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Nyack College/Psychology 101

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Unit 8/Chapter 16

48.

Trephining was an extreme medieval medical treatment for mental illness. Mental illness and abnormal behavior was commonly associated with demon possession so much so that this process of trephining was used to release evil spirits from the mind. Trephining involved drilling a small hole in the skull of the patient to release the possessive spirits.

53.

Some barriers to receiving mental health treatment can be: religion, socioeconomic and also cultural. Some religions and cultures share a negative stigma related to seeking mental health treatment that may cause emotional conflict in someone considering help for mental illness. Socioeconomic factors can include lack of resources, like transportation, medical coverage/finances and language barriers.

61.

The Client Centered Therapy approach was created by psychologist - Carl Rogers. It was designed to place the client in an active role in the choices required to improve their lives. The therapist plays the role of an active listener, asking questions that will steer and guide the client to make the best choices for themselves.

68.

Motivating factors to enter therapy can be self awareness of healing post and present trauma and how it shows up in daily events. Assistance in processing a traumatic event such as death of a loved one, help for a major depressive episode or divorce. Therapy can also be used as a tool in repairing relationships with self, your family and spouse.

70.

As a Christian, I think cognitive behavioral therapy (CBT) is the best short term approach for most people. CBT allows the client the opportunity to reduce stress and unpack complicated emotions and problems. By giving themselves permission to talk and ultimately process difficult memories, clients can increase self awareness. My faith does influence this opinion because CBT is the method that feels the most like my walk with Christ. As I pray (talk) to God, the Holy Spirit imparts clarity and wisdom.