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Technologies - Al-Dour  
Department of Optics Technologies  
The second stage**

**Medical psychology**

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1

## mental processes

terms often used interchangeably to refer to the functions or processes of perception, reaction, thought, memory, and language. In other words, all the things the mind does, such as memory, forgetting, thinking, language,

1-Memory: It is a mental process that enables us to store and retrieve information. It is a complex process that includes three main stages: encoding, storage, and retrieval.

Benefits of memory for humans: Memory is of great importance in our lives, including

Learning, planning and decision making, problem solving, language and

communication.

## Memory disorders

Memory can be affected by various psychological conditions, leading to disturbances to memory. These disorders may include:

- Disorders of temporary memory (such as forgetfulness and disorientation)
- Disorders of long-term memory (such as dementia and Alzheimer's disease)
- Disorders of selective memory (such as amnesia)

## treatment of memory disorders

treatment of memory disorders depends on the type and severity of the disorder.

treatment options may include:

- Medications (such as cholinesterase inhibitors to treat Alzheimer's disease)
- Psychotherapy (such as cognitive behavioral therapy)

2-Thinking: is a mental process characterized by the use of symbols to represent

1 Thinking is a process that is done for a purpose and aims to solve a problem.

2 Thinking is a process that is learned and developed through practice.

3 Thinking depends on several processes that help solve the problem, such as analysis, classification, etc.

4 Thinking is a process that is learned and developed through practice.

Thinking is a process that is learned and developed through practice. It is a process that is done for a purpose and aims to solve a problem.

5-Forgetfulness is the loss or alteration of information previously stored in short-term or long-term memory. It can happen suddenly or gradually as old memories are lost. Although it is usually normal, excessive or unusual forgetfulness may be a sign of a more serious problem

Causes of forgetfulness:

Depression, where short-term memory becomes rusty from lack of use.

Fatigue due to overwork.

Notexer sngre fly

Poor nutrition and irregular eating.

Lack of sleep.

head injury.

Thyroid problems

Benefits of forgetting

1 It contributes to the continuation of life, and supports the proper functioning of the brain.

2\_It also rids the mind of old, unused information,

5\_Painful experiences, and painful shocks,

Treatment for forgetfulness

1 Study regularly

2\_Think of brain games

5\_Get enough sleep

4\_Diversify your study methods

5\_TaRing notes

4-Language is a complex mental process that allows humans to communicate, express and organize their thoughts. Language consists of many components, involves multiple processes, and involves different areas of the brain. They are also essential for social interaction, knowledge transfer, thinking and learning

The importance of language Lan age is essential to several aspects of human life, including:

1-Communication and cooperation.

2- Transferring Rnowled\$e and experience.

8- Expressing cultural and social identity.

4-Thinking and learning.

# Humanistic psychology

ThirthLecture

Stagescitp0-2

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# Definition of Humanistic psychology

- Humanistic psychology is a branch of psychology that focuses on the study of human behavior and subjective experiences from a comprehensive human perspective. It emphasizes the ability of individuals to grow, develop, and achieve self-actualization, and considers that each person possesses unique value and internal abilities that drive him or her to achieve his or her goals.

The principles of humanistic psychology include:

1. Self-esteem: Emphasizes the importance of self-respect.
2. Self-actualization: Focuses on seeking and realizing one's full potential.
3. Attention to individual experience: Self-experience is important for understanding behavior.
4. Positive foundation: Enhances a positive outlook on the person.

# Goals of human psychology

- This science seeks to achieve a set of goals that it seeks to reach, The most important of which are the following:
  - 1. Study and understand human behavior.
  - 2. Develop scientific explanations for it.
  - 3. Develop a predictive map of what human behavior will become.
  - 4. Control and dominate behavior.

# Factors affecting behavior

- The factors affecting behavior are:
  1. Biological genetic determinants: Genetics affects behavior and activity through its impact on the physical structure, such as the nervous system, muscles, sensory receptors and is directly and indirectly from grandparents to children, These characteristics may be physical or mental such as intelligence.
  2. Environmental determinants of the environment : It is a group of external factors that can affect behavior, as the social environment is the general social atmosphere in which the individual lives and is affected by it with all the physical laws, standards and values it carries.





