

Ancient Diagnostics

Heat, Water, Wind, Smell, Energy.

Organs, Eyes, Muscles, Bones.

Bodily products, secretions.

**Change to structure and content of mental
representation.**

What is and what is not a mental health condition?

✓ Depression

✓ Stress

✓ Schizophrenia

✓ Bipolar Disorder

✓ Anxiety

✓ Psychosis

✗ Learning difficulties

✗ Dyslexia

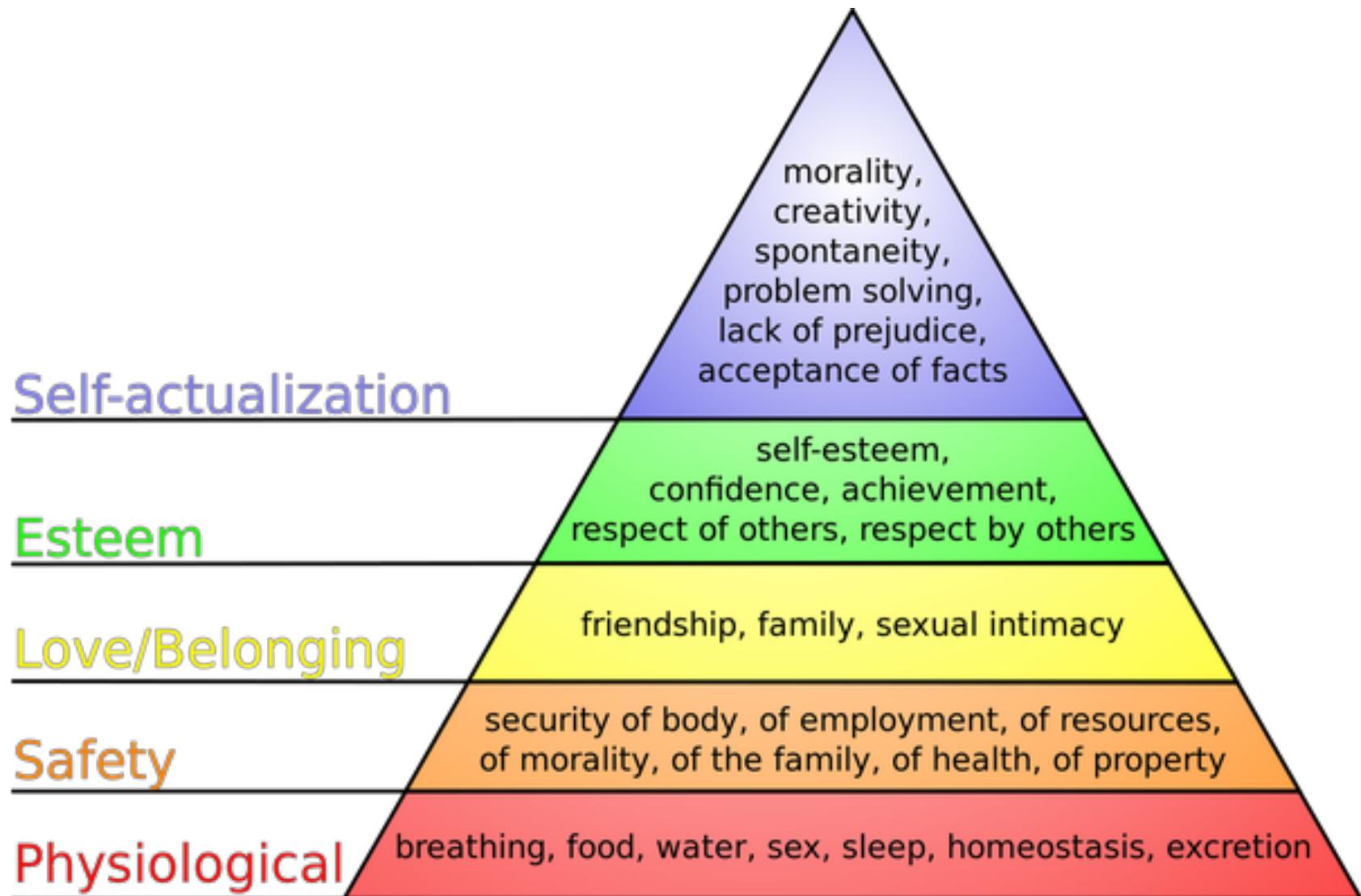
✗ Asperger's Syndrome

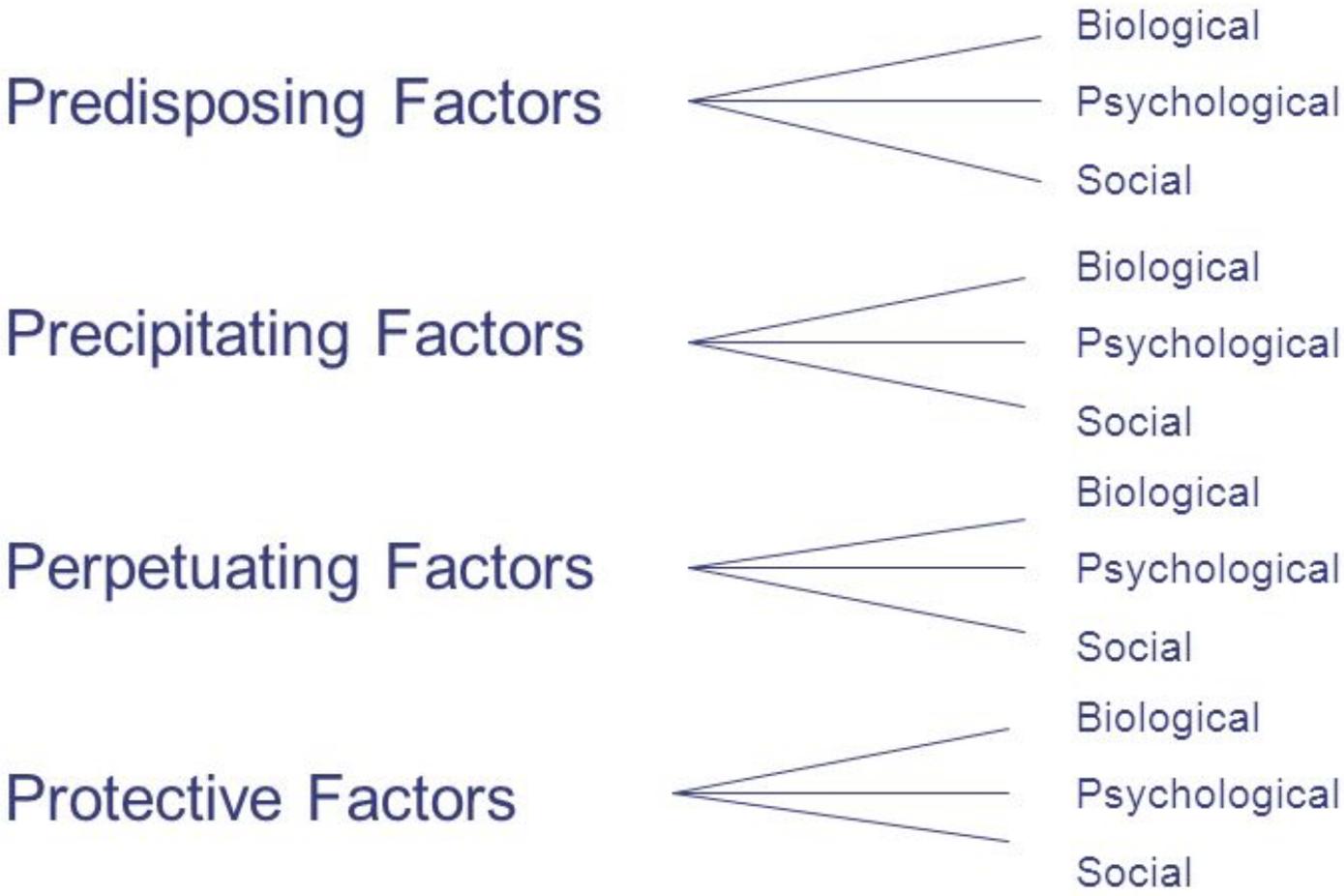
✗ ME/chronic fatigue

✗ Autism

✗ Epilepsy







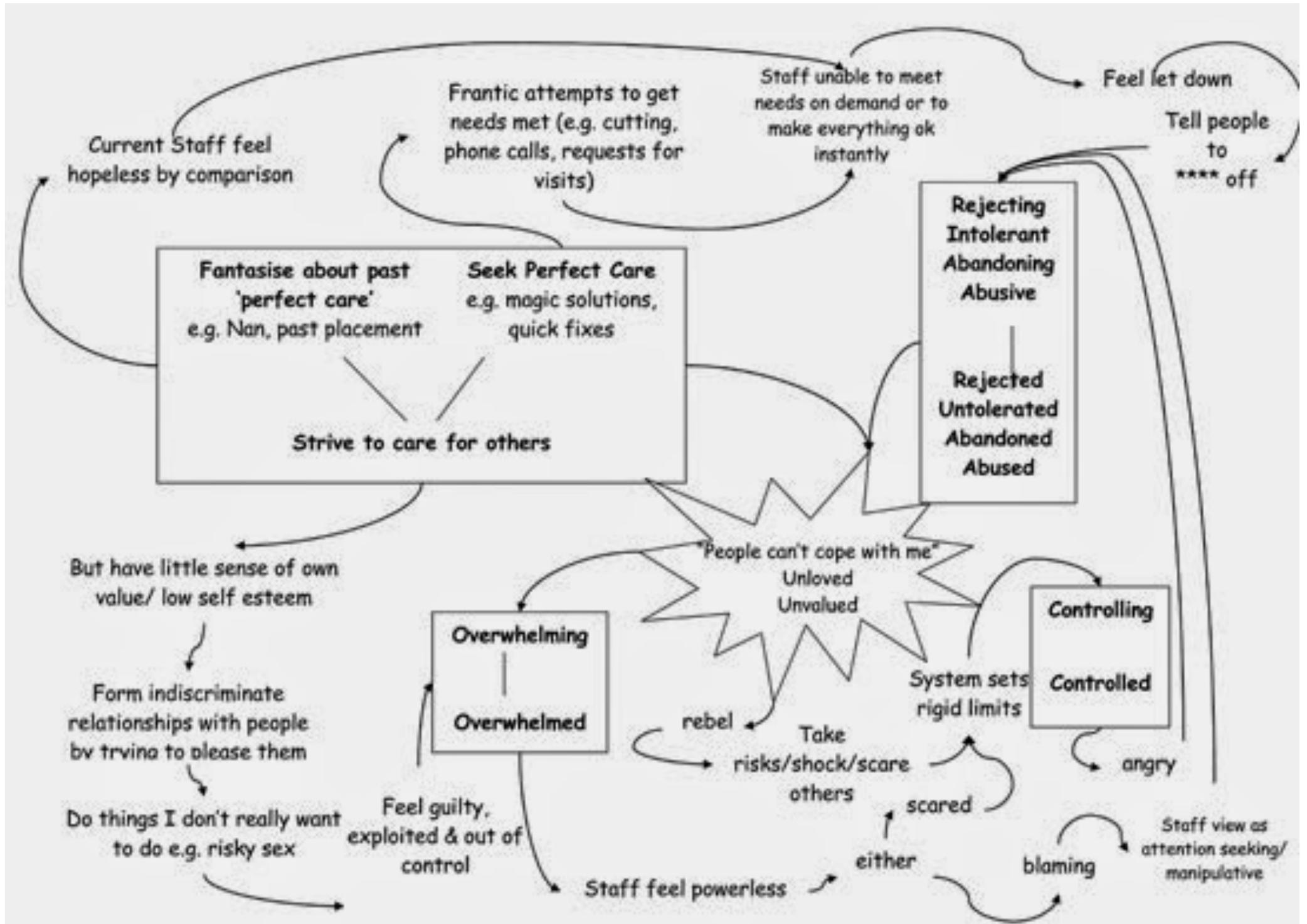
	Predisposing	Precipitating	Perpetuating	Protective
