

# Mental Health Treatment: Part 1

By Amy Quarton

# Discussion Questions

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- Historically, how was mental illness treated?
- How did Pinel, Tuke, Kirkbride, Dix, and Beers contribute to the reforms of mental illness treatment?
- How was hypnotism used to treat mental illness?
- Who is Sigmund Freud? How did he contribute to the treatment of mental illness? What are some weaknesses of his work?
- How did Anna Freud, Adler, and Jung contribute to the treatment of mental illness?



**Historically, how was  
mental illness treated?**

# Historically, how was mental illness treated?

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Before the late 1700s, mental illness was said to be incurable.



Throughout the 1800s, treatment was reformed.



In the early 1900s, treatment centered on psychoanalysis.

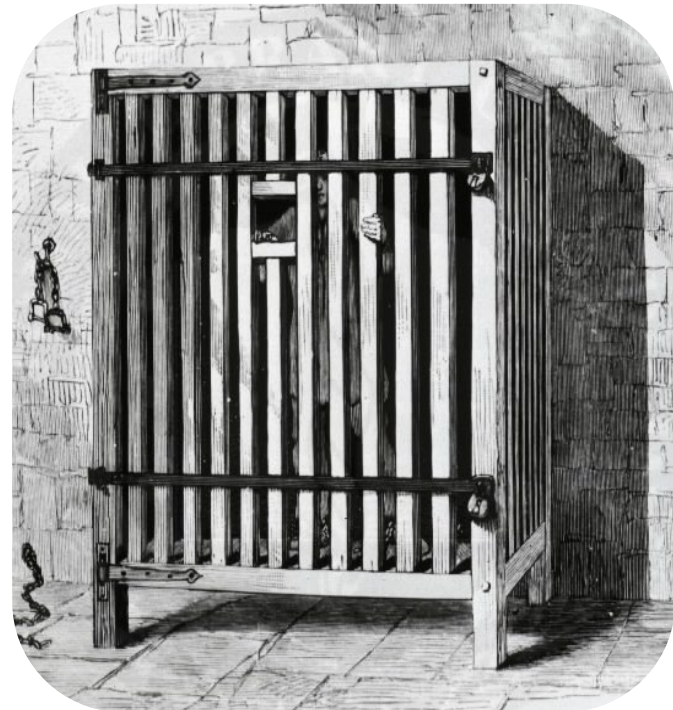


By the mid-1900s, a variety of Tx options had been created.

# Historically, how was mental illness treated?

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- Before the **late 1700s**, the mentally ill were said to be untreatable and deviant.
  - Because few institutions existed, they were confined to their homes, prisons, or hospital cellars.
  - They were neglected, chained, tortured, and even killed.



# Historically, how was mental illness treated?

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Cohen, 2018



Hardy, 2015



Unknown Source

# Historically, how was mental illness treated?

- In the late 1700s, the treatment of mental illness began to change.
- Several individuals contributed to the reforms of the Enlightenment.
  - E.g., Philippe Pinel, William Tuke, Thomas Kirkbride, Dorothea Dix, and Clifford Beers

# Historically, how was mental illness treated?

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- By the **early 1900s**, mental illness was viewed as more biologically-based and generally treatable.
- A few people contributed to the development of a new treatment option, psychoanalysis.
  - E.g., **Sigmund Freud**, **Anna Freud**, **Alfred Adler**, and **Carl Jung**





**How did Pinel, Tuke, Kirkbride,  
Dix, and Beers contribute to  
the reforms of mental illness  
treatment?**

# How did Philippe Pinel contribute?

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- **Philippe Pinel** (1745-1826) was a French physician.
- Starting in the **late 1700s**, he called for the **moral treatment** of the mentally ill.
  - This included improvements in nutrition, hygiene, and living conditions (e.g., removal of chains).
  - His reforms also included an early form of **behavior modification** using rewards and (humane) punishment.