# Patient behavior

Patient behavior refers to the behaviors and actions that a person exhibits during their illness or in the context of receiving health care. The study of patient behavior is an important part of the medical and psychological fields, as it helps doctors and health practitioners understand how patients respond to illnesses, treatments, or hospitalizations.

Five tips on what to say and do when dealing with a patient:

1- Stay calm and avoid negative words with the patient.

2- Avoid arguing with him, treat him with respect and reassure him that you will take care of him.

3- Let the patient tell you how he got to this point, this will help him overcome his ordeal.

o him and control yourself even in difficult situations.

dealing with the patient, this will give him psychological comfort



Thank you

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Under the Supervision of Instructor Taha

# Exploring the Psychological and Somatic Disorders: OCD and Somatization

This document provides an overview of Obsessive-Compulsive Disorder (OCD) and Somatization Disorder, examining the biopsychosocial model of mental health, diagnostic criteria, and treatment approaches.

# Understanding the Biopsychosocial Model of Mental Health

The biopsychosocial model views mental health as a complex interplay of biological, psychological, and social factors. This holistic approach considers genes, brain chemistry, thoughts, emotions, past experiences, relationships, and environment.

By understanding these interactions, mental health professionals can develop more personalized and effective treatment plans, leading to improved outcomes.

# Symptoms



## Intrusive Thoughts

Persistent and unwanted thoughts, images, or urges that cause significant distress.



## Compulsive Behaviors

Repetitive actions or mental rituals performed to alleviate anxiety or prevent perceived negative outcomes.



## Excessive Worry

Constant and uncontrollable worrying about a variety of topics, often disproportionate to the actual risk.



## Somatic Symptoms

Physical manifestations of psychological distress, such as headaches, muscle tension, or gastrointestinal issues.



## Avoidance

Purposeful avoidance of situations, objects, or activities that trigger obsessive thoughts or compulsive behaviors.

# Diagnostic Criteria and Clinical Presentation of OCD

Obsessive-Compulsive Disorder (OCD) involves unwanted thoughts and repetitive actions.

OCD is diagnosed when these thoughts and actions take up significant time, cause distress, and interfere with daily life.

1

## Common Obsessions

Fear of germs, doubts, upsetting thoughts, need for perfection, and feeling responsible for harm.

2

## Common Compulsions

Excessive hand washing, repeated checking, mental rituals, hoarding, and repetitive actions for reassurance.

3

## Clinical Presentation

OCD often causes distress, work and relationship difficulties, and reduced quality of life.



# Cognitive-Behavioral Therapy for Treating OCD

Cognitive-Behavioral Therapy (CBT) is the gold standard treatment for Obsessive-Compulsive Disorder (OCD). It primarily uses exposure and response prevention (ERP) and cognitive restructuring.

## Exposure and Response Prevention (ERP)

ERP gradually exposes individuals to obsessive triggers while preventing compulsive behaviors, helping them manage anxiety and fear.

## Cognitive Restructuring

Cognitive restructuring helps patients identify and challenge unhelpful thoughts that fuel their obsessions and compulsions. It replaces these thoughts with more realistic and adaptive ones.

## Integrated Approach

CBT effectively reduces OCD symptoms and improves overall functioning by combining exposure therapy and cognitive restructuring.

# Medication Management of Somatic Symptom Disorder

Somatic Symptom Disorder (SSD) involves persistent physical symptoms without a clear medical cause. While therapy is the primary treatment, medication can be a helpful addition. Antidepressants, anxiolytics, and pain medications may be used to address mood, anxiety, and discomfort. It's important to remember that medications should be used alongside therapy, and a tailored treatment plan is crucial. Close collaboration between patient and healthcare team ensures effective medication management.

# Integrative Approach to Addressing Psychosomatic Conditions

Psychosomatic conditions benefit from a multi-faceted approach, addressing biological, psychological, and social factors.



## Psychotherapy

CBT, Mindfulness, and ACT help manage symptoms and improve emotional regulation.



## Medication Management

Medications address neurobiological factors and alleviate physical symptoms.



## Lifestyle Modifications

Healthy habits like exercise and stress management enhance mind-body connection.