Bio	<p>Genetics Family history Medical Conditions Chemical Use Agitators</p>	<p>Chemical use Drug-drug interactions Adverse effects of prescribed meds Head trauma Seizures Metabolic causes</p>	<p>Poorly controlled medical conditions Ongoing drug use Chronic sleep deprivation Chronic pain Painful/debilitating diseases (arthritis, lupus, multiple sclerosis, psoriasis, etc).</p>	<p>Healthy living Negatives No drug use No exposure to chemicals in uterus No schizophrenia or bipolar in family No traumatic brain injury</p>
Psycho	<p>Attachment issues Abuse, neglect, & traumatic stress Mood Disorders (Depressive, Anxious, Bipolar) Features of Borderline and Antisocial Personality Disorder Impulsivity and Poor Problem Solving</p>	<p>Stressful events Post-Traumatic Stress Disorder Impulse control disorder Mood disorder</p>	<p>Continuation of psychological and social predisposing factors Continuation and reinforcement of poor problem solving Mental Health Disorders Lack of healthy intervention for child/family</p>	<p>Character development Exposure to positive role models Reflecting on experience Consistency of consequences</p>
Social	<p>Sexual Orientation Childhood sexual and physical abuse/neglect Poverty/disadvantaged environment Peer group, bullying Discrimination Family history of suicide</p>	<p>Interpersonal losses Legal problems Friend has attempted/completed suicide Academic difficulties Coming out Parental job loss Change in family membership</p>	<p>Continuation of precipitating factors Parental MH/AODA Abuse/neglect Poor parent-child communication Social isolation Mistrust of helping-professionals, stigma</p>	<p>Existence of even one positive adult relationship Engagement in effective mental health treatment Limited access to means for violence Stability within the family School based resources Community involvement</p>

