

**TERMS  
CONCEPT  
GUIDE**

# MENTAL HEALTH EXAM 1 STUDY GUIDE

## MODULE 1: FOUNDATIONS FOR PSYCHIATRIC/MENTAL HEALTH NURSING

### TAMI REVIEW

#### 1. How has our understanding of mental health evolved over time?

18<sup>th</sup> Century Beginning establishment of state "asylums"

- 1800's
  - 1802-1887: Dorothea Dix devoted her life to reform the treatment of the mentally ill
  - 1882: First school of psychiatric nursing

- 1950's
  - In the early 1950's, the use of phenothiazine (Thorazine) was discovered to help control behaviors & improve/clear thinking
  - In the 1950's, 600,000 were residents in mental institutions
  - Custodial care was the function of the nurse until the 1950's
  - Nursing interventions began with assistance in somatic therapy:
    - Insulin therapy: insulin administered until the client was comatose
    - Electroconvulsive therapy: electrical stimulus to the brain with the result being a grand mal seizure

- 1960's
  - Beginning of deinstitutionalization: the discharge of patients from "state mental hospitals" back to their original community
  - This was initiated for 3 main reasons:
    - The belief that treatment in the hospitals was inhumane
    - Hope that medications would offer a cure
    - Lack of funding at the state & federal level

1970 Maslow's Hierarchy of Needs

1900-1929 Hildegard Peplau established the nursing theory of interpersonal relationships



#### 2. Identify styles of therapy- understanding the focus on the therapy.

##### PSYCHOTHERAPY INVOLVES MORE VERBAL THERAPIST-TO-CLIENT INTERACTION

**BEHAVIORAL** This is a form of psychotherapy. The goal is to modify maladaptive behavior patterns by reinforcing adaptive behavior. **Do not reward bad behavior**

**COGNITIVE** In this type of therapy, the individual is taught to control negative thoughts to maintain & manage emotions. Emotions: so if someone's mood is down and sad, cognitive therapy would allow them to retrain their brain, challenges their feelings and emotions. **CBT therapy: cognitive and behavioral therapy at the same time**

**DIALECTICAL BEHAVIORAL** This therapy was first used with individuals who were diagnosed with a personality disorder & had self-abusive tendencies. It has expanded & has been successful in the treatment of

# Guide To Health

**Ian Pickup**



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