## Social Support

Strong social connections are vital for recovery.

# The Doctor-Patient Relationship and Mental Health Consultations

The relationship between a doctor and their patient is crucial in the context of mental health consultations. Mutual trust, understanding, and open communication are key to effective treatment and positive patient outcomes.

# The Importance of Empathy and Communication



## Empathy

Good mental health professionals try to understand how their patients are feeling. They listen carefully and want to know what their patients are going through.



## Communication

Talking to each other in a kind and clear way helps patients feel heard. It also helps doctors figure out what's wrong and how to help.



## Collaborative Approach

When both the doctor and patient work together, it helps patients follow their treatment plan and get better in the long run.

# Suicide

## Under the supervision

Taha

## Student Preparation

Hassan Atheer Hassan Dyar

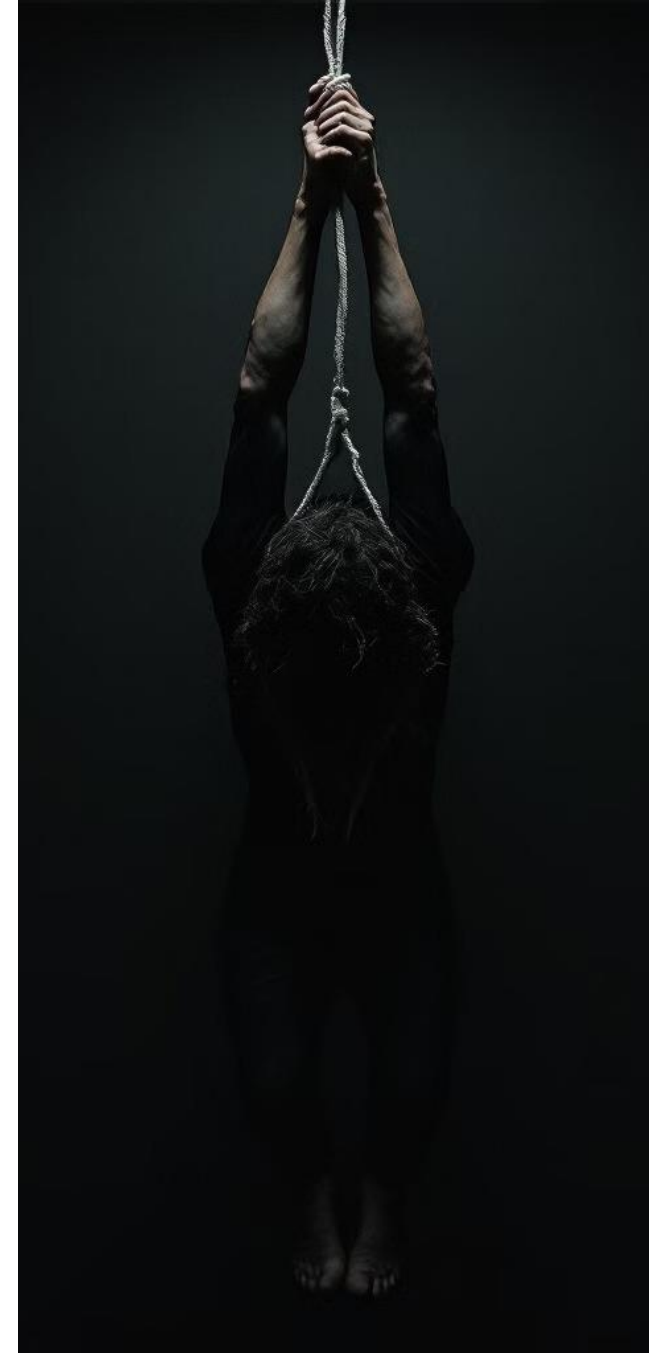
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# Suicide: Understanding the Crisis

Suicide is a complex and tragic issue that affects individuals, families, and communities worldwide. Understanding the underlying factors, warning signs, and evidence-based prevention strategies is crucial to addressing this public health crisis.

# Risk Factors for Suicide

## 1 Mental Illness

Depression, anxiety, and other mental health conditions can increase the risk of suicidal thoughts and behaviors.

