

CIT: Introduction to Clinical Disorders

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UTAH CENTER
FOR EVIDENCE BASED
TREATMENT

What is mental illness?



Definition of a Mental Disorder

A mental disorder is a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning.

There is usually significant distress or disability in social or occupational activities.

DSM-5 Categories



Today's selected DSM-5 Categories



**Substance Use
Disorders**



Anxiety Disorders



**Trauma and
Stressor Related
Disorders**

Dissociative conditions



SPMI:

Psychotic Disorders,
Mood Disorders,
Pervasive
Developmental Disorder



**Neurocognitive
Disorders**



**Disruptive
Behavior Disorders**

Substance Use Disorders

- ◇ Taking the substance in larger amounts or for longer than you're meant to.
- ◇ Wanting to cut down or stop using the substance but not managing to.
- ◇ Spending a lot of time getting, using, or recovering from use of the substance.
- ◇ Cravings and urges to use the substance.
- ◇ Not managing to do what you should at work, home, or school because of substance use.
- ◇ Continuing to use, even when it causes problems in relationships.
- ◇ Giving up important social, occupational, or recreational activities because of substance use.
- ◇ Using substances again and again, even when it puts you in danger.
- ◇ Needing more of the substance to get the effect you want (tolerance).
- ◇ Development of withdrawal symptoms, which can be relieved by taking more of the substance.

Anxiety Disorders and related conditions

- ◇ GAD
- ◇ Panic Disorder
- ◇ Illness Anxiety Disorder
- ◇ OCD
 - ◇ Body Dysmorphic Disorder
 - ◇ Hoarding
 - ◇ Trichotillomania (Hair-Pulling Disorder)
 - ◇ Excoriation (Skin Picking Disorder)

Trauma and Stressor Related Disorders

- ◇ PTSD
- ◇ Acute Stressor Disorder
- ◇ Dissociative identity disorder
- ◇ Dissociative amnesia
- ◇ Depersonalization/derealization disorder

Psychotic Disorders

Behavioral: disorganized behavior, agitation, hostility, hyperactivity, hypervigilance, nonsense word repetition, repetitive movements, restlessness, self-harm, social isolation, lack of restraint

Cognitive: thought disorder, confusion, belief that an ordinary event has special and personal meaning, belief that thoughts aren't one's own, disorientation, memory loss, racing thoughts, slowness in activity, thoughts of suicide, unwanted thoughts, difficulty thinking and understanding, or false belief of superiority

Mood: anger, anxiety, apathy, excitement, feeling detached from self, general discontent, limited range of emotions, loneliness, or nervousness

Psychological: fear, hearing voices, depression, manic episode, paranoia, persecutory delusion, religious delusion, or visual hallucinations

Speech: deficiency of speech, excessive wordiness, incoherent speech, or rapid and frenzied speaking

Psychosis example

Mood Disorders

Manic Episode

- high self-esteem
- little need for sleep
- flight of ideas
- an increased interest in goals or activities
- psychomotor agitation (pacing, hand wringing, etc.)
- increased pursuit of activities with a high risk of danger

Depression

- Anhedonia,
- poor concentration,
- hopelessness,
- low energy,
- thoughts of death,
- changes in eating,
- low mood.

Neurological Disorders



Neurodevelopmental

Intellectual disability (not MR)

