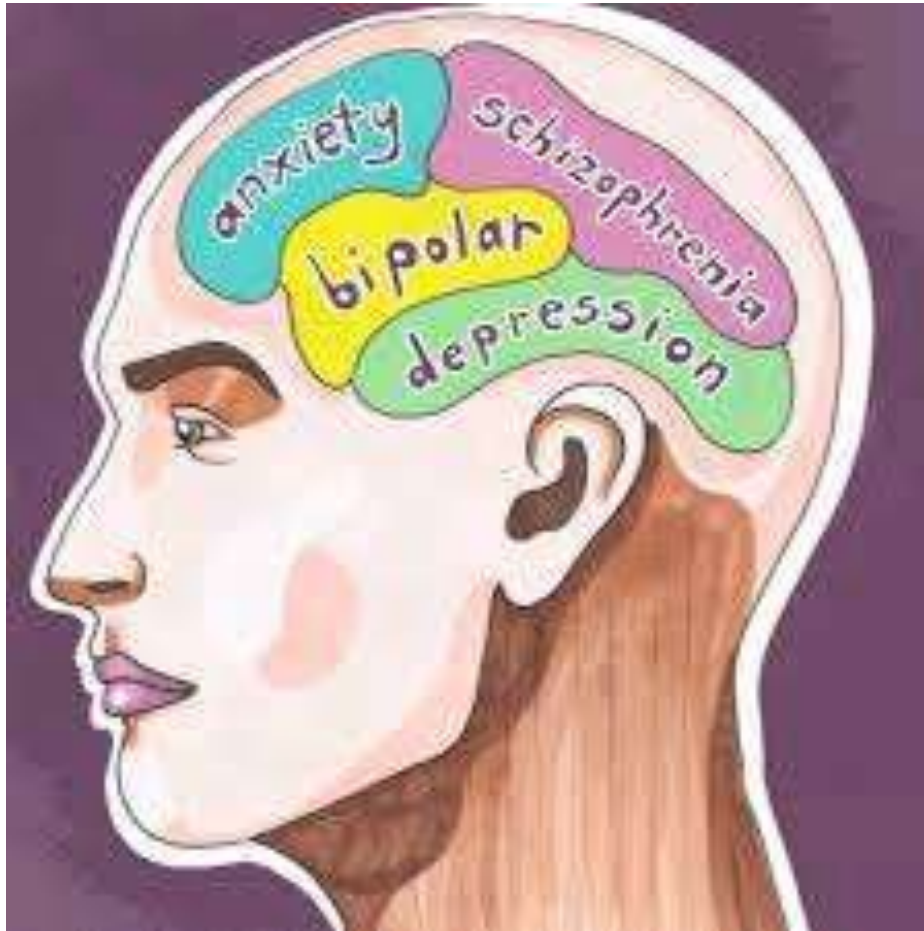


Psychological Disorders



What is a Psychological disorder or abnormality?

Psychological disorders are **Deviant** (different, extreme, unusual) **Distressing** (unpleasant and upsetting), **Dysfunctional** (interfere with the person's ability to carry out daily activities), and possibly **Dangerous**(to the person or the other)

The word abnormal literally means “ **away from the normal.**”, it implies deviation from some clearly defined norms and standards.



