

This old. justin has a
wife and two



**ASSIGN
BUSTER**

This student had the opportunity to watch the movie Concussions. I also observed and assessed on three characters that were experiencing with three abnormal behaviors and that was bipolar, depression, and behavior outbursts. In the movie it was demonstrated that these behaviors were occurring because of a deadly disease called chronic traumatic encephalopathy. This student will be defining and describing the following key terms: Abnormal psychology, Bipolar, Depression, Behavior outburst, and Chronic traumatic encephalopathy. I identified that one of the ex NFL football players name Justin Strzelczyk was experiencing bipolar and depression. However, in the beginning of the movie, his family didn't understand why these abnormal behaviors were occurring. It was shown that this Nigerian pathologist name Dr.

Bennet Omalu discovered that Justin Strzelczyk behaviors were presenting because of head trauma. Justin had played 10 years in the National Football League. Prior to the National Football League, he was playing contact football ever since he was 5 years old. Justin has a wife and two kids. These symptoms started to show a couple of years after Justin had retired from football.

It got to a point where he needed to seek treatment as soon as possible because in the movie it shows him going through episodes of behavior outbursts. This behavior outburst resulted in Justin trying to attack his wife and kids at the house. Unfortunately, it resulted in committing suicide. He was going 80 mph in his vehicle and collided with another car and was pronounced dead. After they did an autopsy of his brain they realized that he had developed CTE known as Chronic Traumatic Encephalopathy. According

to Comer abnormal psychology is defined as “ The scientific study of abnormal behavior undertaken to describe, predict, explain, and change abnormal patterns of functioning” (Comer, 2015, pp. G-1).

The 4 D’s are an pattern of psychological abnormality and they are deviance, distress, dysfunction, and danger. It was obvious that Justin was dealing with the 4 D’s. He was so stressed out because he didn’t know what was going on with him mentally. So, that resulted in Justin to be dangerous to his family. It was seen In the movie that he wanted to attack his wife and kids because he kept hearing weird voices in his head. It is defined by Comer that bipolar disorder is “ A disorder marked by alternating or intermixed periods of mania and depression” (Comer, 2015, pp. G-2).

Many people described this experience of bipolar as an emotional roller coaster, as they shift back and forth between extreme moods. In the movie, it showed that once Justin had retired from football he started to deal with highs of mania. For example, he was starting to lose his memory and have random behavior outbursts. According to Comer “ The symptoms of mania span the same areas of functioning- emotional, motivational, behavioral, cognitive, and physical— as those of depressions, but mania affects those areas in an opposite way” (Comer, 2015, pp. 240). According to Comer depression is defined as “ A low, sad state marked by significant levels of sadness, lack of energy, low self-worth, guilt, or related symptoms” (Comer, 2015, pp. G-4). Depression is an illness that can affect you mentally and physically.

It can make you not want to be interested in daily activities. It has caused people to distance themselves from friends and family. It stated by Comer that “ Depression is a low, sad state in which life seems dark and it’s challenges overwhelming” (Comer, 2015, pp. 216). Depression has caused Justin to start having abnormality behaviors such as bipolar and behavior outbursts. In the movie, you recognized that Justin was dealing with depression. He would be sad most of the time and try to distance himself from his family.

For example, he wouldn’t participate during family time such as dinner. He felt as if his mind was getting the worst out of him. Chronic traumatic Encephalopathy is defined as “ Chronic Traumatic Encephalopathy (CTE) is a progressive degenerative disease of the brain found in people with a history of repetitive brain trauma (often athletes), including symptomatic concussions as well as asymptomatic subconcussive hits to the head that do not cause symptoms” (Boston University, 2018). This deadly disease has taken so many lives unexpectedly. Usually, it is a disease that kills brain cells by the repetitive trauma. This disease is really common in professional football players. The symptoms of CTE are aggression, speech and language difficulties, vision and focus problems. I came up with some services that I thought best fit my client.

The services were cognitive therapy, behavior therapy, and support group therapy. The cognitive therapy purpose is to provide services for those that are experiencing depression. Their goal is too diminished symptoms by correcting twisted thinking based on negative self-perceptions and expectations. Behavior therapy can help manage behavior triggers. The goal

is to limit the behavior triggers, so behavior outbursts won't occur often.

However, the limitations are that athletes would have that feeling that they are too good for therapy and that their egos might get in the way so that results in them playing anyways.

In my opinion, I believe that all athletes should seek treatment regardless if they are healthy or not. It's important to understand the risk factors when they are playing a contact sport that can result in head trauma. So, it's our job duty and responsibility as social workers to educate and show awareness to athletes that are participating in contact sports.