Introduction to Clinical Psychology: Concepts and Classification

The Medical or Disease Model
An explanation of psychopathology in terms of underlying biological or medical causes

Somatogenic hypothesis – The hypothesis that the causes or explanations of psychological problems can be found in physical or biological impairments

- Introduced scientific thinking
- Led to psychiatry...

Psychiatry – scientific method of treatment based on medicine//primary approach = to identify the biological causes of psychopathology and treat then with medication or surgery.

E.g. brain abnormalities/biochemical imbalances/genetic factors/chromosome disorders/abnormal physical development etc.

Things to remember...

- It is not always the indiv or their biology that is dysfunctional → can be that the experiences they’ve had are dysfunctional → led to them thinking/acting the way they do
- Reductionist approach – complex psych’al/emotional/cognitive features to bio
- Implicit assumption psychopathology caused by something not working properly
  - Problematic → rather than a dysfunction, might just be more extreme form of normal behav.
  - Affects how people view others suffering from mental health problems – stigma

Psychological Models
Models which view psychopathology by psychological rather than biological processes

Try to normalise and apply psychopathology in a context that doesn’t leave people feeling excluded//allows sufferers to appreciate their own self-worth & social inclusion//view problems as normal adaptive reaction to difficult/stressful life conditions (BPS, 2000)

The Psychoanalytical/Psychodynamic Model
Pioneered by Sigmund Freud

First used hypnosis – talking about it eased symptoms ... led to theory of Psychoanalysis → an attempt to explain both normal/abnormal psychological functions in terms of how various psych’al mechanisms help to defend against anxiety/depression by repressing memories & thoughts that may cause conflict/stress