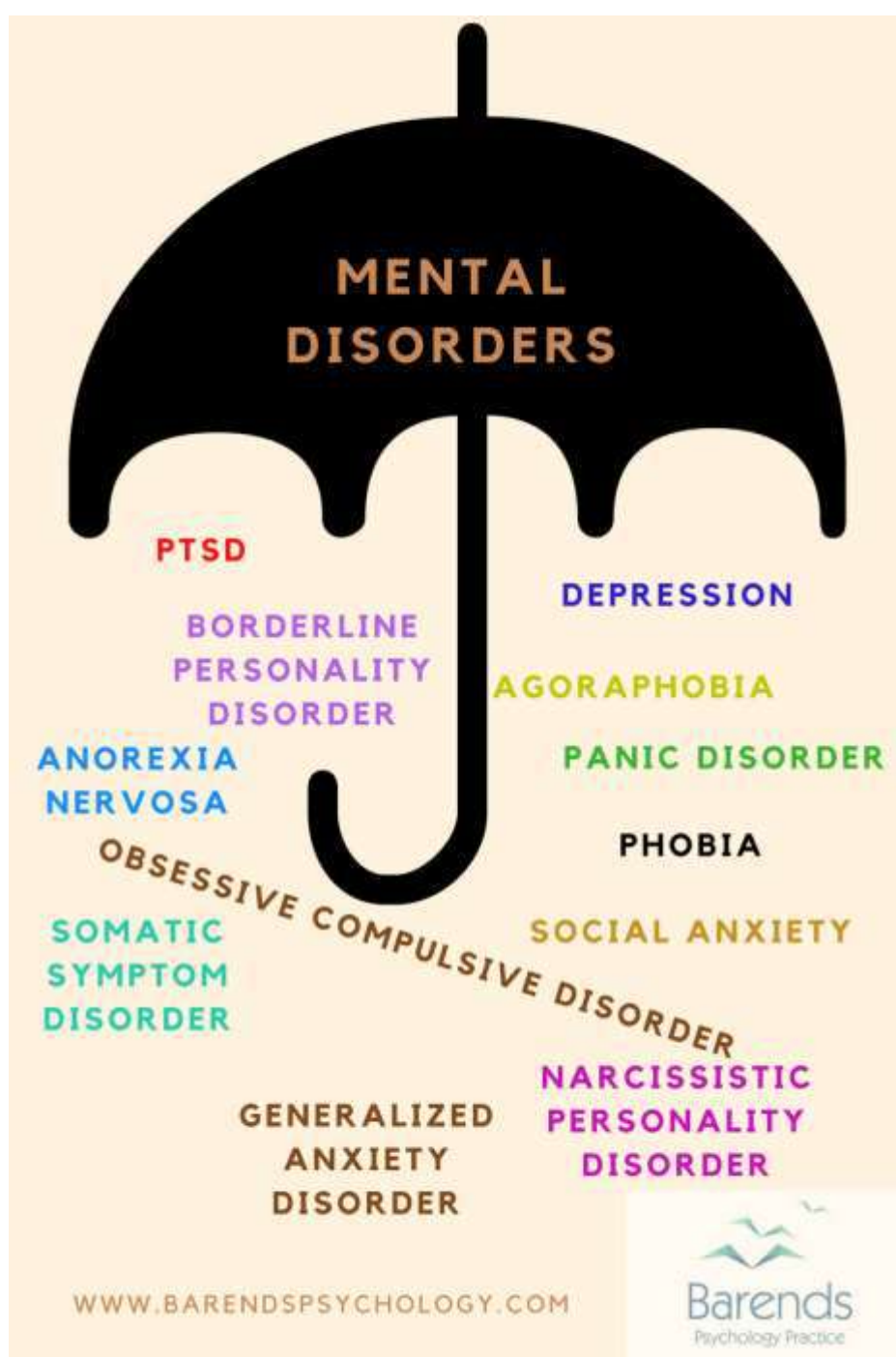
Classification of psychological disorder:

In order to understand psychological disorders, we must begin by classifying them. A classification of such disorders consists of a list of categories of specific psychological disorders grouped into various classes on the basis of some shared characteristics.

Classifications are useful because they enable users like psychologists, psychiatrists and social workers to communicate with each other about disorder and help in understanding the causes of psychological disorders and the processes involved in their development and maintenance.



Various types of mental disorders



Types of Therapies:

Though all psychotherapies aim at removing human distress and fostering effective behavior, they differ greatly in concepts, methods and techniques.

They can be classified into three broad groups, i.e. Psychodynamic, Behavior therapy and existential psychotherapies.



1. Psychodynamic Therapy:

It was pioneered by Sigmund Freud and later his close collaborator Carl Jung modified it to what came to be known as analytical psychotherapy. Subsequently, Freud's Successors, known as Neo-Freudians, established their own versions of classical psychodynamic therapy.

Broadly, the psychodynamic therapy has conceptualized the structure of the psyche, dynamics between different components of psyche and the source of psychological distress.



