vb of the ANA Standards of Psychiatric-Mental Health Nursing Practice states that, “The psychiatric-mental health nurse provides, structures, and maintains a therapeutic environment in collaboration with the client and other health care clinicians.”

II. Milieu, Defined

A. Milieu therapy is defined as a scientific structuring of the environment to effect behavioral changes and to improve the psychological health and functioning of the individual.

B. Within the therapeutic community setting, the client is expected to learn

adaptive coping, interaction, and relationship skills that can be generalized to other aspects of his or her life.

III. Current Status of the Therapeutic Community

A. Milieu therapy came into its own during the time when hospital stays for

psychiatric clients were extended.

B. The current focus of care is on short stays and is often more biologically based.

C. Strategies of milieu therapy have been modified to conform to the short-term

approach to care or to outpatient treatment programs.

D. Some programs (e.g., those for children and adolescents, clients with substance addictions, and geriatric clients) have successfully adapted the concepts of milieu treatment to their specialty needs.

IV. Basic Assumptions

- A. The health in each individual is to be realized and encouraged to grow.
- B. Every interaction is an opportunity for therapeutic intervention.
- C. The client owns his or her own environment.
- D. Each client owns his or her own behavior.
- E. Peer pressure is a useful and powerful tool.
- F. Inappropriate behaviors are dealt with as they occur.
- G. Restrictions and punishment are to be avoided.

IV. Conditions that Promote a Therapeutic Community

- A. Basic physiological needs are fulfilled.
- B. The physical facilities are conducive to achievement of the goals of therapy.
- C. A democratic form of self-government exists.
- D. Responsibilities are assigned according to client capabilities.
- E. A structured program of social and work-related activities is scheduled as part of the treatment program.
- F. Community and family are included in the program of therapy in an effort to facilitate discharge from treatment.

V. The Program of a Therapeutic Community

- A. The program is directed by an interdisciplinary team.
- B. A treatment plan is formulated by the team.
- C. Members of all participating disciplines sign the treatment plan and meet regularly to update the plan as needed.
- D. Disciplines may include psychiatry, psychology, nursing, social work, occupational therapy, recreational therapy, art therapy, music therapy,

dietetics, and chaplain's service.

VI. Role of the Nurse

A. Through use of the nursing process, nurses manage the therapeutic environment on a 24-hour basis.

B. Nurses have the responsibility for ensuring that clients' physiological and

psychological needs are met.

C. Nurses also are responsible for:

1. Medication administration
2. Development of a one-to-one relationship
3. Setting limits on unacceptable behavior
4. Client education

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Introduction

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

#Milieu therapy (العلاج الوظيفي):

كيف تعمل restructuring to the environment الموجود فيها المريض

الهدف منها ** نخدم المريض حيث يتم تهيئته للبيئة اللي رح يعيش فيها

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

■ مثال عليها :

• الوحدة المثالية الموجودة في الفحيص حيث تم تجهيز شقة صغيرة تحت المستشفى وأثاثها من الصفر للياء وتم تجهيز كلشي من الكنب والمطبخ وغرف النوم من جديد ليتم علاج المرضى فيها .

• Seclusion room in karama hospital

(وهي غرفة مفتوحة ليس لها أبواب ولكن بحطو فيها خط أحمر وأي مريض بعمل تصرف غير مرغوب فيه بنحطه فيها وبنحكيه لا تطلع منها)

■ مين هم الأشخاص اللي بعالجهم ب Milieu Therapy !!

- الأشخاص اللي حالتهم أقرب لل Stable -

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

الفكرة الرئيسية من العلاج :

كيف اهيء المريض لل **Community** التي يده يعيش فيها واساعده على التأقلم معها والاعتماد فيها على نفسه

- نسبة الممرضين والعاملين التي يشتغلو بهذا العلاج اقل من نسبهم بالمستشفى فمثلاً في حال كان عنا عشر مرضى يقابلهم ثلاث ممرضين بالمستشفى بينما في هذا العلاج العشر مرضى يقابلهم ممرض واحد ، ليش ! (عشان ما يكونوا المرضى **Dependant** ع هاد الشخص، لأنه هدفي اني اهيأهم وما يضلو معتمدين ع هاد الشخص)
- هدول المرضى بهاي ال **unit** بطبخو لحالهم بنامو ع كيفهم او بستيقظو عكيفهم
- ولكن ضمن المعقول، المهم فيه مرونة في التعامل معهم بأي شيء

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.

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.

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

Team Members (Milieu Therapy التي يشتغلو بال)

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**

● كلهم بشاركوا في وضع الخطة وكيف سيتم العمل فيها مثلا (لما يخططون الكنب وين رح ينحط الكل بشارك من وجهة نظره وضروري يشارك فيها) فلما تطلع النظرة من كل زاويا بتكون جلسة علاجية متكاملة او عيوب اقل

Critique

Advantages:-

Milieu therapy creates a different type of attitude and behaviour in the patient because the environment is like home.

اني اطلع المريض من مفهوم انه مريض بحيث اني أفهمه انه هو قادر يشتغل قادر يعيل أسرته والخ ..

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.

أعلمه كيف يتخذ قراراته بنفسه ، كيف يحسن علاقاته الاجتماعيه ، كيف يطلع مع أصحابه ويعمل اللي بده اياه معهم وابني عنده الثقة والجرأة لفعل ذلك ..

