Principles of Psychiatric Diagnosis
- Many formal and informal systems exist for categorizing human distress
- The DSM is generally considered the authoritative guide to psychiatric diagnosis in the U.S.
- Even the DSM is highly criticized

Defining Mental Disorders
- The DSM is a descriptive and categorical system
- The DSM is specifically criticized as a system that feeds into medical labeling of social deviance
Chapter 10 – Diagnosis and Treatment Planning

- DSM focuses on the following
  - A clinically significant behavioral/psychological syndrome or pattern
  - That occurs within an individual
  - And that is associated with
  - Present distress
  - Disability or impairment.
  - Significantly increased risk of suffering, etc.
  - An important loss of freedom

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- Why Diagnose?
  - There is philosophical support for diagnosis
  - Diagnosis is practically useful

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- Specific Diagnostic Criteria
  - Each mental disorder includes many criteria for accurate diagnosis
  - Diagnosing mental disorders is not accomplished via a simple checklist (although checklists can help)
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- Assessment and Diagnosis Problems
  - Client deceit or misinformation
  - Interviewer countertransference
  - Diagnostic comorbidity
  - Differential diagnosis
  - Confounding cultural or situational factors

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- Diagnostic Interviewing
  - Adult diagnostic interviewing
  - Child diagnostic interviewing
  - Advantages associated with structured diagnostic interviewing
  - Disadvantages associated with structured diagnostic interviewing

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- Diagnostic Reliability and Validity
  - Reliability refers to replicability and stability.
  - There is a reliability problem associated with many DSM diagnostic categories
  - Validity, or truthfulness of a diagnosis, is based in part on reliability and very difficult to confirm
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- A Balanced Approach to Diagnostic Interviewing
  - Introduction and role induction
  - Reviewing client problems
    - Respect your client’s perspective, but do not automatically accept your client’s self-diagnosis as accurate
    - Keep diagnostic checklists available
    - Accept the fact that you may not be able to accurately diagnose after a single interview

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- A Balanced Approach to Diagnostic Interviewing (Cont.)
  - Client personal history
  - MSE
  - Current situation
    - The usual or typical day
    - Client social support network
    - Client coping skills assessment
    - Physical examination
    - Client strengths

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- Treatment Planning
  - Treating client problems vs. treating client diagnoses
    - The psychosocial treatment planning model
    - The biomedical treatment planning model
    - Evidence-based treatment plans
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- An Integrated (Biopsychosocial) Approach to Treatment Planning
  - Determining appropriate treatments
    - Client problem and empirically supported treatments
    - Empirically-supported relationship approaches
    - Therapist skill or expertise
    - Therapist preference
    - Client preference

5 Minute Reflection

- Get with a partner or small group and discuss the concept in the text of the “Social-Psycho-Bio” model. What are your reactions to this model. Would the use of this model represent progress or regression in psychiatry?
- Share your thoughts with the whole class

Designing a Practical Treatment Plan

- Problem selection
- Problem definition
- Goal development
- Objective construction
- Intervention creation
- Diagnosis determination (From Jongsma et al., 2006)
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- Treatment Planning R & R
- Resources – Many different client and therapist resources need to be considered when developing and implementing treatment plans
- Relationship – Research clearly supports the development of a positive relationship as a factor contributing to positive outcomes and so this should always be integrated into your treatment