## 3 Traumatic Events

Experiences like abuse, violence, or the loss of a loved one can contribute to feelings of hopelessness and suicidal ideation.

## 2 Substance Abuse

Misuse of drugs and alcohol can impair judgment and increase impulsive actions, including suicide attempts.

## 4 Chronic Illness

Physical health problems and chronic pain can also be risk factors for suicide, especially when combined with mental health issues.





# Warning Signs and Behaviors

## Verbal Cues

Talking about wanting to die, feeling trapped, or being a burden to others.

## Behavioral Changes

Withdrawing from friends and family, increasing substance use, and giving away possessions.

## Emotional Shifts

Expressing hopelessness, rage, or feeling trapped, or showing a sudden mood improvement.

## Physical Signs

Seeking access to lethal means, such as firearms or medications, and changes in sleep or appetite.



# Addressing Mental Health Challenges

## Seek Professional Help

Speak with a mental health professional, such as a therapist or counselor, to address underlying issues and develop a treatment plan.

## Medication Management

Work with a psychiatrist to determine if medication, such as antidepressants or anti-anxiety drugs, can help manage mental health conditions.

## Self-Care Strategies

Engage in healthy coping mechanisms, such as mindfulness, exercise, and connecting with supportive loved ones.

# The Role of Social Support

1

## Identify Allies

Reach out to trusted friends, family members, or community organizations for emotional support and practical assistance.

2

## Communicate Openly

Share your experiences and feelings with loved ones, and encourage them to listen without judgment.

3

## Advocate for Resources

Work with your support network to identify and access mental health services, support groups, and other resources in your community.





# Evidence-Based Prevention Strategies



## Education

Help people learn about suicide and how to get help.



## Community Initiatives

Start programs to stop suicide in schools, workplaces, and neighborhoods.



## Access to Care

Make sure everyone can get mental health help, like hotlines and emergency care.



## Ongoing Research

Keep studying suicide to find better ways to stop it.



# Cognitive Behavioral Therapy (CBT) for Suicide Prevention

1

## Identify Negative Thoughts

Recognize and challenge distorted or unhelpful thought patterns that contribute to suicidal ideation.

2

## Develop Coping Skills

Learn and practice effective strategies for managing emotions, problem-solving, and building resilience.

3

## Implement Behavioral Changes

Gradually adopt new behaviors and lifestyle habits that promote mental well-being and reduce suicide risk.

# Building Resilience and Coping Mechanisms

## **Stress Management**

Develop healthy coping strategies, such as mindfulness, relaxation techniques, and problem-solving, to manage stress and difficult emotions.

## **Social Connections**

Maintain strong relationships with family, friends, and supportive communities to foster a sense of belonging and purpose.

## **Self-Care Practices**

Engage in regular physical activity, healthy sleep habits, and other self-care activities to promote overall well-being.



# Resources and Next Steps

1

## Seek Help

If you or someone you know is experiencing suicidal thoughts, reach out to a mental health professional, call a suicide hotline, or contact emergency services immediately.

2

## Get Involved

Consider volunteering or donating to organizations that provide suicide prevention services, support, and education in your local community.

3

## Stay Informed

Continue to educate yourself and others about suicide prevention, mental health, and the resources available to those in need.

# References

## Books and Academic References

Maris, R. W., Berman, A. L., & Silverman, M. M. (2000).

Comprehensive Textbook of Suicidology. Guilford Press. This book provides detailed coverage of suicide studies, including risk factors, warning signs, and prevention strategies.

## Additional Research and Studies

Carter, G., et al. (2013). "Postcards from the EDge: 5-year outcomes of a randomized controlled trial for hospital-treated self-poisoning." British Journal of Psychiatry. This study evaluates the effectiveness of interventions for suicide prevention, especially in cases of self-poisoning treated in hospitals.

## Bachmann, S. (2018).

"Epidemiology of Suicide and the Psychiatric Perspective." International Journal of Environmental Research and Public Health. This study provides a global overview of suicide from a mental health perspective, with insights on environmental and social factors.

## Scientific Articles

Joiner, T. (2005). Why People Die by Suicide. Harvard University Press. This book explores the reasons behind suicide from a psychological perspective, based on in-depth research.

