

Clinical Psychology - Better than a Sharp Stone in the Head

Psych 454 - Clinical Psychology
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Discussion:
Should psychologists be granted prescription privileges?

Big Questions

- Where is the seat of reason?
- Where is the seat of passion?
- Where is the seat of logic?

- Where is psychological health maintained?
- Where is psychopathology maintained?

A Prehistory of Clinical Psychology



A Prehistory of Clinical Psychology



The Greeks Bring Reason: Hippocrates

- Disease was due to an imbalance of humors, not divine cause
 - Black bile, Yellow bile, Blood, Phlegm
- These imbalances may be due to environmental influences
 - Drinking water
 - Direction of prevailing winds
- Also: clinical observation can lead to prediction of disease course.
- Doctors need to be gentle.
- Diet and lifestyle can influence health.

Plato



The Greeks Bring Reason

- Plato
 - The spirit or soul is in charge of the body.
 - Problems in the soul can result in physical problems in the body.
 - Specifically, problems in the *logistikon* produced mental illness.
- Aristotle
 - Distinct emotional states impact the functioning of the human body.

Galen Comes Close

- Galen founds medical practice in the first century CE, sets standard for next 1000 years.
 - “Applied humoral theory”: bloodletting, induced vomiting to treat mental ailments.
 - First to propose that the brain is the center of the rational soul, center of reason.
 - Identified cranial nerves.
 - Demonstrated that the brain controls the voice (through animal dissections)

And Then Something Dark Happens

- In the Middle Ages (500-1450 CE), disease and insanity were due to supernatural causes.
 - Demons, sins, evil
 - Treatment: exorcism, torture, murder
- Exceptions:
 - St. Thomas Aquinas (1225-1274)
 - Soul was unable to become “sick”
 - Therefore, mental illness had to have a physical cause.



The Renaissance

- Vesalius, Harvey
 - Advances in medicine
 - Harvey determines blood circulation; humoral theory ended once and for all.
- Descartes (1596 - 1650)
 - Mind and Body were separate
 - Dualism
 - Still, influenced by Vesalius & Harvey
 - The Will - in the Pineal Gland?

The Renaissance?

- Still, despite advances in medical research, patients were still “tortured.”
- Psychiatric hospitals were places for custodial care, not treatment.
 - Cold water dunking (hydrotherapy)
 - Bloodletting
 - Restrictive cribs, chains, shackles

Beginnings of Modernity

- Benjamin Rush (1745-1813) publishes first text on Psychiatry.
- Franz Mesmer (1733-1815) noticed that some people experiencing paralysis, deafness, and blindness had no medical pathology.

Franz Mesmer



Beginnings of Modernity

- Jean Martin Charcot (1825-1893) first begins using hypnotism as a treatment of conversion disorders.



Humanity

- Philippe Pinel (1745-1826)
Appointed head of La Salpêtrière, stopped the use of “torture” on psychiatric patients in France
- Eli Todd in US; William Tuke in UK.
- Dorothea Dix in US: first to build psychiatric Hospitals (in NJ).
- Little treatment, but no *maltreatment*.




Beginnings of Psychology

- 1860 - The Elements of Psychophysics (Theodore Fechner)
- 1874 - Principles of Physiological Psychology (Wilhelm Wundt)
- First psychological laboratory founded in Germany by Wundt in 1879.
- First US lab: William James at Harvard (also 1879).
- Beginnings were all RESEARCH-oriented.

Beginnings of Clinical Psychology

- Lightner Witmer (1867-1956): “founder” of clinical psychology.
 - First Psychological Clinic at University of Pennsylvania 1896.
 - July 9, 1903: First “cure”
 - Date of last session for “Charles Gilman” who was treated by Witmer at UPenn for a reading disorder since March 1896.
 - Diagnostic Evaluation, Multidisciplinary Team, Empirically-based interventions, Preventive Care

Origins of Psychological Testing

- Alfred Binet (1857-1911) 
 - First French Psychology Laboratory
 - French government asked Binet to develop a way of providing educational services to mentally-disabled children.
 - Binet and Theodore Simon developed the first intelligence test in 1908
 - Lewis Terman of Stanford revised the test and called it the Stanford-Binet in 1916.
 - “Grandfather” of the Stanford-Binet Intelligence Scale, 5th Edition.