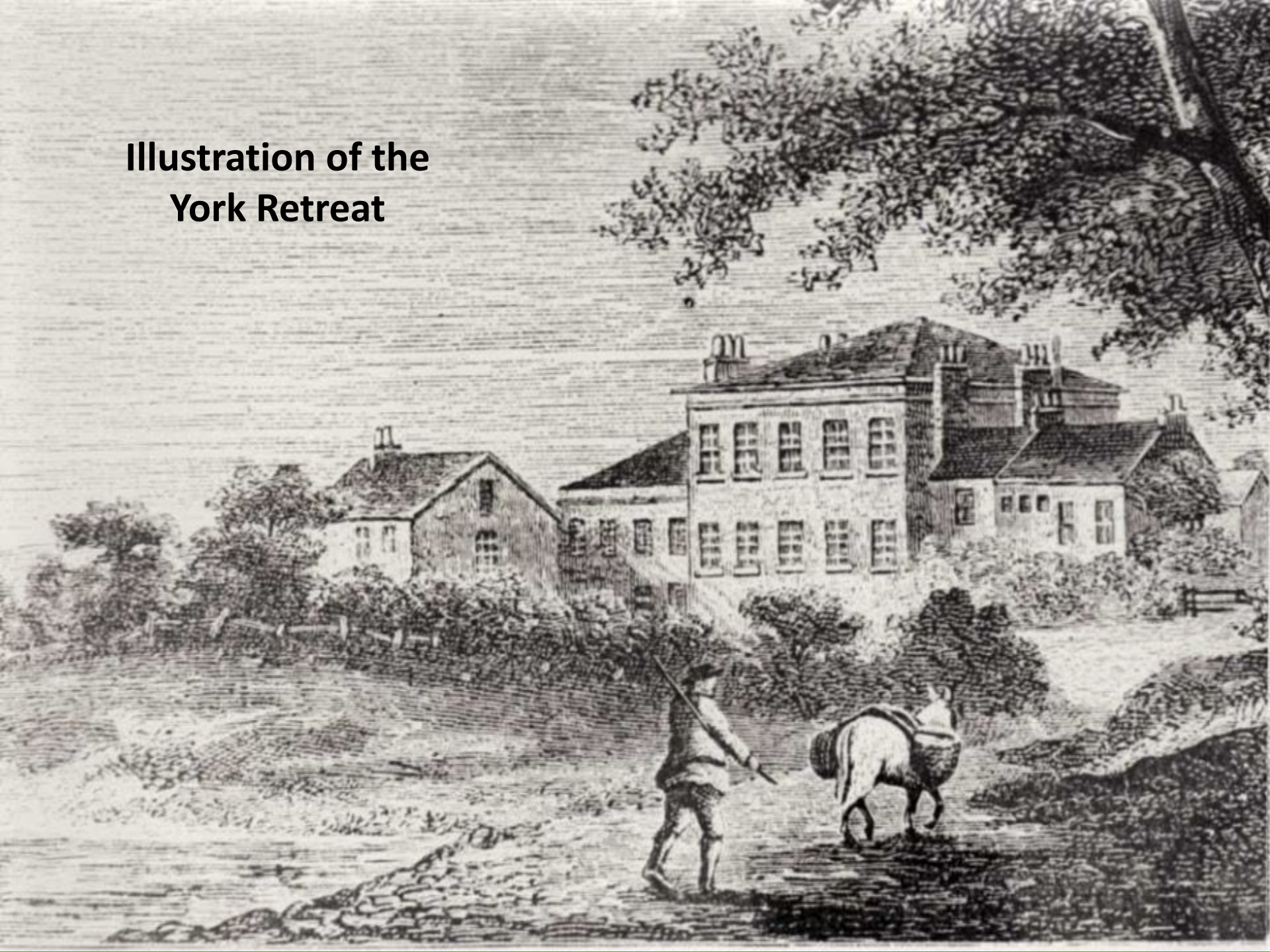
# How did William Tuke contribute?

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- **William Tuke** (1732-1822) was an English businessman and Quaker.
- In **1792**, he founded the York Retreat in rural England to care for the mentally ill.
  - Like Pinel, he promoted nutrition, hygiene, and freedom of movement.
  - In addition, good behavior was rewarded with opportunities for family visits, recreation, and work.



## Illustration of the York Retreat





# How did Thomas Kirkbride contribute?

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- **Thomas Kirkbride** (1809-1863) was an American physician and “accidental architect”.
- He established a standard design for asylums.
  - Build in a rural environment with a relaxing view and access to sunlight, fresh air, and exercise.
  - Include separate wings for men and women.
  - House the best-behaving patients on the top stories and the worst-behaving patients in separate buildings.





