Discussion 2

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**Critical Thinking Exercise**

In the healthcare system, to treat psychological disorders the medical model of mental is used. When a person breaks his arm, medical treatment is provided, the same is the case with psychological imbalances and model of illness used for the treatment. One of the approaches by the psychopathology suggests that every mental disorder has a physical cause, whereas, this emphasizes the neurotransmissions, neurophysiology, and genetics of individuals. Advanced Syphilis also suggests that some of the behavioral and cognitive symptoms are transmitted to the offspring through sexually transmitted diseases. Some of the disorders that are characterized by any physical change may not be real. The problem associated with the medical model is that it is only limited to only physical symptoms. For the treatment of psychological imbalances, this model emphasizes on the medication or drugs. While during the 19th century with the development, traditional medical practices were modified and replaced with the new ones. At the beginning of the 20th century, the behavioral model was introduced, which is also referred to as the cognitive-behavioral model. This model was more oriented towards the scientific study of the psychoanalytical aspects. While the biological model had not logical treatments and was limited to certain conditions. This model is more relevant to understand the etiology of psychanalytical problems because of this emphasis on the scientific ways of treatments (Barlow et al., 2016). The clinical treatments were initially tested on the animals before their implementation of the humans. This reflects that the biological model which used the medical treatments without any scientific test was applied directly to humans. In comparison with the traditional medical model, that was only dependent on the environmental changes and determined reactions. The biological model also failed to satisfy the standards of psychoanalytical treatments. The behavioral therapy is more concerned with the scientific implementation and study of the behavioral changes or the psychoanalytical imbalances in the individuals. Naturally, human beings pose desires and needs that are important to be met to satisfy the mind and body.

**Response to Discussion Question**

The observations by Freud which he concluded as the psychoanalytic model will be helpful for me to understand the emotional difficulties that I face. Freud categorized the mental conditions as the id, ego, and superego. These three mental conditions reflect our behaviors and desires of our mind and body that are important to be met and sometimes the same desires can be compromised under certain conditions. These certain conditions may include compromising on a desire that may hurt some other individual, as this can be met in other ways. If I were to develop any mental disorder, these three conditions would have helped me to understand the nature of the disorder with the help of three major functions. It is important to understand the nature of the psychological imbalances first and this is possible when we know about the three functions. The ID function is based on the pleasure principles which induce the physical desires of the body and the other two functions towards a reflection o fulfilling the demands and desires of life. Based on the concepts, if I had developed any emotional difficulty, I could understand my issue by comparing it with these three categories. These functions by Freud may help treat the behavioral changed too. The reason is that these categories are very simple to be analyzed and these are very easy to understand the emotional imbalance. This will also help me to analyze my selfish desires and understand which desires are realistic and beneficial for my development of myself and others. This model by Freud is helpful for individuals to analyses the demands and the basic realities in our environment.

References

Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2016). Abnormal Psychology: An Integrative Approach. Cengage Learning.