CHAPTER 8 – CLINICAL PSYCHOLOGY & THE DEVELOPMENT OF PSYCHOANALYSIS

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Clinical Psychology

- Like psychology in general, clinical psychology is very new but its roots are ancient.
- Despite this, reforms in care of the mentally ill only occurred in the 18th century and clinical psychology was established as a subfield in 1876.
- It is now a central area of psychology, dominating the American Psychological Association.
- Clinical psychologist is what most people think of when they hear the word psychologist.
Despite enlightened views by Greeks such as Hippocrates & Antiphon, and Roman Galen, the mentally ill were generally equated with sin & evil.

Throughout the dark and middle ages many of the mentally ill were regarded as subhuman and subjected to barbaric abuses and scapegoated.

Mental illness was frequently attributed to Witchcraft or possession by the devil.

Joan of Arc may be an example, since she reported hearing voices (hallucinations), first a mystic then a witch
Witchcraft in Europe

- Malleus Maleficarum (Hammer of the Witches) published late 1480’s said witchcraft arises from unsatisfied lust, which is never satisfied in women.
  - This “textbook of the Inquisition” was an incitement to torture & mass murder, 200-500,000, 85% female.
  - It was written by two Dominican priests (Sprenger & Kramer) & used with the full authority of the Pope.
- 3 main sections: (1) proof witches exist, (2) descriptions of characteristics & actions of witches, (3) how to examine a witch to ensure full confession.
How Can You Tell She’s a Witch?

Since people believed that no natural power could overcome witchcraft, the outcome of a confession was death by hanging, burning or drowning. Women were offered hanging instead of burning as an inducement to confess.

This Monty Python clip is funny because it seems absurd to us now, but the Inquisition was serious.
Don’t Confuse the Inquisition with the Witch Trials

- In the 12\textsuperscript{th} century, spreading moral corruption (illegal marriage, extraordinary wealth) among the clergy drove people to heretical movements.
  - The Inquisition’s main focus was to eradicate these and later sects (Cathars, Albigensians, Waldensians, etc.)

- The Malleus Haereticorum (Hammer of Heretics) described how to identify and punish heretics.

- Dominicans were the inquisitors and the methods of torture were similar, but heretics had more rights and were not killed by the church (only by locals).
Witchcraft in the USA

- Witch trials were common in New England after they had largely died out in Europe.
- The Salem witch trials (1692) began when 8 young girls developed symptoms of bewitchment.
  - 19 people were hanged, 1 was pressed with stones.
  - The following Spring, the governor released the remaining 150 accused people. Laws were rewritten making witchcraft difficult to prosecute.
  - Ergot poisoning may have produced their symptoms or perhaps hysteria (see Spanos, .)
Many retarded and mentally ill people were treated as criminals and locked up in “fools’ towers, fool’s homes, or lunatic asylums.

- In 1130 a convent became the first mental institution.
- In 1543 Henry VIII chartered the Hospital of St. Mary of Bethlehem, known as “Old Bedlam” (uproar).
- Bars, manacles and chains were common in asylums in England and the USA.
- Inmates were starved in baskets over the dining table.
- Bizarre cold water & whirling cures and blood-letting.
Pictures of Interior of Bedlam

Keepers were only paid what they could collect from those wanting to see inmates as entertainment.
Considered the father of American psychiatry, Rush was an enthusiastic advocate of blood-letting, almost killing himself with it to cure Yellow fever.

Blood-letting was used to “quiet the blood” because excessive stimulation and excitement produced mental & physical illness (Brunonian system).

Rush founded a wing for treatment of the insane at Pennsylvania Hospital in Philadelphia.

His belief that the insane deserved treatment was admirable but his methods were barbaric.
Phillipe Pinel (1745-1826)

- Pinel is considered the father of scientific psychiatry.
- His personal experience with a manic-depressive friend motivated his interest in studying insanity.
  - Daquin asserted that insanity was a disease that could be understood by the methods of natural science.
- Encouraged by Daquin, Pinel urged humane treatment of the insane, not beatings or ridicule.
- As a result he was appointed Director of the Bicetre asylum in Paris (1793).
Changes at the Bicetre

- In a cautious and systematic way, Pinel began removing chains from the inmates.
  - 8 years earlier, Chiarugi outlawed chains in Italy.
  - One of the men released later saved Pinel from a lynch mob accusing him of poisoning wells & harboring rich.
  - He used the minimal restraint necessary for safety.

- Deaths fell from 50-60% to about 12% after he implemented his changes.

- In 1795 he was appointed head of La Salpetriere, the women’s asylum with 8000 inmates.
Marat/Sade

- The Persecution and Assassination of Jean-Paul Marat as Performed by the Inmates at the Asylum of Charenton under the Direction of the Marquis de Sade (by Peter Weiss).