Fetus Falls, MN  
est. 1907



# How did Dorothea Dix contribute?

- **Dorothea Dix** (1802-1887) was an American educator and the most influential reformer.
  - In the **mid-1800s**, she logged more than 60,000 miles of travel while touring asylums across the globe.
  - She wrote about the pathetic conditions to convince legislatures to increase funding and pass reforms.
  - Her efforts helped create 47 mental hospitals and schools for the mentally ill.

# How did Clifford Beers contribute?

- **Clifford Beers** (1876-1943) was an American businessman and Yale University graduate.
  - In **1908**, after spending 3 years in 3 mental hospitals, he recovered and published a book about his experiences.
  - He wrote that the doctors were incompetent and the attendants were physically and verbally abusive.
  - His recovery supported the curability of mental illness.



“They showed him  
no mercy. Each  
day... including the  
hours of the  
night... he was  
belabored...

... with fists, broom  
handles, and  
frequently with the  
heavy bunch of  
keys...”

From Beers' *A Mind That  
Found Itself* (1908)



**How was hypnotism used to  
treat mental illness?**

# How was hypnotism used to treat mental illness?

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- Under **hypnosis**, attention is focused, awareness is reduced, and the likelihood of responding to suggestion is enhanced.
  - A German doctor **Franz Mesmer** (1734-1815) created **animal magnetism** in the **mid-1700s**.
  - In the **late 1700s**, the name changed to **mesmerism**.
  - In **1843**, a Scottish physician **James Braid** (1795-1860) named it **neurypnology**.

# How was hypnotism used to treat mental illness?

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- Hypnotism was popularized by several Europeans.
  - **Jean-Martin Charcot** (1825-1893) was a French neurologist who researched hysteria and epilepsy.
  - **Hysteria** included a range of symptoms that seemed to be neurologically-based but with no damage to the nervous system.
  - He also studied **susceptibility to hypnosis**, which he frequently demonstrated with patients on stage in front of an audience.

# How was hypnotism used to treat mental illness?

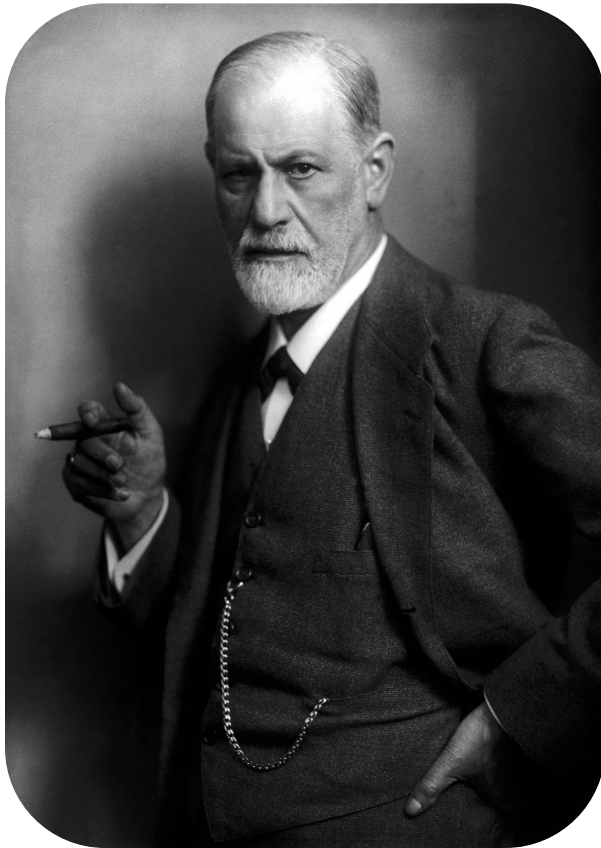
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- Hypnotism was popularized by several Europeans.
  - **Josef Breuer** (1842-1925) was an Austrian doctor who used a less suggestive version and encouraged talking.
  - **Sigmund Freud** (1856-1939) studied with Charcot in **1885** and then created and tested out his own form in the **late 1800s**.

**Who is Sigmund Freud? How  
did Freud contribute to the  
treatment of mental illness?  
What are some weaknesses of  
Freud's work?**

# Who is Sigmund Freud?

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- **Sigmund Freud** (1856-1939) was an Austrian neurologist who founded **psychoanalysis** in the late 1800s.
- He was born to Jewish parents and dreamed of being rich and famous.

