Chapter One:
Understanding Abnormal Behavior
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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
Stigma

• A lot of stigma attached to abnormal behavior/mental illness
  – Historical people
  – Disclosure of Mental Illness

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)

• Early Greek Ideas
• Origins of the Medical Model
  – Hippocrates

Historical Perspectives

• Four Humours
  – Phlegm
    » phlegmatic
  – Black Bile
  – Yellow Bile
  – Choleric

• Galen
• Medieval Times
  – Belief in supernatural again
  – Roman Catholic Church Influence
  – Exorcism
Historical Perspectives

• Witchcraft
  – More likely to be someone who was not liked as someone who exhibited abnormal behavior Paracelsus

• Asylums
  – Became storehouse for mentally ill in 15th & 16th centuries
  – Treatment horrid
  – St. Mary’s of Bethlehem

Historical Perspectives

• Franz Anton Mesmer
  • Reform Movement and Moral Therapy
    – Jean Baptiste Pussin
    – Phillippe Pinel
    – 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

Consumer of science
  - Enhancing the practice
Evaluator of science
  - Determining the effectiveness of the practice
Creator of science
  - Conducting research that leads to new procedures useful in practice

MENTAL HEALTH PRACTITIONERS

- Psychiatrist
- Clinical psychologist
- Psychoanalyst
- Counseling psychologist
- Psychiatric social worker
- Pastoral counselor
- Psychiatric nurse
MENTAL HEALTH PRACTITIONERS

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

EDUCATION:
M.D. plus three year residency in psychiatry

ROLE:
Prescribes medications; supervises hospital stays; psychotherapy

MENTAL HEALTH PRACTITIONERS

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

EDUCATION:
Bachelor's in divinity, plus training in counseling

ROLE:
Supportive counseling to people in congregation going through difficult times

References Used