- The characters in a play depicting the French Revolution (15 years earlier) are played by inmates with various symptoms. The audience is nobility, as was common. The time is 1794.

- [http://www.youtube.com/watch?v=DcJKxrDczSo&feature=related](http://www.youtube.com/watch?v=DcJKxrDczSo&feature=related)
Pinel was asked to examine a boy of 12 who had walked out of the woods of Saint-Serin in Aveyron.

The boy seemed to bear upon a philosophical controversy – Rousseau said a natural life is best because civilization corrupts (noble savage idea).

One of Pinel’s assistants, Itard, tried to educate him.

- He was able to teach him basic self-care but not to talk. He was unpredictable and violent when stressed.
- His efforts suggested that retarded children from less deprived backgrounds might be helped by remediation.
Guggenbuhl wondered whether cretins could be cured, especially by diet, exercise & vitamins.

- A cretin is a thyroid-deficient dwarfed individual with mental subnormality, from the French word.

His claims of success were investigated and found to be bogus – the inmates were neglected and unimproved. Guggenbuhl fled with the money.

His legacy is that hundreds of asylums for the mentally retarded were established with better results.
William Tuke (1732-1822)

□ Tuke was a prosperous, retired Quaker gentleman.

□ Appalled by conditions at an asylum in York and the death of a Quakeress, Tuke decided to found his own “retreat” for persons with mental disorders.

□ Tuke’s York retreat resembled a farm and patients and staff were both treated like family.

□ Thomas Scattergood visited his retreat. Inspired by his report, the Quakers founded the first private psychiatric hospital in the USA in Philadelphia.
Dorothea Dix (1802-1887)

- Teaching in a prison school, Dix realized that many women who were mentally ill were being treated like criminals, but not allowed prisoners’ privileges.
- She became an advocate, travelling from state to state and publicizing the abuses and mistreatments.
- She lobbied for a land-grant bill to enable states to build mental institutions, but it was vetoed by Pierce.
- During the Civil War she worked as a nurse, then lectured Queen Victoria & chided the Pope.
State Institutions in the US

- The first public institution opened in Williamsburg VA in 1773, part prison and part infirmary.
- Many large state-run institutions were established, initially run humanely on the “retreat” model, but they were inundated with the chronically disturbed.
- Disproportionately large numbers of immigrants were committed and states couldn’t cope with the ethnic and cultural differences.
- So the states established large custodial institutions.
Deinstitutionalization

- Despite campaigns like that of Beers, founder of the mental hygiene movement, support for mental institutions declined with the Depression & WWII.
- In 1949 no state hospital met APA minimal standards of operation.
- Deinstitutionalization policies in the 1970s led to release of former patients who were then left without supervision or support to become homeless.
  - California went from 40,000 to 5,000 beds under Governor Ronald Reagan.
Lightner Witmer (1867-1956)

- **Witmer** founded the first psychological clinic at the Univ. of Pennsylvania in 1896.
  - Though trained in experimental psych, he believed that psychology must help people like the mentally ill.
  - He encountered resistance from people who wanted to keep therapy within medicine.
- Witmer treated children with speech defects, developmental delays or reading problems.
- He published 2 papers on intelligent behavior in a chimpanzee “Peter”.
Desperate Cures

- Psychosurgery — Moniz drilled holes in the skull & inserted an instrument to cut nerve tissue — a **frontal lobotomy** (leucotomy).
  - His successes were ambiguous, he ignored side effects, but the procedure became widely practiced.
  - Fulton, Freeman & Watts popularized it in the USA.
- Induction of insulin coma or convulsions (ECT). Only **ECT** has been found to have therapeutic value.
- Psychoactive drugs, especially lithium for manic-depression, have provided relief for some disorders
Mesmerism

- Mesmer reported use of magnets to cure sickness and disease. He found that people would go into a trance when stroked by a magnet.
  - He was kicked out of medical school and founded his own clinic where he practiced mesmerism (animal magnetism).
- A French commission investigated him and decided he was a quack — ultimately he was driven out of France.
- Several surgeons used mesmerism during surgery.
Hypnosis

- **James Braid** first used the term hypnosis in 1843. He used fixation and suggestion, not magnets to induce trance. His goal was scientific description not advocacy.

- Liebault and Bernheim combined hypnosis with drugs and founded an important center for the treatment of psychosomatic illness in Nancy, France.

- **Charcot** operated a hypnosis clinic in Paris visited by Sigmund Freud who hoped to use hypnosis to treat hysterical patients.
Freud’s early career choices were limited by anti-semitism so he chose medicine at Univ. of Vienna.

His favorite professor was Brentano, the philosophical follower of Wundt who emphasized mental acts.