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

كل الفريق مسؤول على تحسين المريض جسدياً ، اجتماعياً ، نفسياً

Disadvantages

- Low client- to- staff ratio.
عدد العاملين بالعلاج قليل ولكن هذا هدف من أهداف العلاج ، وهو تقليل اعتماد المريض على المعالج
- Requires continuous open communication among all staff and clients.
لازم يكون في روح تواصل وهو الهدف الأساسي الثاني من العلاج
- Milieu therapy is limited to only hospitalized patients
الشغل اللي ع المستوى الفردي ما حيدر البيها بحذافيرها لانه كل مريض تختلف رغبته عن الآخر فهو قرار اجتماعي اكثر من كونه قرار فردي

- 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

4-Family Therapy (اهل المريض + المعالج + المريض)



الآلية :

يقعد الاهل جنب بعض في جهة معينة وبقعد قباهم المريض وبراقب تصرفات وحركات المريض عمين بتطلع بخوف عمين بتطلع براحة وبسجل وبعدين بغير مواقعهم ممكن اقعده بين والديه واشوف لمين يميل بالقرب او البعد وهكذا

• **طبعاً Non verbal communication** هو اللي يكون فعال

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

Form of family units

- Nuclear العائلة الصغيرة المكونة من الأب والأم والأولاد
- two or more people living together and related by blood , marriage or adoption .

Extended العائلة الممتدة المكونة من الجد والجدة والأبناء والاحفاد

- 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. (The same of the nuclear family but the dad or the mother is not exist)

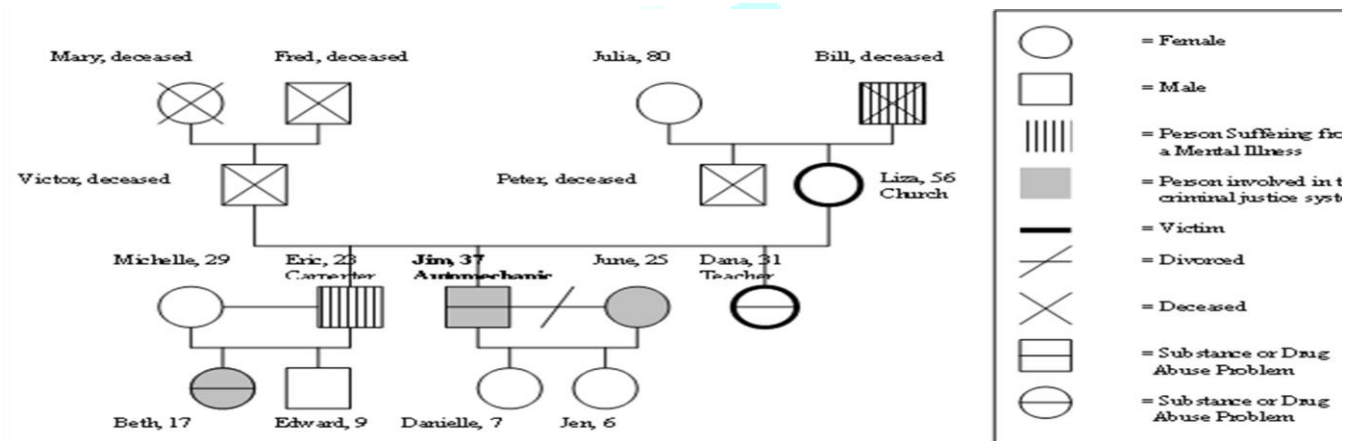
يا اما مطلقة او مطلق ، متوفاه او متوفي

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 .

مهم جداً اني اعمل **Assessment** لجميع أفراد الأسرة في جلسة العلاج لأنهم مهمين ورح يكون دور ضمن الجلسة

Genogram (شجرة العائلة)



A diagram or map of multiple generation of a family indicating family relationships, life events , family functioning , and significant development events .

هاي الشجرة انت بتقدر تتحكم فيها ولكن شرط اساسي يكون عندك مفتاح ودليل على الرموز وهي بديل عن الكلام وطول الشرح او الشرح المفصل الممل وتشمل : اعمار العائلة ، في حدا متوفي ، تاريخ الوفاة ، الأمراض

فمثلاً :

المتوفي بتحطه بمربع مظلل وجانب المربع تاريخ الوفاة او مربعين بجانب بعض وبينهم خط منقسم فمعناها انه العلاقة بين هذول الفردين غير جيدة

Includes:

ages , date of marriage , death , geographic location

Analysis of genogram

Family composition

Relationship problems

Mental health illness pattern

■ **Mental health** ايض يعني !

لا يعني بالضرورة يكون عنده مرض فمثلاً ممكن يكون عنده مرض سكري ولكن عامل ضبط للأعراض وبلعب رياضة وبمارس طقوسه اليوميه ...

الفكرة : تكون مسيطر ع حياتك بغض النظر عن الأعراض، تكون محافظ ع علاقاتك الاجتماعية بغض النظر عن المرض ايضاً ..

■ **Mental illness** !

العكس تماماً يكون عنده مشاكل ولكن غير مشخصه وحالته الاجتماعية وطقوسه وعمله في حالة تدهور

** لازم نكون شغالين ع الأول ونبعد عن الثاني عشان عواقبه ع العائلة بتكون أشد...

التالي من السلايدات لم تتم التركيز عليهم بحكم شرحهن من قبل

Family mental health

- Members live in harmony among themselves and within n 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.” (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.

- 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

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 .(saddock&saddock, 2004)

ولم أجد الإنسان إلا ابن سعيه ... فمن كان أسعى كان بالمجد أجدرا ، وبالهمة العلياء يرقى إلى العلا ... فمن كان أرقى همةً كان أظهورا ، ولم يتأخر من يريدُ تقدماً ... ولم يتقدم من يريدُ تأخراً.

- ابن هانئ الأندلسي

الطب والجراحة لجنة

