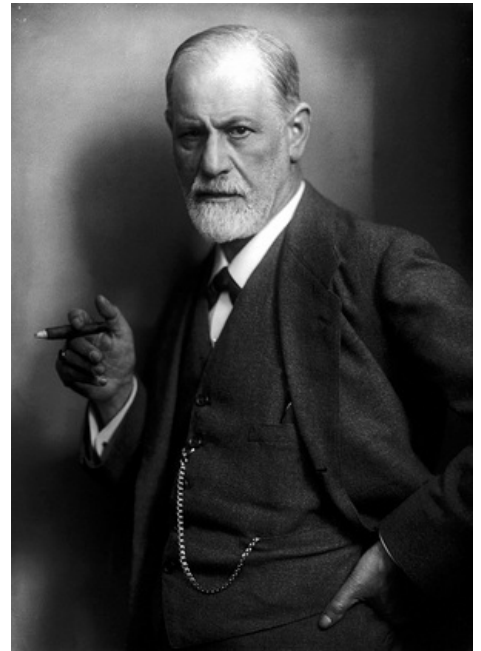


# Psychological and social theories of mental illness

## Sigmund Freud

- founder of psychoanalysis, a scientifically structured system for understanding mental illness
- dynamic personality strength – psychosexual energy = *libido*
- pregenital infantile sexuality – focused autoerotic
- development from childhood – oral, sadistic-anal, phallic and puberty
- libido can get stuck in a certain developmental stage, fixation gives a basis for perversions
- libido suppression – neurosis
- other mental life structures – *Id, Ego, Superego*
  - *neurosa* – konflikt Ego and Id
  - *psychotic disorders* – disorders of the relationship between the ego and the environment
- treatment by shifting experiences from unconscious to conscious – *psychoanalysis* ( only limitedly )



Sigmund freud

## Carl Gustav Jung

- Looking for a connection between personal experience and existence of all mankind
- Archetypes - allow an insight of individual fate
- origin schizophrenia - experience of a strong affection that is equal to seeing the mythical medusa

## Alfred Adler

- neurosa as a person's defense against the feeling of one's own worthlessness - *a complex of inferiority*

## H.S Sullivan

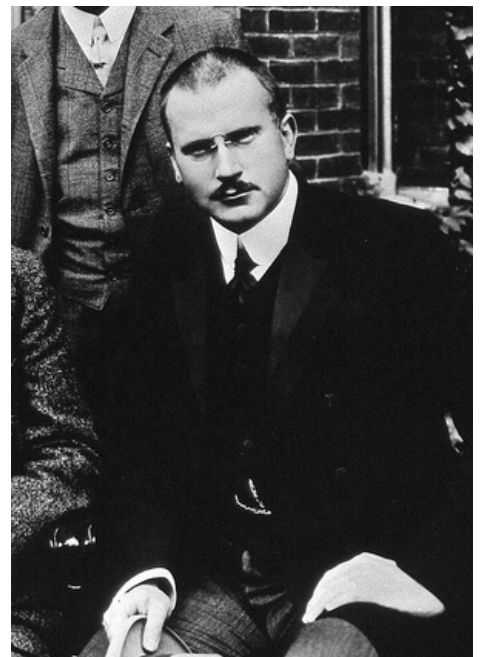
- The basis of disorders is in the disorder of relationships between people

## California school

- He also deals with interpersonal communication, theory of "double ties" - the emergence of schizophrenia is due to interpersonal communication in the family ("parents are always right, do not listen because he is lying")

## Behavioural psychotherapy

- study of learning and behaviour process
- A neurotic patient has either not learned to the non -adaptive behaviour or is missing the correct formulas



Carl Gustav Jung

## Daseinsanalysis

- From the existential philosophy of psychiatrists from Germany, it emphasizes' 'unrepeatability and uniqueness of the human creature', the therapist seeks to empathize with the patient

## Existential analysis

- emphasizes *the desire for the meaning of life* , in doubt about the meaning of existence arises, frustration, neurosis and depression

## Humanist psychology

- tries to understand the inner experiences of an individual and teach him to control the recognized

- Personal development is in understanding and manifesting your feelings

## Theory based on the studio of family interaction

Develops in the middle of the 20th century

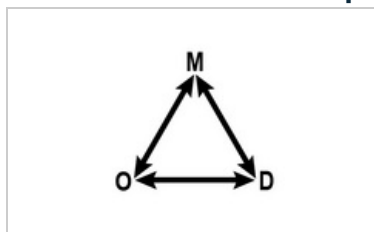
- Family - a small group that is specifically different from other social groups
- Basic interaction - mother -network
- nuclear family
- Balance, sometimes at the cost of a "scapegoat" (scapegoat) - for example, one child is constantly angry, so parents solve his offenses and not disagreements with each other, it can play a role in the development of schizophrenia



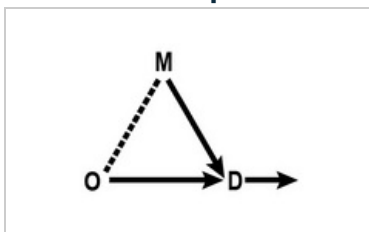
Alfred Adler

### Nexal family

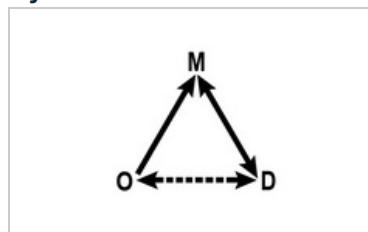
#### Examples of relationships in the family



Basic triangle: Father-Mother-Child. Relations between them run freely, freely, in all directions



Alienation of spouses. Both parents are emotionally attached only to the teenage child. The child begins to feel uncomfortable with the parents' excessive care and withdraws.



A mother has formed a strong emotional bond with a young child. Father stands aside. He tries to establish a relationship with the child, but at the same time he is jealous of them.

- closed to the world and the other
- Loss of autonomy of individual members, all must submit to the internal rules of the family
- Lack of individual and family perspectives, suppresses the development of children
- Development of the disease in a nexal family:
  1. Phase - The child is born with difficulty in expressing their needs, the family is not recognized, the family describes the child as good, trouble-free, but actually ignores its needs
  2. Phase - The child begins to have the need to show your own self, the effort to escape the family control, is assessed as a "evil" child, the family is looking for the blame outside (friends, school...)
  3. phase - an individual contrary to family standards is marked mad, the family gets rid of guilt and is looking for a problem outside, a vicious circle

### Healthy family

- Communication is friendly, misunderstandings do not hide, discuss
- satisfies the emotional needs of the members, open to the incentives from the surroundings
- father and mother - natural authority, child has its own space
- Emotional responses permanent and certain
- It is clear to them that the meaning of life is in themselves

## Theory of mental diseases based on social interaction

- Mental disease has a more pronounced character of social status
- Three Profit of Psychic Disease (Freud)
  - primary - anxiety regulation
  - secondary - changes in social situation, escape
  - tertiary - benefit for the surroundings (the possibility to care, regret, get rid of guilt)
- The patient's status brings
  - benefits - acquittal of duties, the patient is not responsible for his condition
  - sanctions - efforts to temporarily condition, treatment
- *Psychiatric Stigma*

## Links

## Reference

- BENEŠ, Jiří. *Studijní materiály* [online]. [cit. 2010]. <<http://jirben.wz.cz>>.