# Who is Sigmund Freud?

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- In 1881, he earned a MD from the University of Vienna and worked as a clinical neurologist.
- He used a variety of methods, including hypnosis and cocaine, to find the most effective treatment.
  - He wrote about the benefits of cocaine in 1884.
- In 1886, he set up a clinical practice in Vienna and specialized in nervous system disorders.



# Who is Sigmund Freud?

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- In the **early 1900s**, he attracted a group of disciples, including Carl Jung and Alfred Adler.
- He reached the pinnacle of his success in the **1920s** and **1930s**.
- In **1938**, he emigrated to the United Kingdom to escape the Nazi regime.
- He died in **1939** from painful mouth cancer (using physician-assisted suicide).

# How did Freud contribute to the treatment of mental illness?

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- By 1896, he had coined the term **psychoanalysis** and created a new non-medical option.
  - It was a kind of “talking cure” that relied on dialogue between the therapist and the patient.
  - The therapist’s goal is to reach the patient’s unconscious and create free will.



# How did Freud contribute to the treatment of mental illness?

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- He popularized the concept of the **unconscious**.
  - He believed **hysteria** results from repressed memories of traumatic events, especially those in childhood.
  - His ideas were popular with the medical community and the general public (but not with psychologists).



# How did Freud contribute to the treatment of mental illness?

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- To access his patients' unconscious, he developed a therapeutic technique called **free association**.
  - Patients relaxed on a couch and were encouraged to say whatever came to mind without censorship.
  - Some experienced resistances and were unable to access painful memories.



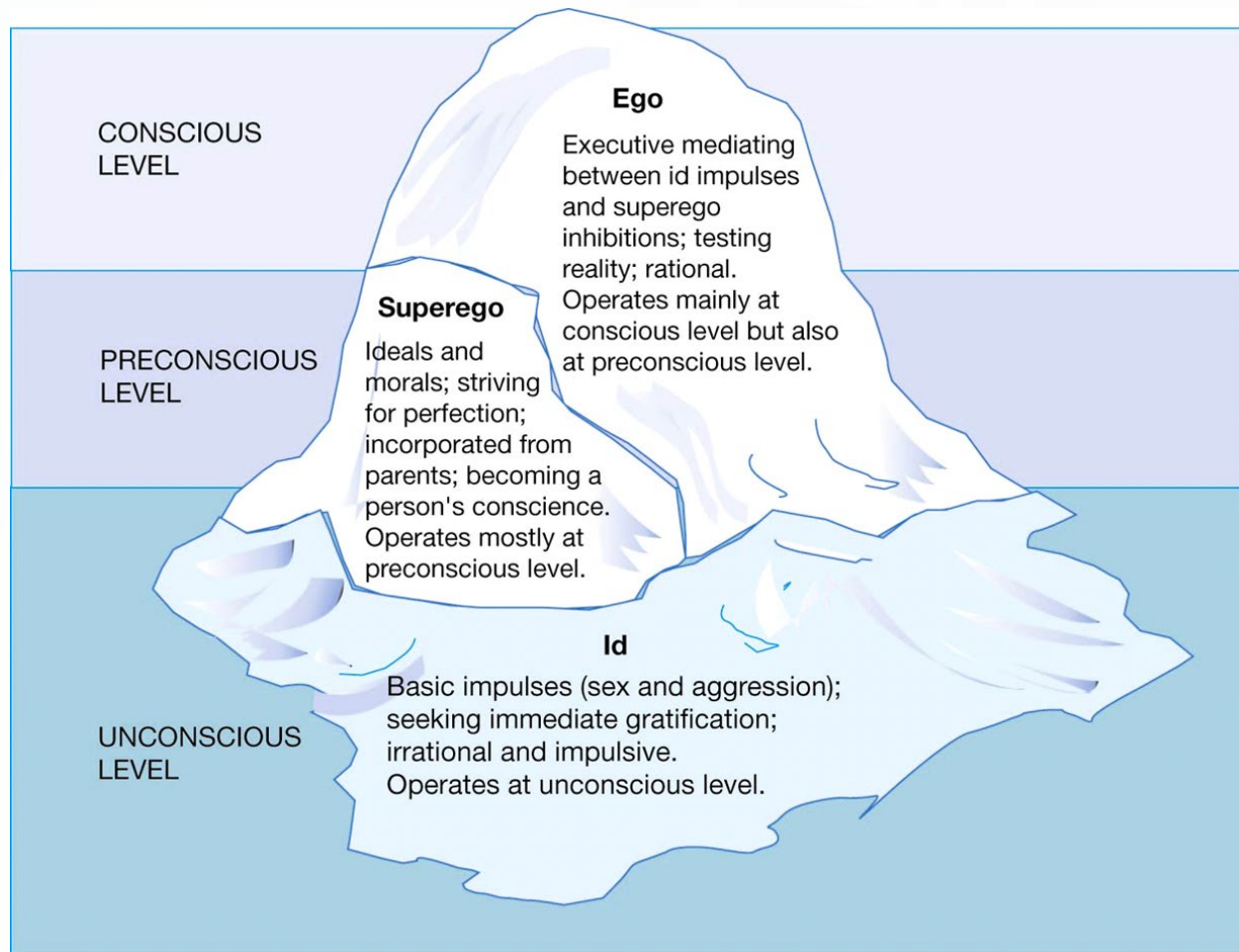
# How did Freud contribute to the treatment of mental illness?