TABLE 5: DEFENSE MECHANISMS

NARCISSISTIC DEFENSES	IMMATURE DEFENSES	NEUROTIC DEFENSES	MATURE DEFENSES
<p>Denial- Negates sensory data to avoid awareness of painful aspect of reality. Abolishes external reality. Used in normal and pathological states.</p>	<p>Acting Out- Acts an unconscious impulse or affect to avoid affect. Acting gives into the impulse rather than prohibiting it. Avoids the tension of postponing expression.</p>	<p>Controlling- Manage or regulate environment excessively to avoid anxiety.</p>	<p>Altruism- Experiences vicarious pleasure by serving others constructively and instinctually. Reaction formation is benign and constructive. Serving others does not take the place of meeting own needs.</p>
<p>Distortion- Reshapes external reality to suit inner needs. Beliefs, hallucinations, delusions. Sustains feelings of superiority, entitlement.</p>	<p>Blocking- Inhibits thinking temporarily. May include affects and impulses. Resembles repression, except tension felt.</p>	<p>Displacement- Shifts an emotion or drive from one idea or object to another. Permits symbolic representation of less distress.</p>	<p>Anticipation- Anticipates, plans for future inner discomfort that is goal directed. Careful planning or worrying and premature but realistic affective anticipation of dire and potentially dreadful outcomes.</p>
<p>Primitive Idealization- Endows either “all good, omnipotent” or “all bad,” inflated external objects with great power</p>	<p>Hypochondriasis- Transforms bereavement, loneliness, aggressive impulses into self-reproach, pain, somatic illness. Avoids responsibility, circumvents guilt. Affliction due to ego-alien nature of introjects.</p>	<p>Dissociation- Drastically modifies personal identity or character to avoid emotional distress, including fugue states, hysterical conversion, DID, drug highs, religious joy.</p>	<p>Asceticism- Eliminates pleasurable effects of experiences. Uses morals to assign values to specific pleasures. Derives gratification from renunciation of all consciously-perceived base pleasures.</p>
<p>Projection- Perceives and reacts to inner qualities as though outside the self. May include frank delusions, persecutions, and acting on the perceptions.</p>	<p>Identification- Crucial to ego development. But person may identify with love object to defend against anxiety or pain, real or threatened. Person adopts quality or symptom of one about whom feels guilty. Identifies with aggressor.</p>	<p>Externalization- Perceives in external and objects, elements of one’s own personality, including impulses, conflicts, moods, attitudes, and styles of thinking.</p>	<p>Humor- Permits overt expression of feelings and thoughts without personal discomfort or immobilization and does not produce unpleasant effects on others. Person may focus and tolerate what is too terrible to be borne. Wit, however, does not allow feeling of the affect at all.</p>
<p>Projective Identification- Deposits unwanted aspects into another person so projector feels at one with object. Recipient modifies projections and projector recovers them. Allows one to distance and make self understood by exerting pressure on another to experience similar feelings.</p>	<p>Introjection- Although, vital to development, when used as a defense, can obliterate distinction between subject and object. Avoids painful awareness of separateness of threat of loss. Avoids the anxiety of feared object as in identification with aggressor.</p>	<p>Repression- Expels or withholds idea from consciousness. Primary curbs ideas before reaching consciousness; secondary excludes what was once conscious. Not really forgotten. Symbolic behavior may be present. May lose cherished goals.</p>	<p>Sublimation- Achieves impulse gratification and retention of goals via altering object to one that is socially acceptable. Channels instincts rather than blocking them. Acknowledges, modifies, directs feelings toward an object or goal, yet allows modest gratification of instincts.</p>
<p>Splitting- Divides external objects into “all good” and “all bad.” Abruptly shifts from one extreme to other. Sudden and complete reversals of feeling. Self-concept may oscillate.</p>	<p>Passive Aggressive Behavior- Expresses aggression indirectly through failures, procrastination, illness that affect others more than self.</p> <p>Projection- Attributes own feelings to another due to intolerable feelings or painful affects. In psychosis, become frank delusions and persecutions.</p>	<p>Inhibition- Inhibits or renounces ego functions consciously to evade anxiety arising out of conflicts with impulses, superego, environmental forces or figures.</p> <p>Intellectualization- Avoids affective expression, experience, relationship. Attends to external reality to avoid feelings, and details to avoid whole.</p>	<p>Suppression- Decision or action to postpone attention to a conscious impulse or conflict Does not avoid issues, but cuts them off. Acknowledges discomfort, but minimizes it.</p>
	<p>Regression- Attempts to return to earlier functioning to avoid tension at current level. Necessary for creativity.</p>	<p>Isolation- Splits or separates idea from affect. Represses affect. May remove one from object relationships.</p>	
	<p>Schizoid Fantasy- Retreats autistically to avoid intimacy, obtain gratification. Eccentricity repels.</p>	<p>Rationalization- Offers rational explanations to justify attitudes, beliefs, behaviors instinctually based.</p>	
<p>NOTE: Those identified by Anna Freud are grayed. She also identified Reversal and Turning Against the Self (Fairbairn’s Moral Defense in Children.) Adapted by Martha Blake 5/02. From Vaillant, <i>Adaptation to Life</i>, 1977.</p>	<p>Somatization- Converts psychic derivatives into body symptoms. Desomatization, infantile somatic responses replaced by thought, affect</p>	<p>Reaction Formation- (Reversal) Transforms an unacceptable impulse into its opposite. If frequently used early, can become obsessional character trait.</p> <p>Sexualization- Endows sexual significance to an object or function.</p>	

Formulation

Formulation is the process of making sense of a person's difficulties in the context of their relationships, social circumstances, life events, and the sense that they have made of them. It is a bit like a personal story or narrative that a psychologist or other professional draws up with an individual and, in some cases, their family and carers.



- Psychodynamic Measures of Therapeutic Change

Sidney J. Blatt, Ph.D. and John S. Auerbach, Ph.D.

