The Issue of Mental Health

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**Issues of Mental Health and Mental Illness in the United States**

           It is one harsh reality of the society that the issues of mental health and mental illness involve different forms of stigmas and biasedness. People suffering from any form of mental concern deals differently as compared to normal individuals. People have different forms of negative perception about the patients of mental illness. Undoubtedly, it is a great challenge for the society to provide the necessary comfort to others without any biasedness towards their mental issues. The approach of critical comparison of American society with other nations better helps to observe American people perception about mental issues. It is established that the nation of the United States deals with different forms of evolution and transformations. These aspects eventually influence Americans’ approach when it comes to issues of mental health and mental illness. The diversity of society also presents in case of perception about the concern of mental illness. The cultural difference is one prominent indicator that influences people’s approach towards the phenomenon of mental health and mental illness.

           The existence of negative perception about mental concerns can also never be ignored. It is one critical social concern because the limitation of public stigma restricts many individuals to regularly and timely attain proper healthcare services for any mental issue. Attainment of mental healthcare services is still a taboo for many Americans. Identification of these concerns makes it essential to openly talk about this issue and explore some suitable consensus level. Awareness about different types of mental issues is an essential step to change the conventional and discriminatory perception of people about the issue of mental illness (Meyer, Saw, Cho, & Fancher, 2015). Consideration of improved knowledge about mental disorders can be a helpful approach to minimize the gap that exists between healthy people and the ones who are suffering from mental instabilities. Lack of engagement in mental healthcare process is one primary cause of negative attitude and beliefs for the people who are facing the issues of mental illness.

**Different Types of Mental Disorders**

**Anxiety Disorder**

           Anxiety disorder is recognized as one of the common forms of mental illness. It is established that people who suffer from mental instability poorly respond to specific objects or situation. Individuals with anxiety disorder have an immense form of fear or anxiety in case of specific things, persons, or situations.

           Symptoms:

* Trembling
* Feelings of nervousness
* Having the feeling of extreme danger
* Panic Attacks
* Increased Heart Rate
* Sweating
* Weakness
* Facing troubles in sleeping

Impact on the Individual

           Anxiety disorder can be immensely detrimental for the individual as it negatively influences the daily routine functioning of the person. The individual’s well-being is also impacted by regular panic and anxiety attacks. Headaches and dizziness are the common characteristics of anxiety disorder that impact the individual in a great manner.

Impact on Person’s Ability to Function

           The mental issue of anxiety disorder immensely impacts the functioning of the victim. This specific issue affects different physical and psychological abilities of the individual that ultimately cause improper functioning (Mander et al., 2017). The long-term issue of anxiety disorder causes the development of stressful hormones in a victim’s brain regularly that ultimately reduces a person’s ability to function appropriately.

**Mood Disorder**

           This specific disorder is also identified as an affective disorder concerning improper moods of the individuals. The issue of mood disorder involves persistent feelings of different emotions such as extreme sadness or overly happiness. Improper fluctuations in the form of mood swings are the basic prospect of this mental disorder. The issue of mood disorders can further explain as depression, bipolar disorder, etc.

           Symptoms:

* Distractibility
* An abnormal pattern of sleep
* Impulsivity
* Feeling empty

Impact on the Individual

           The issue of mood disorder impacts the individual in many different forms. Irrelevance of people restricts them from their proper functioning in life. The inconsistent pattern of feelings or moods eventually makes it difficult for an individual to concentrate on normal work. Extreme sadness limits opportunities for the victim to involve different activities of life. On the other hand, the mood of extreme happiness makes the individual unable to make wise decisions about different matters.

Impact on Person’s Ability to Function

           The person’s ability to greatly functions in life is immensely restricted by the mental issue of mood disorders. The concern in the form of depression hinders an individual’s approach to successfully respond to various everyday matters.