He also did neurological research under Brucke.

Military service delayed his graduation until 1881.

He spent 5 months working in the psychiatric clinic of Theodor Meynert where he encountered hysterical patients.
Breuer and the case of Anna O.

- Anna O. was the name given to preserve the confidentiality of Bertha Pappenheim.

- Pappenheim had developed a number of hysterical symptoms after the death of her father, which were successfully treated by Breuer.

  - When she recalled the circumstances giving rise to each symptom, she experienced strong emotion which Breuer called catharsis – a release of emotional tension.

  - His technique of talking about her symptoms was called the “talking cure.”
Freud’s Drug Use

- In 1884, Freud became an enthusiastic user and advocate for cocaine, which was viewed a wonder drug with no drawbacks.
  - By 1885 cases of addiction were being reported.
  - Ultimately he renounced it and was lucky to escape becoming addicted himself.
- He was a heavy smoker (20 cigars a day) who could not stop, even when diagnosed with the mouth cancer that finally killed him.
Freud & Charcot

- In 1885-6, Freud received a grant from the Univ. of Vienna to study hysteria and hypnosis with Charcot.
- Freud saw his demos of removal of hysterical symptoms using hypnotic suggestion and his claim that these symptoms had a psychological cause.
  - Checkerboard anesthesias or paralyses did not follow anatomical principles.
  - He translated Charcot’s book “On Male Hysteria” which was poorly received because it focused on men, although this is disputed by Sulloway.
Freud’s Medical Practice

- In 1886, Freud established a practice in Vienna, with treatment of hysteria as his specialty.
- By 1889, he concluded that conventional treatments were unhelpful, including baths, massage, electrotherapy, and rest cures.
- He used hypnosis for a while, but became dissatisfied with it because it worked inconsistently with people and their symptoms.
  - Finally he concluded that his relationship with the patient was more important than such techniques.
Psychoanalytic Techniques

- Freud instructed people to remember events associated with the first appearance of symptoms.
  - Later he relied more on free association in which patients described whatever came into their minds.
- Breuer emphasized catharsis but Freud emphasized the therapeutic relationship, describing transference and counter-transference.
  - Their friendship was damaged by this.
Freud’s Seduction Theory

- Freud’s friendship with Wilhelm Fliess (1858-1928), a physician interested in sexual behavior, likely contributed to development of his seduction theory.
  - Fliess related nasal irritation to hysterical symptoms and sexual irregularities, using cocaine for diagnosis.
  - Fliess considered people bisexual and said that events in early life can have lasting effects.

- Freud’s revised theory said that hysteria was caused exclusively by unconscious memories of sexual pleasure from early childhood – finding 18 cases.
Towards the end, he adapted his Theory

Under strong criticism of the methods used to extract the memories, Freud modified his theory in 1887 but didn’t admit it publically until much later.

In 1905 he labeled the patients’ recollections as “fictionalized memories” or “fantasies.”

Since then, a controversy has existed over whether:

- The memories were fantasies or real abuse.
- Freud still believed in his disavowed theory but yielded to pressure.

Recanting changed the focus of psychoanalysis.
Freud’s Major Works

- The Interpretation of Dreams – dreams provide a “royal road” to the unconscious.
- The Psychopathology of Everyday Life – slips of the tongue, temporary memory failures and trivial mistakes are symptoms of unconscious dynamics.
  - Husbands who repeatedly lose their wedding rings.
Theory of Personality Development

- Psychosexual stages:
  - Oral, anal, phallic, latent, genital
  - Each embodies a conflict between gratification of instincts and limitations of the external world.
  - Unsuccessful resolution results in fixation and prevents progress to the next stage.

- Oedipal conflict in phallic stage — boy wants to replace his father with his mother.

- Electra conflict — the same thing for girls (Freud preferred to call it castration complex).
Freud & His Followers

- Starting in 1902, five men met weekly – the Wed Psychoanalytical Society, later the Vienna Society.
  - Alfred Adler broke off in 1911 to found individual psychology emphasizing social factors.
- Karl Jung, first an admirer, was expelled in 1914.
- Loyal: Rank, Abraham, Ferenczi, Sachs, Jones.
- Anna Freud developed analytical techniques for children, play therapy, dedicated her life to Freud.
- Karen Horney challenged Freud’s antifeminist bias.
Later Career

- After WWI, Freud was famous & in great demand as an analyst. He treated many patients because he needed the money.
  - Analysis with Freud was different than current practice.
- In 1933, psychoanalysis was branded “Jewish science” and banned in Germany.
  - The Nazis were pressured to release Freud and his family in 1938 – they fled to London.
- Freud died at age 83 in 1939 after being given several injections of morphine to end his great pain.