

Journal

- Name at least two different types of therapy used for depression and the pros and cons of each.

The image shows a spiral-bound notebook with a light-colored, textured cover. The spiral binding is on the left side. The title is written in a large, black, serif font, centered on the page.

Somatoform Disorders and Dissociative Disorders

Somatoform Disorders

- Distressing symptoms take a somatic (bodily) form without apparent physical cause
- Occur when a person manifests a psychological problem through a physiological symptom.
 - Conversion Disorder
 - Hypochondriasis
 - Body Dysmorphic Disorder



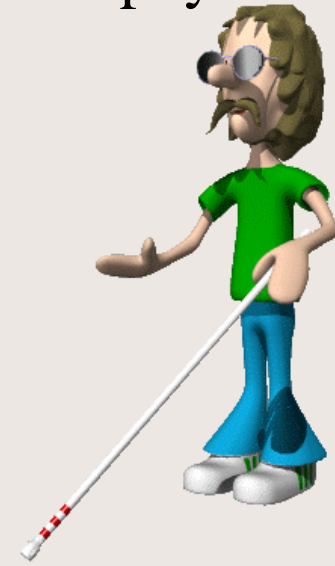
Conversion Disorder

- A person experiences very specific genuine physical symptoms for which no physiological basis can be found

- Anxiety is presumably converted into a physical symptom

- Physical symptoms ARE real – if they say they lose feeling in their hand, sticking a pin it would produce no response

- [Video, 2](#)



- Like blindness or paralysis.

- [Talladega Nights](#)

Hypochondriasis

- A person interprets normal physical sensations as symptoms of a disease

- » Patient often moves from doctor to doctor, seeking and receiving more medical attention, but fails to confront the disorder's psychological root
- » Adolf Hitler suffered from hypochondriasis



"First step is the hardest. You've got to admit that you don't have a problem."

Body Dysmorphic Disorder

- A person is excessively concerned about and preoccupied by an imagined or minor defect in their physical features

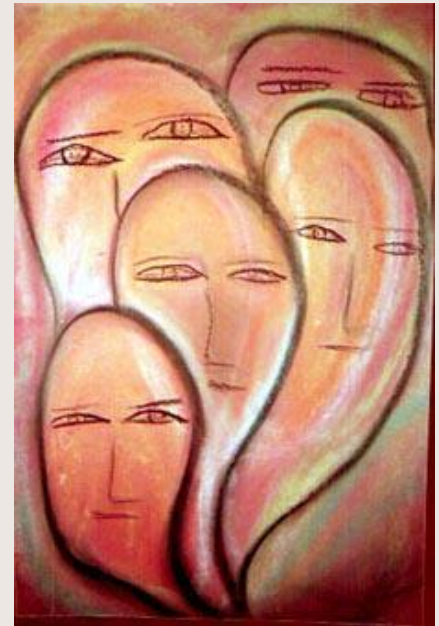


1. Skin (73%)
2. Hair (56%)
3. Nose (37%)
4. Weight (22%)
5. Breasts (21%)

Dissociative Disorders

- Disorders in which conscious awareness becomes separated (dissociated) from previous memories, thoughts, and feelings

- Dissociative Identity Disorder
- Dissociative Amnesia
- Dissociative Fugue



- Dissociation itself is not uncommon (think of when you're driving and arrive at a destination without remembering the details of getting there), but taken to the extreme...

Dissociative Identity Disorder

- A person exhibits two or more distinct and alternating personalities
 - Formerly called multiple personality disorder

What causes it?

Perhaps a way to deal with unacceptable impulses, childhood abuse (physical or sexual), or maybe just vivid imagination...

Herschel Walker



7 Personalities?

Is DID real?

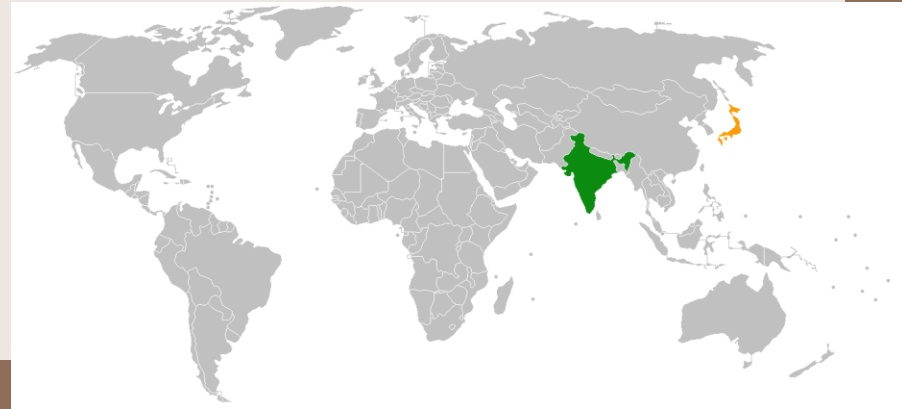
Supporting Evidence:

- Identities often have different characteristics, such as heart rates, visual acuity, handwriting styles, handedness

Arguments Against:

- Identities often uncovered during hypnosis (“fishing” for DID), may just be cultural (no known cases in India or Japan)

*material. I write in all
haste that you may
receive this as early
as may be possible. I
would not have left town
for the first holiday for
a week but I thought*



Dissociative Amnesia



- A person cannot remember things with no physiological basis for the disruption in memory.
 - Memories still exist, but are buried deeply within a person's mind and cannot be recalled unless triggered by something in the person's surrounding or resurfacing on their own
 - Thought to be a protective mechanism for dealing with abuse/trauma



Dissociative Fugue

- A person suddenly, without planning or warning, travels far from home or work and leaves behind a past life with no prior recollection of past life
- Person may take on a new identity and even establish a new home with no prior recollection of past life



Typically caused by traumatic experiences