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- In the 1920s, he identified 3 levels of personality:
  - The conscious contains the mental processes of which we are aware.
  - The unconscious contains the driving power behind all behaviors and is the repository of forces we cannot see.
  - The preconscious contains memories, perceptions, and thoughts of which we are not aware but that can easily be summoned into consciousness.

# How did Freud contribute to the treatment of mental illness?

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# How did Freud contribute to the treatment of mental illness?

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- He also identified 3 structures of personality:

The **id** is the reservoir for instincts and the libido.

- It functions to maximize pleasure and avoid pain.

The **ego** is the rational master of personality, serving both the id and reality.

- It functions to limit the expression of the id instincts.

The **superego** represents the moral and ethical values we acquired in childhood, including the conscience.

- It functions as the moral control of the mind.



# Id

I need  
to eat right  
this second!

# Ego

# SUPEREGO

You can't do  
that because  
you're in the  
middle of an  
important  
meeting.



# How did Freud contribute to the treatment of mental illness?

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- The ego tries to balance the id's instincts and the superego's moral restrictions with reality.
  - These constant demands produce anxiety, which creates tension that motivates behavior.
- The ego copes with this anxiety using **ego defense mechanisms** that distort reality.
  - Too much distortion result in mental illness, which can then be treated with psychoanalysis.

# How did Freud contribute?

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- **Projection** involves attributing a disturbing impulse to someone else.
  - E.g., "I don't hate him. He hates me."
- **Denial** involves a failure to acknowledge the existence of anxiety-producing threats, events, or information.
  - E.g., A terminally ill patient doesn't think about their impending death.

# How did Freud contribute?

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- **Regression** involves a retreat to an earlier, more pleasant period of life.
  - E.g., A preschooler acts like and talks like a baby to avoid their chores.
- **Repression** involves the involuntary removal of unwanted thoughts, feelings, or impulses from consciousness.
  - E.g., You can only remember vague details about a traumatic car accident.

# How did Freud contribute?

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- **Rationalization** is the reinterpretation of one's behavior to make it seem more rational and acceptable.
  - E.g., Despite having multiple drinks every night, a person says they are not an alcoholic because they never drink before 5 PM.
- **Reaction formation** involves the expression of an id impulse that is the opposite of the one that is truly driving the person.
  - E.g., A person who feels threatened by sexual desires protests the pornography industry.

# How did Freud contribute?

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- **Displacement** involves the redirection of id impulses from a threatening or unavailable object toward a substitute.
  - E.g., Frustrated with their own boss, a manager yells at a new employee.
- **Sublimation** involves the diversion of id impulses into other channels of more acceptable expression.
  - E.g., A student works on their thesis 14 hours/day while their partner is on a business trip.

**How did Anna Freud, Alfred Adler, and Carl Jung contribute to the treatment of mental illness?**



# How did Anna Freud contribute?

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- **Anna Freud** (1895-1982) was an Austrian psychoanalyst and the youngest of Sigmund's 6 children.
- She popularized **play therapy**, a form of psychoanalysis for children, and further studied **ego defense mechanisms**.