**Post-traumatic Stress Disorder (PTSD)**

           This disorder is associated with some specific terrifying event in someone’s life that ultimately cause great fear. Any petrifying incident such as the death of a loved one triggered the mental concern appears as the issue of PTSD. This disorder can develop in both forms of experiencing or witnessing an extremely unpleasant event in someone’s life.

           Symptoms:

* Extreme emotional distress
* Nightmares
* Flashbacks
* Avoiding specific places or activities
* The feeling of hopelessness about future
* Unable to develop a friendly relationship with others
* Emotionally numb

Impact on the Individual

           Different chronic reactions to the issue of trauma make it almost impossible for individuals to greatly survive in life. The victim of PTSD ultimately accepts failure to manage different aspects of life. Different forms of emotional incompetence such as fear, anxiety, or depression cause extreme isolation for the individual.

 Impact on Person’s Ability to Function

           The extreme suffering of PTSD causes different forms of disruptions for the individuals that negatively impact their functioning in life in a great manner (Fishbain, Pulikal, Lewis, & Gao, 2017). The extreme degree of fear or depression makes it impossible for them to trust others and develop a normal social association with others.

**Personality Disorder**

           Inflexible personality traits or characteristics are the basic aspects associated with the issue of personality disorder. The extreme distortions in personality ultimately affect people’s approach in case of their daily working and association with other individuals.

           Symptoms:

* Unstable relationship with others
* Fear of being abandoned
* Extreme emotional fluctuations
* The feeling of immense anger

Impact on the Individual

           The mental issue of personality disorder negatively influences the thought process of the individual. The behavioral domain of individual is greatly differing from others that cause various forms of relationship gaps and inconsistencies.

Impact on Person’s Ability to Function

           The daily functioning of an individual at work, home, or other social setting is immensely disturbed by personality disorder. The improper approach of someone’s personality makes it complex for others to establish proper functioning with them.

**Non-Directive Treatment Approach**

           The non-directive treatment approach is recognized as one significant form of psychotherapy. The main aim of this specific approach is to provide necessary treatment to different mental disorders by focusing on the clients’ perspectives. In other words, this approach is also characterized as a customer-centered approach that considers the client’s feelings and emotions during the treatment. Person-centered therapy makes it essential for the counselor to give necessary value to the views and feelings of clients and encourage them in case of their strengths. Enhancement of personality development of the client is the basic purpose of this approach that ensures by assisting them in case of their feelings, emotions, thoughts, and actions. The phenomenon of the non-directive approach can be observed through the example when the counselor is not interested to impose their opinions on the clients. Therapists are not inclined to provide directions to the clients by providing them specific advises about their lives.

           The practical implications of this approach can be observed in the case of treating the issue of PTSD. The counselor or therapist can adapt the prospect of nor-directive therapy or counseling session with the patient of PTSD to provide the necessary support. The counselor must give the necessary confidence to patients, so they become able to share their thoughts without any hesitation or fear.

**Directive Treatment Approach**

The directive treatment approach is opposite to the counseling perspective of non-directive approach. The procedure of directive therapy appears when counselor directs all the activities of the counseling session. It is noteworthy to indicate that the process of therapy is led by therapists to provide necessary assistance to patients. There is no significant option for the patient to lead the overall process of counseling or therapy in case of this approach. The role of the counselor is immensely crucial and central in case of this approach of counseling for patients who require therapy. The implications of directive therapy can be considered through the example of cognitive-behavioral therapy (Zalaznik, Weiss, & Huppert, 2019). In this scenario, the therapists deliver all the instructions to the clients and help them in case of particular practice categories and techniques. The main aim of this approach is to provide necessary guidelines or roadmap to the clients in case of coping with different problems.

The application of directive treatment approach can be examined in case of treating anxiety disorder. Cognitive-behavioral therapy is ranked as one significant directive treatment approach to help clients in case of different anxieties and fears faced by them. This specific approach is used by therapists to directs different strategies and techniques to the clients to address their anxiety disorders effectively and efficiently. The conditions and solutions are illustrated by counselors during the counseling sessions to provide necessary guidance to the clients.

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