

Key Dates

- TH Apr 27 (last class) Unit 27; Social Perspective Assignment in class ; **Term Paper Step 4** (*attach graded Steps 1 and 3 with my “Term Paper Grading” sheet*)
- WE May 3 11:30-2:30 Final Exam (Part I Multiple Choice, Part II Short Essays); **Term Paper Step 4** (slight penalty) (*attach graded Steps 1 and 3 with my “Term Paper Grading” sheet*)

Goal: To learn about and evaluate the value that community approaches might have in both the treatment and prevention of different forms of psychopathology

UNIT 27: COMMUNITY APPROACHES TO PREVENTION AND TREATMENT

Learning Outcomes

- By the end of this class, you should be able to:
 - Describe how group and couples/family models of psychotherapy are used within the mental health system.
 - Explain what deinstitutionalization refers to, how it has come about, and how it has been a problem.
 - Describe the procedures and criteria that are involved in involuntary psychiatric hospitalization.
 - Identify the key goals that are reflected within the community mental health movement
 - Distinguish between the three different forms of prevention and how they are used in mental health.

Community Approaches to Prevention and Treatment

⦿ Group psychotherapy

- Group therapists may be primarily psychodynamic or humanistic or cognitive or behavioral in their approach
- Some groups are focused on a specific diagnosis, others include people with many different diagnoses
- While each individual member is the focus of treatment, the therapist will make use of the group as a whole, focusing on interactions within the group

Community Approaches to Prevention and Treatment

- ◎ Couples and family therapies
 - Focus goes beyond the “identified patient” and looks at the couple or family as a system
 - Approaches might be primarily psychodynamic or humanistic or behavioral or cognitive
 - There are also *family systems* therapies that are unique to this modality
 - Couples/family therapies are often in conjunction with the identified patient also being seen in individual therapy

Community Approaches to Prevention and Treatment

- Social units and systems as a focus of treatment
 - Group therapies (but still tend to focus on each individual)
 - Couples and family therapies: going beyond the “identified patient” (focus on the system)
 - Residential care: milieu therapy
 - Less-than-residential: partial, day treatment, etc.
 - Self-help support groups (e.g., AA)

Community Approaches to Prevention and Treatment

⊙ Hospitalization

- A brief review of the history of asylums and mental hospitals
- The deinstitutionalization movement

⊙ Legal issues

- Civil commitment
- Patients' rights (e.g., vote, sign contracts)
- Right to treatment and to refuse treatment

Community Approaches to Prevention and Treatment

- Community psychology and the community mental health movement
 - Making services accessible
 - Reduce cost
 - Use public education to promote awareness, reduce stigma
 - Increase number of providers
 - Widen the scope of who is a “provider”
 - Keep people in their homes and communities
 - Emphasis on “problems in living” (Szasz) more than on psychopathology, on wellness more than illness

Community Approaches to Prevention and Treatment

- Community psychology
 - The emphasis on prevention
 - Primary prevention: wide application
 - Secondary prevention: targeted at those at risk
 - Tertiary prevention: overcoming barriers to treatment
 - DSM-5's "Other Conditions": child maltreatment, partner violence, homelessness, etc.
 - Can be viewed as *social*, not clinical, problems
 - Can be targeted to reduce the incidence of mental disorders

Community Approaches to Prevention and Treatment

- ◎ Integrative models of psychopathology
 - The biopsychosocial model revisited
 - Integrative models of causation
 - Phobias
 - Substance use disorder
 - Antisocial personality disorder
 - Schizophrenia

Community Approaches to Prevention and Treatment

- Integrative models of treatment
- Most mental health professionals describe their approach as “eclectic”—they draw from and combine many different treatment techniques
- Dual diagnosis
- Combining medication and some form of psychological treatment—often valuable, but not always
- Matching patients with the “right” form of treatment: evidence unclear

A Final Comment

- ⦿ Why do we know so little? Why is there so much disagreement and confusion?
- ⦿ Perhaps our current classification system, deliberately designed to be descriptive and not truly “diagnostic,” is an obstacle
- ⦿ What will DSM-6 look like? Or DSM-10?!