## American Foundation for Suicide Prevention (AFSP)

AFSP's website provides articles and resources on suicide awareness, risk factors, and support for those in need.

## Organizations and Websites

World Health Organization (WHO). (2019). Suicide worldwide in 2019: Global Health Estimates. This WHO report covers global suicide statistics, causes, and recommended prevention strategies. Available on the WHO website.

## National Institute of Mental Health (NIMH)

The NIMH website includes information on suicide prevention, mental health research, and guides to finding help.

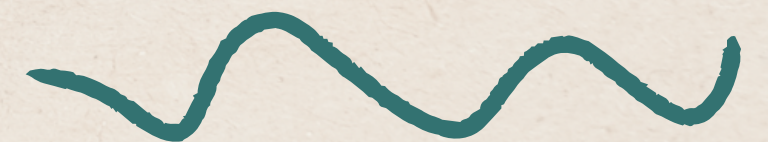




# Structural Models of Personality



BY : Aya Jasim



# Introduction

Structural models of personality are analytical tools aimed at understanding the composition of human personality based on various influencing dimensions. These models help explain behavioral patterns and interpersonal interactions.



## 1. Eric Berne's Transactional Analysis Model

This model divides personality into three main states:

Parent: Values and beliefs learned from the environment.

Adult: Rational and logical thinking.

Child: Emotional responses and innate needs.





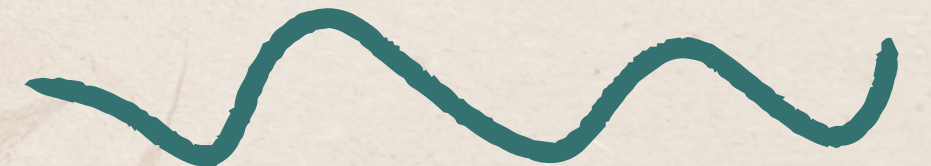
## 2. Sigmund Freud's Analytical Model

This model divides the personality into three components:

Id: Unconscious desires and instincts.

Ego: Rational thinking and balance between the id and superego.

Superego: Internalized values and ethics





### 3. The Big Five Model

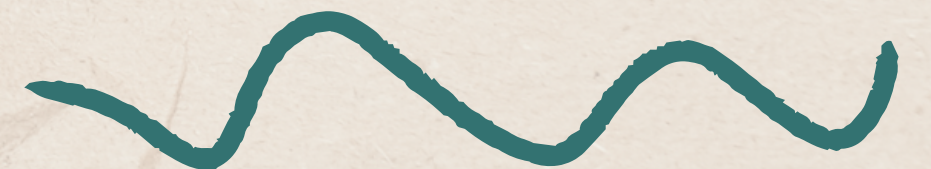
Openness: Willingness to experience new things.

Conscientiousness: Organization and responsibility.

Extraversion: Social interaction and energy.

Agreeableness: Cooperation and acceptance.

Neuroticism: Emotional stability.



#### 4. Carl Jung's Analytical Psychology Model

Jung focused on the interaction between:

Introversion and Extraversion.

Thinking and Feeling.



# Applications of Structural Models

1

Clinical Settings:  
Help diagnose  
and treat mental  
health  
conditions.

2

Education and  
Counseling: Provide  
tailored guidance  
based on  
personality  
structures.

3

Workplace  
Psychology: Improve  
teamwork and  
leadership through  
understanding  
personality  
dynamics.



# Conclusion

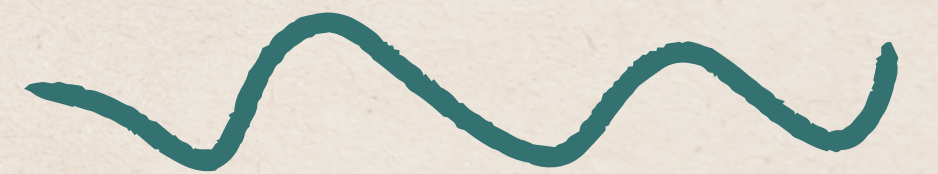
Structural models provide valuable insights into the complexities of personality by emphasizing its biological, psychological, and social dimensions. They enhance self-awareness and improve relationships across various life domains.







# Q&A Session



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Thank  
you