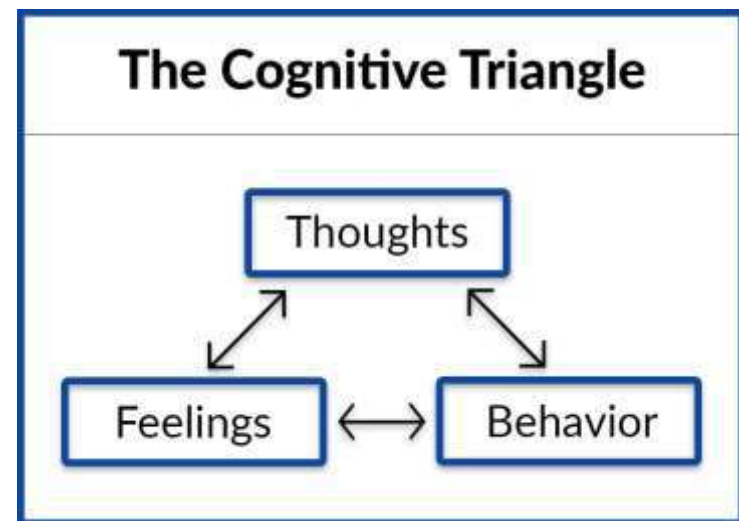
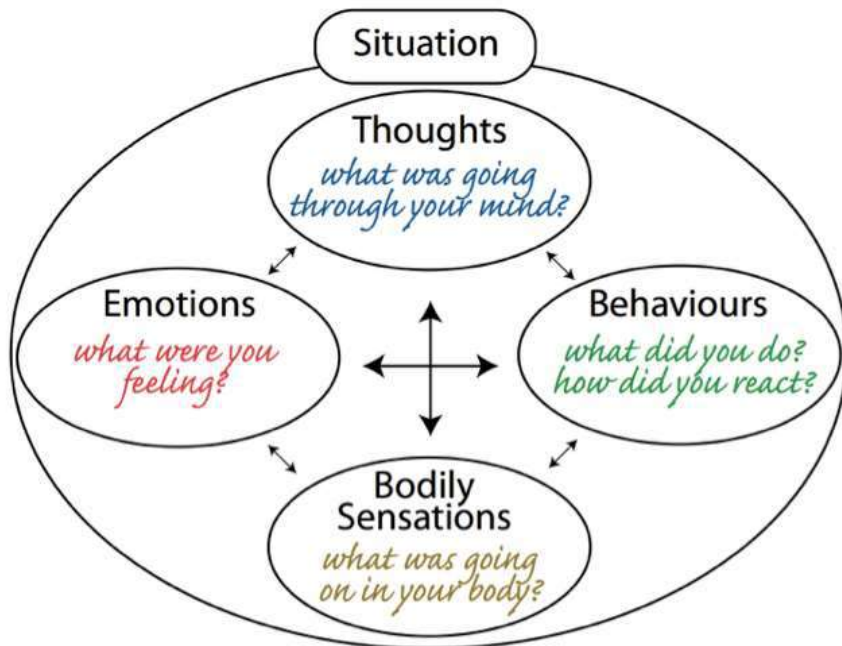
2. Behavior Therapy:

It states that psychological distress arises because of faulty behavior patterns or thoughts patterns. It is therefore focused on the behavior and thoughts of the client in the present



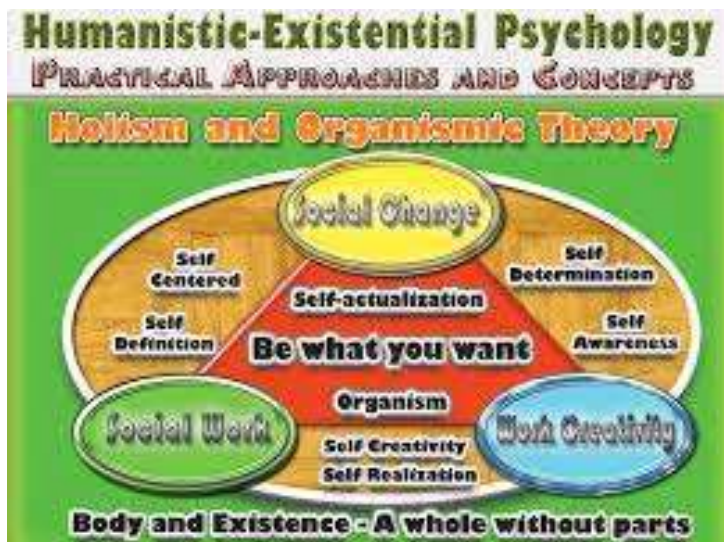
3. Cognitive Therapy:

Cognitive therapies locate the cause of psychological distress in irrational thoughts and beliefs. Albert Ellis formulated the Rational Emotive Therapy (RET)



4. Humanistic-Existential Therapy:

The Humanistic-existential therapies postulate that psychological distress arises from feelings of loneliness, alienation and an inability to find meaning and genuine fulfillment in life. Human beings are motivated by the desire for personal growth and self-actualization, and an innate need to grow emotionally.



Client Centered Therapy



Gestalt Therapy



5. Biomedical Therapy:

Medicines may be prescribed to treat psychological disorders. Prescription of Medicines for treatment of mental disorders is done by qualified medical professionals known as psychiatrists. These are medical doctors who have specialized in the understanding, diagnosis and treatment of mental disorders.



Alternative Therapies:

These are alternative treatment possibilities to the conventional drug treatment or psychotherapy. For e.g. Yoga, Meditation, Acupuncture, herbal remedies and so on. Vipasana Meditation, Sudarshana Kriya Yoga, Kundalini Yoga etc. are widely used by patients.



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A woman in a white dress is shown in a meditative posture (Padmasana) on the right side of the advertisement.



Thank you