Autism Spectrum Disorder



Neurocognitive

BRAIN INJURY CAUSED BY TRAUMA

BREATHING CONDITIONS

CARDIOVASCULAR DISORDERS

DEGENERATIVE DISORDERS

DRUG AND ALCOHOL-RELATED
CONDITIONS

INFECTIONS

Disruptive, Impulse Control Disorders

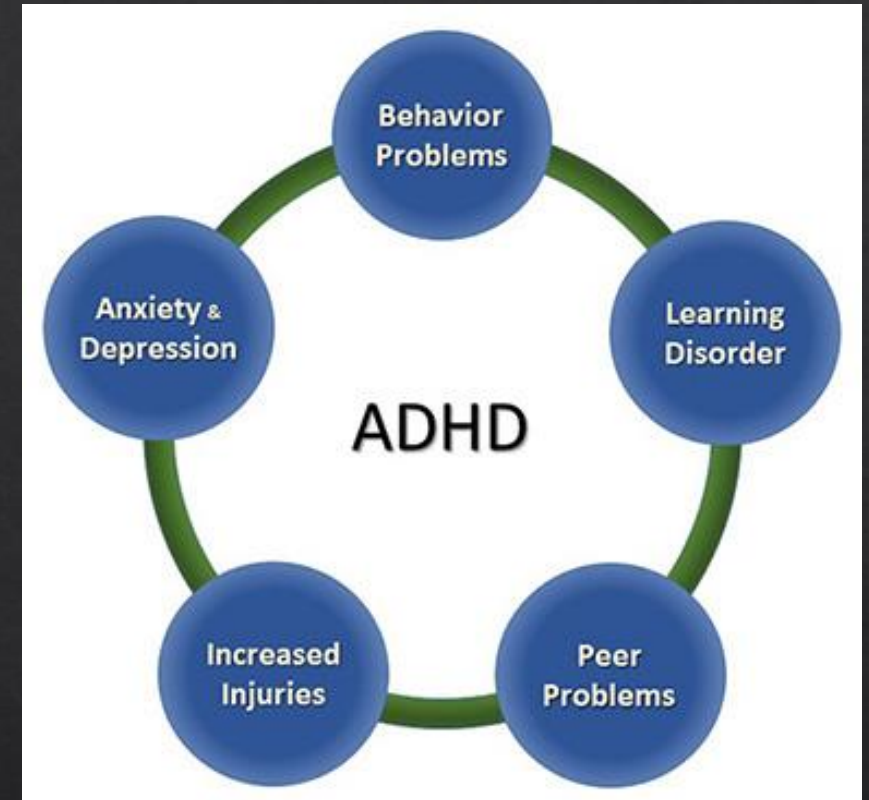
Oppositional
defiant
disorder

Conduct
disorder

Intermittent
explosive
disorder

Kleptomania
and
Pyromania

Add slide on kids



Utah Specific Mental Health Issues

Suicide

Anxiety Disorders

Substance Use

Overcontrol and Under-control

Less access to MH services

Updates in how we understand Mental Health

- ◇ Biopsychosocial model
- ◇ Continuum of normal behaviors
- ◇ Transdiagnostic approaches
- ◇ Trauma-informed

Adverse Childhood Experiences (ACEs Score)

