

Seminar 1

Define mental health and illness

Mental Health

A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Mental Illness

Clinically recognizable set of symptoms relating to mood, thought, cognition or behaviour that is associated with distress and interference with functioning.

Discuss concepts such as stereotyping and stigma as they relate to mental illness

There are common stigma's relating to mental illness that everyone with a mental illness is violent. (That is not true as it's only a small percentage of those who have a mental illness that have a history of violence).

-When a person is labeled by their illness they are seen as part of a stereotyped group. Negative attitudes lead to prejudice which leads to negative actions and discrimination.

Demonstrate a beginning understanding of the psychological theories for mental illness

5 PERSPECTIVES ON PERSONALITY

Psychoanalytic – unconscious motivations

Humanistic – inner capacity for growth

Behaviourist – learning-conditioning theories

Social-Cognitive – influence of environment

Trait – specific dimensions of personality

Psychoanalytic Theories of Personality

-Personality forms during the first few years of life, rooted in unresolved conflicts of early childhood

-Personality arises from conflict twixt aggressive, pleasure-seeking impulses and social restraints

ID: energy constantly striving to satisfy basic drives (Pleasure Principle)

EGO: seeks to gratify the ID in realistic ways (Reality Principle)

SUPEREGO: voice of conscience that focuses on how we *ought* to behave

Humanistic Theories of Personality

-Emphasizes that people have free will and that this plays an active role in determining how we behave

-Focuses on the subjective experiences of persons as opposed to forced, definitive factors that determine behaviour

Social-Cognitive Theories of Personality

- Theories of personality that emphasize cognitive processes, such as thinking and judging
- Behaviour is explained as guided by cognitions (eg. thoughts and expectations) about the world, especially those about other people

Behaviourist Theories of Personality

- Emphasizes the mutual interaction of the person or “the organism” with its environment
- Explain personality in terms of the effects external stimuli have on behaviour
- Behavioural theories or learning-conditioning theories

Trait Theories of Personality

Traits: a person’s characteristic behaviours & conscious motives

- Trait perspective – no hidden personality dynamics, just basic personality dimensions
- How do we typically describe and classify different personalities?
- Are there “basic” traits?
- What trait “dimensions” describe personality?

Describe the key elements of mental health nursing practice

Mental health nursing is a specialized field of nursing which focuses on working with consumers to meet their recovery goals. Mental health nurses consider the person's physical, psychological, social and spiritual needs, within the context of the person's lived experience and in partnership with their family, significant others and the broader community.

1. What are essential skills and knowledge required in mental health nursing?

-listening, counselling, interpersonal/therapeutic communication skills, physical assessment and care, observation, assessment, support, crisis intervention, reflective practice

2. What is a 'therapeutic relationship'?

-Purposeful, goal driven relationship between nurse and patient that aims to support the patient in their recovery

3. What are the core elements of a therapeutic relationship?

-Trust, respect, empathy, collaboration, listening, validating, communication, boundaries

4. How does therapeutic communication and the therapeutic relationship contribute to person-centred care?

-Focus on individual needs, respecting patient choices/beliefs/goals, provision of high quality goal directed care tailored to individual needs

Standard 1: Rights, responsibilities, safety and privacy

Standard 2: Working with people, families and carers in recovery-focused ways

Standard 3: Meeting diverse needs

Standard 4: Working with Aboriginal and Torres Strait Islander people, families and communities

Standard 5: Access

Standard 6: Individual planning

Standard 7: Treatment and support

Standard 8: Transitions in care

Standard 9: Integration and partnership

Standard 10: Quality improvement

Standard 11: Communication and information management

Standard 12: Health promotion and prevention

Standard 13: Ethical practice and professional development responsibilities

Discuss person-centered care as it applies to mental health nursing

A way of thinking and doing things that sees consumers using health and social services as equal partners in planning, developing and monitoring care to make sure it meets their needs. This means putting people and their families at the centre of decisions and seeing them as experts, working alongside professionals to get the best outcome.

It is about considering people's desires, values, family situations, social circumstances and lifestyles; seeing the consumer as an individual and working together to develop appropriate solutions. Being compassionate, thinking about things from the consumer point of view and being respectful. This can be shown through sharing decisions with consumers and their family.

-Respecting people's values and putting people at the centre of care

-Taking into account people's preferences and expressed needs

-Coordinating and integrating care

-Working together to make sure there is good communication, information and education

-Making sure people are physically comfortable and safe

-Emotional support

-Involving family and friends

-Making sure there is continuity between and within services

-Making sure people have access to appropriate care when they need it

Define the bio-psycho-social model of mental health care

Biopsychosocial Framework

A general approach positing that biological psychological (which entails thoughts, emotions & behaviors), and sociological (economical, socio-environmental & cultural) factors all play a significant role in human functioning in the context of illness. This model holds that health is best understood in terms of a combination of biological, psychological & social factors rather than purely in biological terms.

This is in contrast to the traditional biomedical model of medicine that holds every disease process can be explained by pathophysiology such as pathogen, genetic, developmental, abnormality or injury.

The biopsychosocial model is both a philosophy of clinical care and a practical clinical guide.

Biological	Psychological	Social
Genetic predisposition Neurochemistry Effect of medications Immune response HPA axis Fight-flight response Physiological responses	Learning & memory Emotions Perceptions Thinking & attitudes Beliefs stress management strategies	Social support Family background Interpersonal relationships Cultural traditions Medical care Socioeconomic status Poverty Physical exercise Biofeedback