

## Chapter One:

### Understanding Abnormal Behavior

Rick Grieve, Ph.D.

Western Kentucky University

## Defining Abnormal Behavior

- How do you define abnormal behavior?
  - Statistical Abnormality
  - Social Norm Violation
  - Faulty Reality Testing
  - Personal Discomfort
  - Maladaptive Behavior
  - Dangerous Behavior

## Cultural Relevance

- Important to consider culture when determining abnormal behavior
- Some behavior is not considered abnormal when seen in another culture

## Historical Perspectives

- Demonological Model
  - Abnormal behavior caused by demonic possession
  - Divine will and spirits
  - Treatment for abnormal behavior logically follows from the perceived cause(s)
- Origins of the Medical Model
  - Hippocrates

## Historical Perspectives

- Galen
- Medieval Times
  - Belief in supernatural again
  - Roman Catholic Church influence
    - Exorcism
- Witchcraft
  - More likely to be someone who was not liked as someone who exhibited abnormal behavior

## Historical Perspectives

- Paracelsus
- Asylums
  - Became storehouse for mentally ill in 15<sup>th</sup> & 16<sup>th</sup> centuries
  - Treatment horrid
- Franz Anton Mesmer
- Reform Movement and Moral Therapy
  - Jean Baptiste Pussin
  - Phillipe Pinel

## Historical Perspectives

- **Moral therapy**
  - Philosophy that emphasized treating hospitalized patients with care and understanding
- William Tuke
- Dorothea Dix
- Benjamin Rush

## Historical Perspectives

- **A Step Backward**
  - Apathy
  - Calls for mental health care reform
- **Community Mental Health Movement**
  - Came about due to the invention of phenothiazines
  - Deinstitutionalization
  - It does have its critics

## Historical Perspectives

- **Contemporary Perspectives**
  - Biological
  - Psychological
  - Diathesis-Stress
  - Sociocultural
  - Biopsychosocial

## Scientist-Practitioner

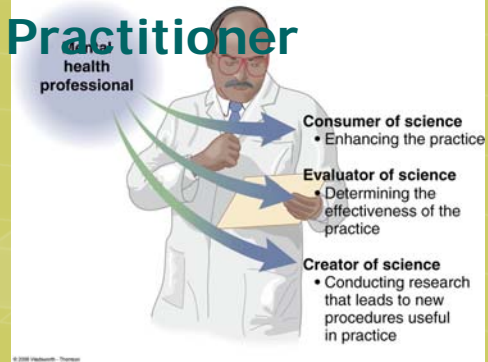
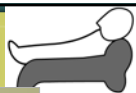


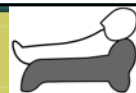
Fig. 1.2, p. 6

## MENTAL HEALTH PRACTITIONERS




- Psychiatrist
- Clinical psychologist
- Counseling psychologist
- Psychoanalyst
- Psychiatric social worker
- Psychiatric nurse
- Nurse practitioner
- Pastoral counselor

## MENTAL HEALTH PRACTITIONERS



<b>Psychiatrist</b>	<p><b>EDUCATION:</b> M.D. plus three year residency in psychiatry</p> <p><b>ROLE:</b> Prescribes medications; supervises hospital stays; psychotherapy</p>
Clinical psychologist	
Counseling psychologist	
Psychoanalyst	
Psychiatric social worker	
Psychiatric nurse	
Nurse practitioner	
Pastoral counselor	

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
<b>Clinical psychologist</b>
Counseling psychologist
Psychoanalyst
Psychiatric social worker
Psychiatric nurse
Nurse practitioner
Pastoral counselor

**EDUCATION:**  
Master's or Ph.D., plus one year internship

**ROLE:**  
Psychotherapy – may follow one or more theoretical orientations (e.g. behavioral, psychodynamic)

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
Clinical psychologist
<b>Counseling psychologist</b>
Psychoanalyst
Psychiatric social worker
Psychiatric nurse
Nurse practitioner
Pastoral counselor

**EDUCATION:**  
Master's or Ph.D., plus one year internship

**ROLE:**  
Helps people make career choices or other changes in their lives; some psychotherapy

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
Clinical psychologist
Counseling psychologist
<b>Psychoanalyst</b>
Psychiatric social worker
Psychiatric nurse
Nurse practitioner
Pastoral counselor

**EDUCATION:**  
Ph.D. or M.D., plus specialized training in psychoanalysis

**ROLE:**  
Psychoanalytic psychotherapy

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
Clinical psychologist
Counseling psychologist
Psychoanalyst
<b>Psychiatric social worker</b>
Psychiatric nurse
Nurse practitioner
Pastoral counselor

**EDUCATION:**  
B.S.W. or M.S.W., plus supervised experience in psychiatric field

**ROLE:**  
Manages cases for people in treatment; psychotherapy

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
Clinical psychologist
Counseling psychologist
Psychoanalyst
Psychiatric social worker
<b>Psychiatric nurse</b>
Nurse practitioner
Pastoral counselor

**EDUCATION:**  
R.N., plus supervised experience in psychiatric field

**ROLE:**  
Works with hospitalized patients to improve functioning; manages various aspects of treatment

## MENTAL HEALTH PRACTITIONERS




Psychiatrist
Clinical psychologist
Counseling psychologist
Psychoanalyst
Psychiatric social worker
Psychiatric nurse
<b>Nurse practitioner</b>
Pastoral counselor

**EDUCATION:**  
Bachelor's degree in nursing, plus Master's

**ROLE:**  
Works in office of supervising psychiatrist, assessing clients and prescribing medications

## MENTAL HEALTH PRACTITIONERS



Psychiatrist	<b>EDUCATION:</b> <b>Bachelor's in divinity, plus training in counseling</b>
Clinical psychologist	
Counseling psychologist	<b>ROLE:</b> <b>Supportive counseling to people in congregation going through difficult times</b>
Psychoanalyst	
Psychiatric social worker	
Psychiatric nurse	
Nurse practitioner	
<b>Pastoral counselor</b>	

## References Used

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