Abuse

- Emotional Abuse
- Physical Abuse
- Sexual Abuse

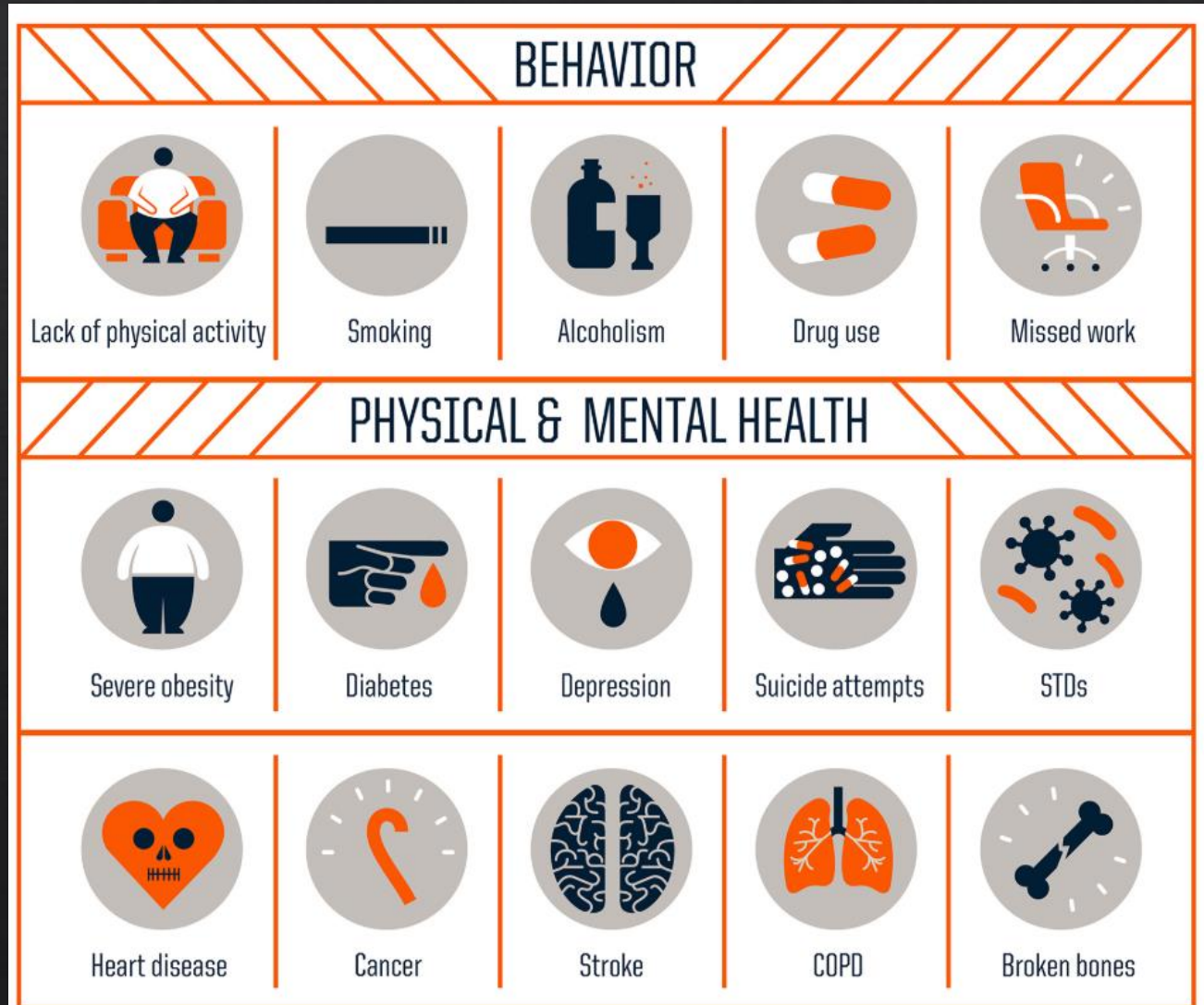
Neglect

- Emotional Neglect
- Physical Neglect

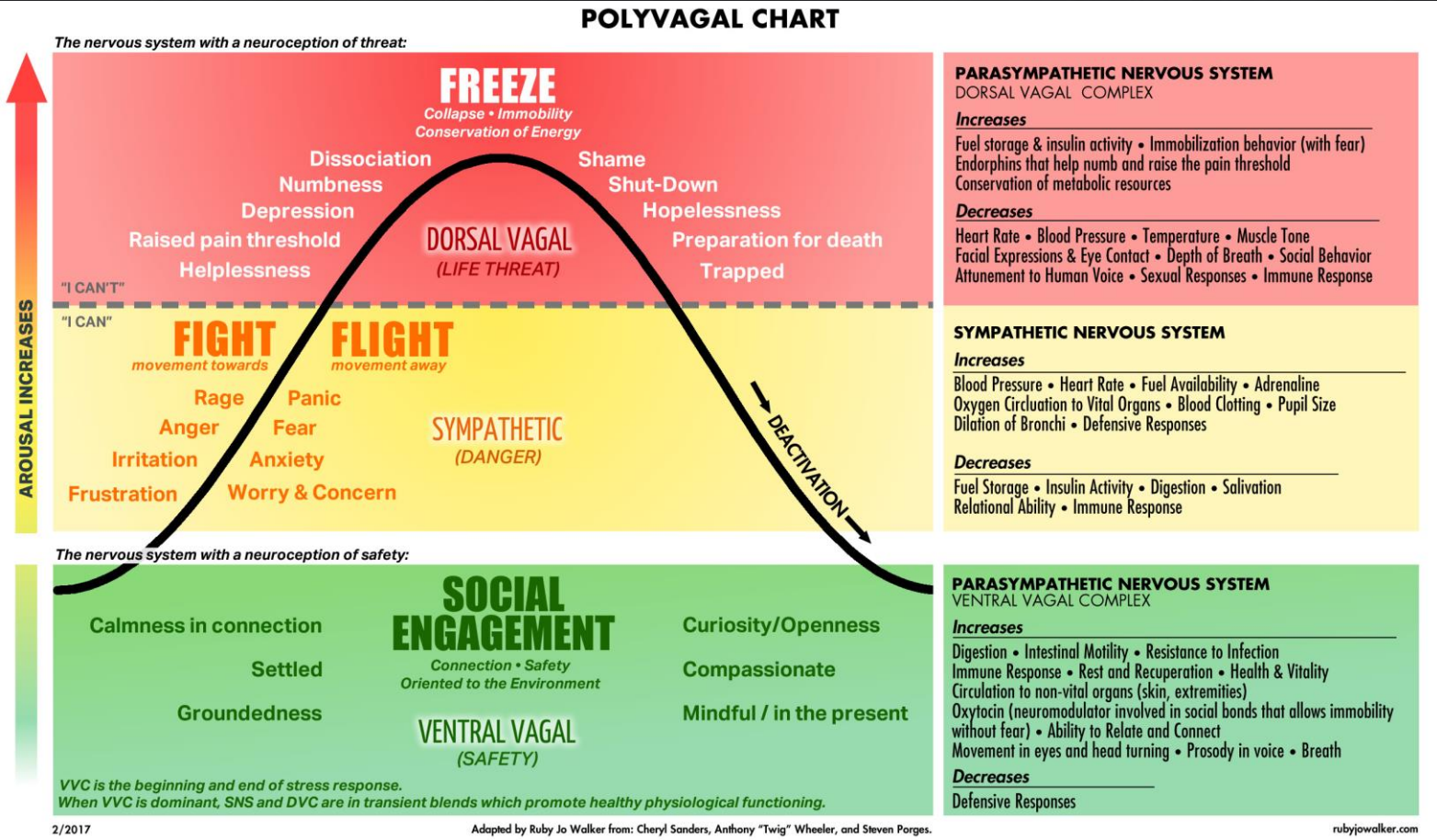
Household Dysfunction

- Mother was treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