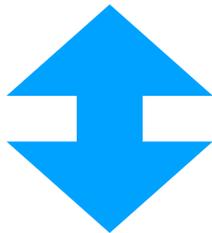
- Differentiation-Relatedness of Self and Object Representations [Self /Other]
- Conceptual Level Scale for Descriptions of Self and Object Representations [Cognitive Organisation]
- Thematic Content Scales for the Description of Others [Emotional Themes]
- Scale of Reflective Functioning

- The Differentiation-Relatedness of Self and Object Representations Scale identified two fundamental dimensions of self and object representation:
 - (a) the differentiation of self from other (the integration of a sense of self)
 - (b) the establishment of increasingly mature levels of interpersonal relatedness

**Self / Other Boundary
Compromise**

Basic sense of physical cohesion or integrity of representations are lacking or are breached.

10 point Scale



**Creative, integrated
constructions of self and other
in empathic, reciprocally
attuned relationships.**

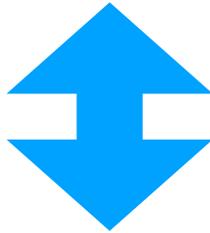
Integrated reciprocal relations with an appreciation that one contributes to the construction of meaning in complex interpersonal relationships.

Reflective Functioning

-1. Negative reflective functioning.

Responses distinctively anti-reflective, hostile, bizarre, or inappropriate in the context of the interview.

11 point continuum



9. Exceptional reflective functioning.

Responses show exceptional sophistication. They are commonly surprising in their insights, are quite complex or elaborate, and consistently manifest causal reasoning with regard to mental states. The subject displays a consistent reflective stance across all contexts.

- Mediation - as ADR - supposes the existence of a dispute.
- The mediator as interlocutor, by appointment, by agreement and with understanding.
- A juncture at which point the mediator is a type of Rosetta Stone - leaving the content for a moment and considering the underlying process.
- Finding the boundary (not between mediation and therapy), but between mediation and humanity.

Common themes associated with existentialism:

dread

boredom

alienation

the absurd

freedom

commitment

nothingness

... in addition, ongoing attempts to locate their philosophical significance in the context of the search for a new categorial framework, together with its governing norm.

Primary Existential Themes

Resistance to Life
Powerlessness
Identity Confusion
Unworthiness

- Resistance to Life
 - Overt and Covert forms
 - Resistance
 - Avoidance
 - Grudging Compliance

Resistance

Overt

Suicidal ideation or attempts
Hyper-vigilance
Counter-dependence
Authority issues
(rebellious)
Self-sabotage behavior
(struggle with hardships)
Oppositional (negative
attitude, closed to
anything new
Withholding
Stubbornness

Covert

"Microsuicidal" behaviors
Shut down spontaneity(rigidity)
Overwhelm (feeling stuck)
Reactive (conditioned responses)
Exhausted ("I'm too tired")
Fear of annihilation ("Don't be")
Alienation (isolation, loneliness, despair
and separation anxiety)
Boredom
Impatience

Avoidance

Overt

Excessive busyness
Self-medication addictions)
Irresponsible (not following through on commitments)
Sabotage ("shoddy" work)
Done with resentment
Authority issues (rage)
Super-responsibility
Arrogance

Covert

Resignation ("I can't do it right, so why even do it at all?")
Difficulty in committing
Timidity (fear of risk)
Indecision (terror of abandonment)
Longing (escape into wishful thinking)
Lack of trust ("I would, but there's not enough ...")
Procrastination
Dissociation (numbness, disconnection)

Grudging Compliance

Overt

Sabotage ("shoddy" work)
Done with resentment
Authority issues (rage)
Super-responsibility
Arrogance

Covert

Martyr
Habitual failure
Authority issues (passive aggression)
Done only through obligation
Confusion ("lost")

Meaningful Reflection

- Blend these together:
 - A philosophical attitude to the currents and currencies of life
 - an existential view of broad developmental tasks that call each of us into maturity
 - an analytic and psychoanalytic understanding of the strands that weave together to allow integration, cooperation and forgiveness.