# How did Adler contribute?

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- **Alfred Adler** (1870-1937) was an Austrian physician.
- In **1895**, he earned a MD at the University of Vienna.
- In **1907**, he began to correspond with Freud but was expelled from his group in **1911**.



# How did Adler contribute?

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- In the 1910s, he created individual psychology.
- He emphasized the importance of free will and social forces in personality development.
- He viewed motivation in terms of conscious aspirations for the future.
  - We are driven by a striving for superiority, the lifelong process of perfecting the self and making it whole.

# How did Adler contribute?

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- In infancy, we develop **social interest**, the innate potential to cooperate with others to reach goals.
  - He said a host of evils (e.g., war, racism, public drunkenness) stem from a lack of community feeling.
- He also said we develop **inferiority feelings** as we recognize our dependency on adults.
  - We grow when we overcome these feelings, a process he called **compensation**.

# How did Adler contribute?

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- If we cannot compensate, we develop an inferiority complex.
  - An **inferiority complex** involves low self-esteem, feelings of helplessness, and difficulty coping with life demands and trusting others.
- If we compensate too much, we develop a superiority complex.
  - A **superiority complex** involves an exaggerated opinion of one's abilities and accomplishments.

# How did Adler contribute?

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- To treat his patients, he:
  - Analyzed their words and behaviors during therapy,
  - Used dream analysis, and
  - Studied their earliest childhood memories.
- Instead of a couch, he used two chairs to symbolize equality between the therapist and the patient.



# How did Jung contribute?

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- **Carl Jung** (1875-1961) was a Swiss psychiatrist.
- In **1902**, he earned a MD at the University of Zürich.
- In **1906**, he began a 7-year correspondence with Freud but was expelled from his group in **1913**.



# How did Jung contribute?

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Sigmund  
Freud



Carl  
Jung

# How did Jung contribute?

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- In the 1910s, he created analytical psychology.
- The psyche has 3 parts: the ego, the personal unconscious, and the collective unconscious.
- The ego is concerned with perceiving, thinking, feeling, and remembering.
  - Some are oriented toward the external world and are open, sociable, and socially assertive (extraversion).
  - Others are oriented toward their own perceptions and tend to be withdrawn and shy (introversion).

# How did Jung contribute?

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- The **personal unconscious** is the reservoir for trivial or disturbing information that was once conscious but has been forgotten or suppressed.
  - Little effort is required to access and suppress information.
  - Large numbers of experiences are grouped into **complexes**, which are patterns of emotions, memories, perceptions, and wishes that are organized around a common theme.

# How did Jung contribute?

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- The **collective unconscious** contains the universal experiences genetically inherited from all human and pre-human ancestors.
  - It includes our instincts and what he called **archetypes**, the pre-existing images or symbols of these experiences.

Birth	Rebirth	Death	Power	Magic	The hero	The child
The trickster	God	The demon	The wise old man	The earth mother	The giant	The sun
	The moon	Wind	River	Fire	Animals	

# How did Jung contribute?

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- He said neurosis or psychosis develops when the psyche cannot regulate and/or adapt its 3 parts.
  - The unconscious must be brought into the conscious, thereby reestablishing a balance between the two.
  - To access the unconscious, he used dream analysis and life-history reconstruction.
  - He also invented a [word association task](#).



# How did Jung contribute?

- Patients responded to a stimulus with the 1<sup>st</sup> word that came to mind.
- Their reaction times and physiological responses were measured.
- Longer reaction times and physiological arousal indicated significance.

*An Example of an Hysterical Reaction Type*

Stimulus word	Reaction Time Unit 0.2 second	Reaction	Reproduction
needle	7	to sew	ship
to swim	9	water	
voyage * †	35	to ride, motion, voyager	
blue	10	color	
lamp	7	to burn	
to sin	22	this idea is totally strange to me, I do not recognize it	
bread	10	to eat	possession
rich †	50	money, I don't know	
brown	6	nature	green
to prick	9	needle	
pity	12	feeling	
yellow	9	color	
mountain	8	high	
to die	8	to perish	
salt	15	salty (laughs) I don't know	
new	15	old	NaCl
custom	10	good	as an opposite
to pray	12	Deity	barbaric
money	10	wealth	?
foolish	12	narrow minded, restricted	
pamphlet	10	paper	

\* Denotes misunderstanding. † Denotes repetition of the stimulus words.