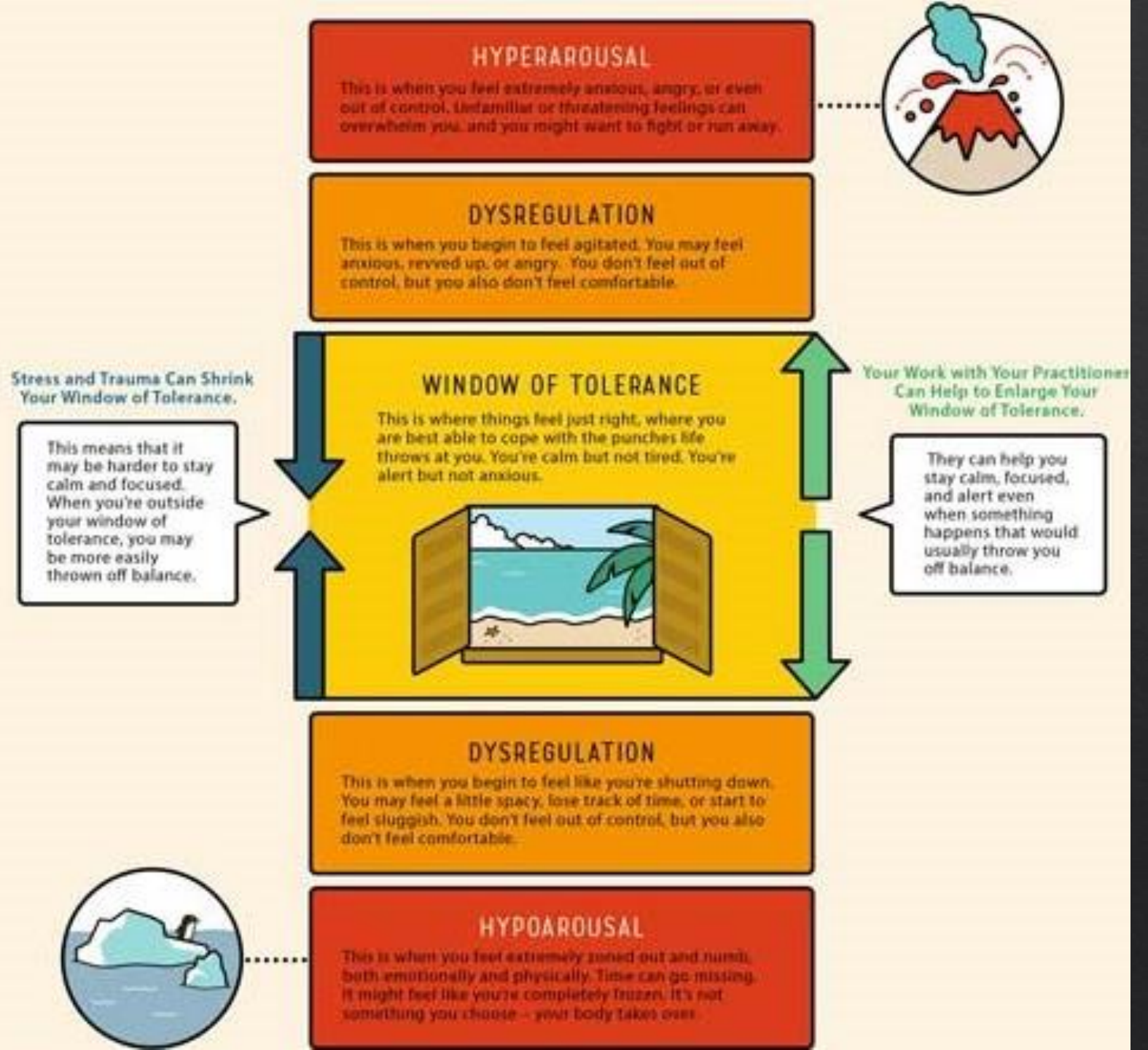
Association with high ACEs




Stress and our autonomic nervous system



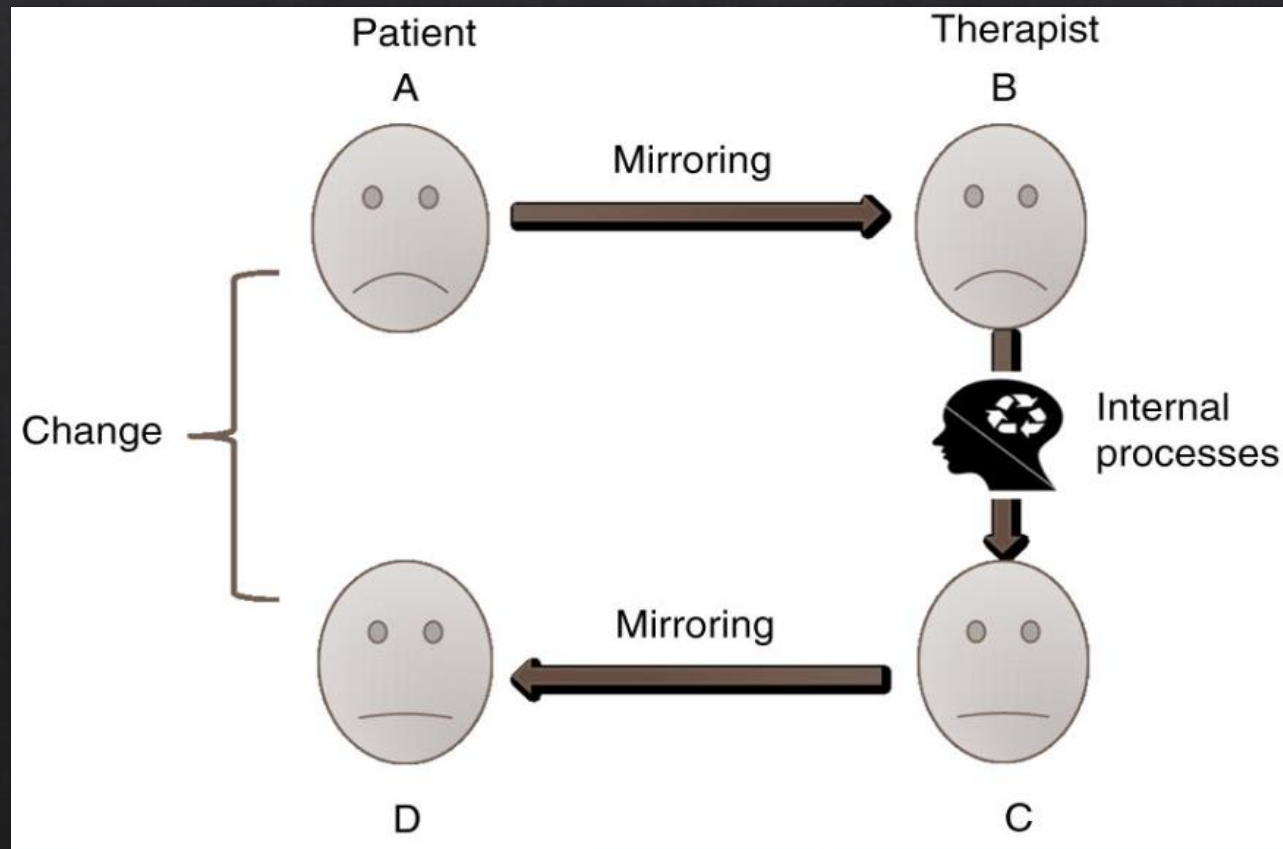
Vulnerability & Windows of Tolerance





Practical Implications

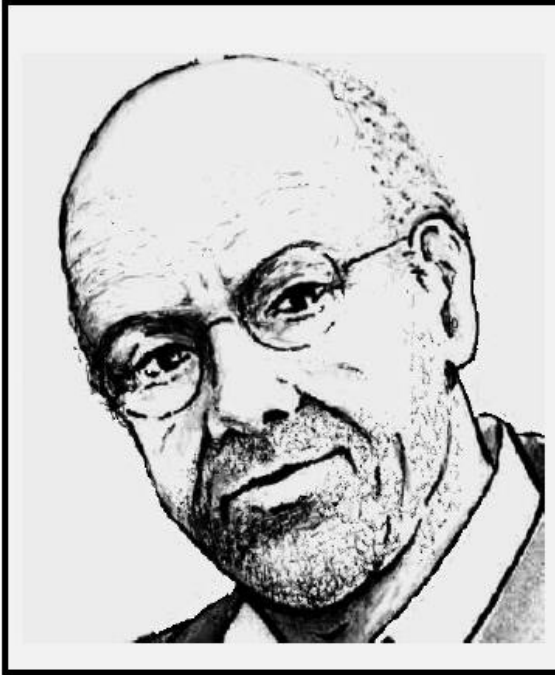
Self-regulation and Coregulation



Empathic Responding and Barriers

- ◆ Definition: a way of listening and responding to another person that improves mutual understanding and trust
- ◆ Skills: reflective statements, nonverbals, brief verbal affirmations, paraphrasing/summarizing

Social Signaling



- ◇ Vocal intonation: conveys safety stimulates vagal system
- ◇ Orbital muscle around the eye crinkling, tensing middle ear improving hearing
- ◇ Relaxation of the upper part of face (striated muscles) sends calming signals
- ◇ Sighing: extended exhale calms us

◇ Porges, 2010

Questions?



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