

# [Mental disorder](https://assignbuster.com/mental-disorder/)

Mental Disorder: Major Depression The essay aims to address a two-fold objective, to wit to briefly describe a specific mental disorder; and (2) to identify and describe treatment modalities for the mental disorder chosen. Likewise, the following tasks were required to be performed: Step 1: Choose a mental disorder or problem to study further. Step 2: Explore the treatment options for the disorder chosen by accessing the following websites: http://wps. prenhall. com/hss\_ciccarelli\_psychology\_1/0, 7827, 2749158-, 00. html, http://www. guidetopsychology. com/txtypes. htm, http://www. nacbt. org/whatiscbt. htm, http://www. nami. org/ Step 3: Write a one page summary of treatment methods and disorder chosen in Step 2. Mental Disorder and Treatment Modalities Through media, the general public often conveys an image of mental disorders as patients who are unpredictable, violent, and dangerous (Flores, 2008, p. 1). However, not all mental disorders portrayed these signs and symptoms, as in the case of major depression. Major depression is a serious medical condition that affects thoughts, feelings, behavior, mood, and physical health of approximately 5-8 percent of United State’s adult population (NAMI, 2009, 3). Among all the mental disorders, major depression is the most responsive to treatment. There are three types of treatment available for depression: medication, psychotherapy, and electroconvulsive therapy (NAMI, 2009, p. 8). Psychotherapy has been shown to be effective in treating depression (NAMI, 2009, p. 11). Under this therapy is the Cognitive Behavioral Therapy (CBT). Cognitive Behavioral Therapy helps to modify the negative thinking of depressive patients by setting positive thoughts and moods. Unlike any other method, CBT is considered to be the most rapid in producing obtained results. In fact, the average number of sessions the clients’ received is only 16 sessions. During the treatment, the psychologist identifies the negative thoughts contributing to the illness and replaced it with positive thoughts. For example, the client said “ I can’t do this treatment”. The psychologist will insert positive thoughts and change the client behavior by saying to the client, “ I can do this.” CBT only requires therapeutic communication unlike medication therapy that requires careful monitoring. According to the National Alliance on Mental Illness in 2009, the antidepressive medications may increase the suicidal thoughts among children. Hence, among of the three types of therapy, CBT has less risk involve and less invasive. Understanding feelings and thoughts of depressive patients may help them recuperate with their illness. Families are important in treating major depression and other mental disorders. References Florez, J. A. & Sartorius N. (2008). The rights of a powerless legion. Understanding the Stigma of Mental Illness: Theory and Interventions (p. 1-18) Chichester: John Wiley & Sons Ltd. The National Association on Mental Illness (2009) Retrieved from http://www. nami. org/Content/Microsites316/NAMI\_PA, \_Cumberland\_and\_Perry\_Cos\_/Discussion\_Groups559/No\_Active\_Discussion\_Groups\_for\_this\_Site/MajorDepression. pdf