



# Journal

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



# Somatoform Disorders and Dissociative Disorders

# Somatoform Disorders

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- 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



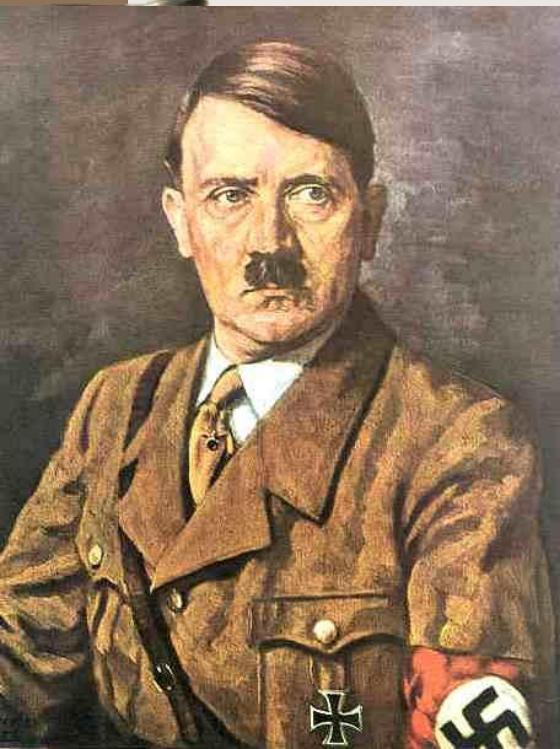
# Conversion Disorder

- 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

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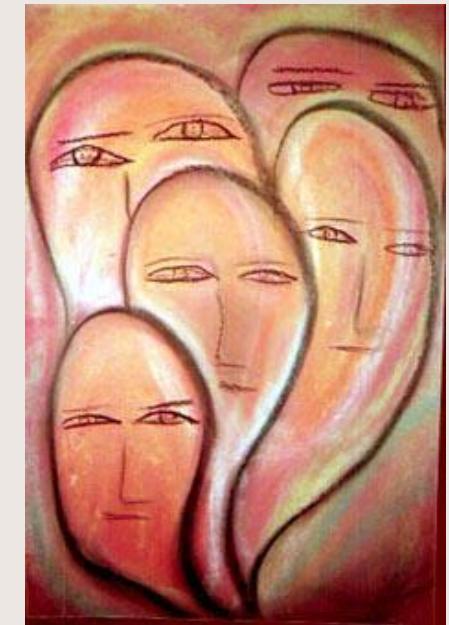
- A person is excessively concerned about and preoccupied by an imagined or minor defect in their physical features



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
- Dissocation 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...



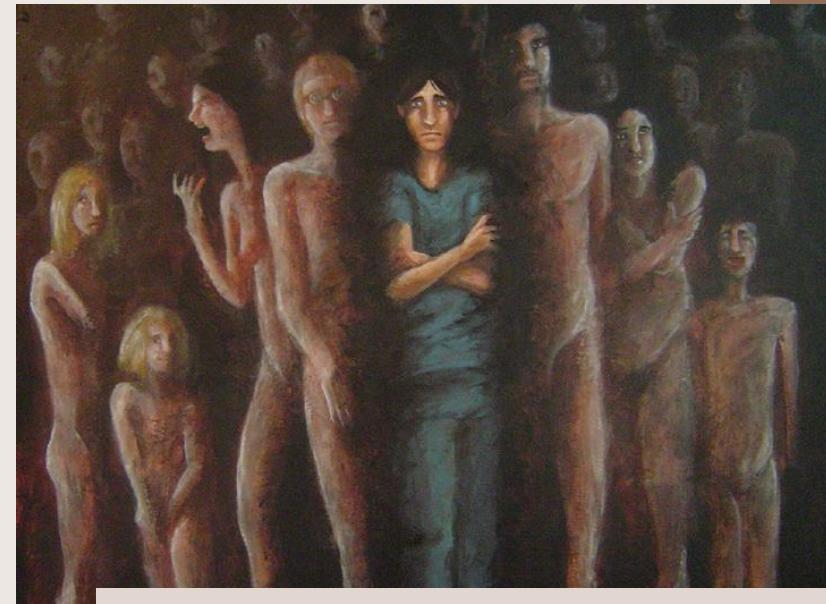
# Dissociative Identity Disorder

- 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

~~entirely I write in all  
haste that you may  
receive this at earliest  
as may be possible. I  
would not have left town  
for the first holiday for  
a week but I thought~~

## Arguments Against:

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



# 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



(c) Gwendolyn Kraehenfuss

Typically caused by traumatic experiences