

Psychiatric Nursing Theories

Student

Institution

Professor

Course

Date

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Introduction

The early theorists assisted practitioners in the professional practice of nursing by providing guidance. In psychiatric nursing, tremendous progress has been made due to the contributions of various theories, including psychodynamic, sociocultural, behavioral, and cognitive approaches. Behavioral theorists aid in modifying the patient's behavior and thinking, while psychodynamic theorists assist the physician in understanding the underlying issues that may impact the patient. Cognitive theories concentrate on the patient's thought process. In contrast, sociocultural theories allow both the patient and the professional to understand how the patient's conduct may be affected by their interactions with other people. When put together, all of these different perspectives contribute to the clinical treatment of people with a mental health conditions. In this study, I will discuss the behavioral, psychodynamic, and cognitive theories and attempt to demonstrate their utilization in nursing practice.

1. Discuss the similarities and differences between Freud's ideas and those of the neo-Freudians, including Jung, Adler, Horney, and Sullivan.

Freud

A pioneer in the field of psychology, Sigmund Freud was an early theorizer of the mental processes behind individual behavior. To him, psychiatric problems had their roots in early trauma. Freud believed that people passed through distinct psychological and sexual phases as they matured. A person's personality is formed from the experiences they have had throughout the psychosexual stages and the structures they have built up in their mind. Freud believed that the body supplied reason with its vitality. Human conduct is motivated by a desire to alleviate stress, and all human actions may get traced back to one or more underlying causes. Freud also

proposed the idea of two primary impulses that govern human behavior: aggressive and sexual (Mitscherlich, 2021). Like many others, he thought there could be many degrees of consciousness. There are three levels of awareness: conscious, subconscious, and unconscious. The immediate understanding makes up the conscious level, the long-term memories that one can recover quickly in the preconscious, and the repressed memories that may still influence behavior in the unconscious. Three distinct mental formations govern their Human conduct. The Id, Ego, and Superego are the three frameworks. The id regulates impulsive actions, the superego acts as the conscience to curb the id's excesses, and the ego maintains harmony between the two. The therapist's job is to dig up the memories that may generate the client's worry. The therapist's job is to assist the client in developing their ego to its fullest potential.

Neo-Freudians

Freud's influence spawned a school of thought known as neo-Freudians. Some neo-Freudians considerably diverged from Freud, developing entirely new ideas, while others maintained conceptual similarities. The neo-Freudians and their ideas are the focus of this research paper.

Carl Jung

Freud heavily influenced Jung's thesis since Jung shared Freud's belief in the mind's unconscious. Jung agreed with Freud on how one's upbringing might shape one's character. But Jung also thought that human action is motivated by hope for the future. Just like Freud, Jung acknowledged the importance of libido. However, while Freud believed libido was the drive for sexual fulfillment, Jung saw it as a drive for all sorts of activities. In addition, Jung thought that repressed memories got filed away in the unconscious. According to Freud, harmful memories and undesirable habits are locked away in the unconscious.

Alder

Freud had another student in Alfred Adler. Although Adler found inspiration in Freud's work, he strongly disagreed with Freud's view that sexuality played an outsized role in determining human behavior. According to Adler, inferiority complexes were the driving force behind most human behavior. Behavior was influenced by the inferiority complex, which had its roots in cultural and societal issues. Both Freud and Adler, despite their differences, tried to get to the bottom of people's problems.

Horney

Horney was an early Freudian psychoanalyst and a pioneer in her field. Horney shared Jung's view that everyone has the capacity for self-realization. He thought psychoanalysis should focus on helping patients develop a positive sense of identity rather than delving into their troubled pasts. As for the Freudian notion that females experience penis envy and thus are envious of male physical attributes, Horney had an issue with that, too. Horney argues that the cultural benefits accorded to men make any envy that may arise a cultural rather than a biological phenomenon. She implied that, since they cannot reproduce, men experience womb envy.

Sullivan

Sullivan stated that people's sense of who they are comes from the opinions of those who matter in their lives and gradually develops through time. Interactional styles change as a person progresses through the phases of behavioral development.

II. Compare and contrast the basic idea of psychodynamic and behavioral theories.

One of the fundamental aims of treatment is to help patients come to terms with and gain mastery over unconscious material, following Freud's view that these two levels are at war with one another (awareness). In addition to agreeing that one's psychological framework and

personality are shaped by the satisfaction or non-satisfaction of needs in childhood, proponents of the psychoanalytic approach also investigate whether or not any psychological protective strategies or mechanisms exist to attenuate the suffering brought on by such disagreements. In Adler's psychodynamic theory, the therapist and client are encouraged to build a mutually respectful bond initially (Keltner & Steele, 2018).

In contrast, Jung's analytic theory aims to assist the subject in becoming more whole by considering what Jung saw as unconscious influences. Sullivan believed that interactions between people were essential in explaining how our minds are structured (Kumar, 2020). Comparatively, Bowlby's attachment theory describes the mental disease as a result of difficulties attaching mental states. The associated therapy looks for harmony, encouraging communication between the mind and the heart. In most of these models, conflict is seen as a crucial component. This is regarded as ground zero for the emergence of neurotic symptoms. Typically, it is assumed that underlying drives attempt to make themselves known and be satisfied despite obstacles posed by norms and social conventions. This conflict is compounded by the faults of the personality (the third psychological component) that inhibit the development of suitable defenses that would allow a decrease in stress (Keltner & Steele, 2018).

III. List the major developmental theorists and their main ideas.

Here are some leading researchers' and theorists' hypotheses about how various youngsters grow and develop.

1. Sigmund Freud's theory of psychosocial development

Topics like unconsciousness, attraction, and self-education are central to Freud's psychoanalytic view of infant development. The mouth, the nasal cavity, the penis, the

incubation time, and the genitals are the phases of sexual development Freud identifies in children (Keltner & Steele, 2018).

2. Erickson's idea of psychosocial growth

According to Erickson, each step in the process creates a new window of opportunity to address and address the issues that will develop in the next crucial step. This is the process by which personal development occurs on a psychological level (Keltner & Steele, 2018).

3. The Piagetian Approach to Education

Swiss psychologist Jean Piaget called toddlers "little scientists" who proactively base their understanding of the world on various psychological norms and principles (Keltner & Steele, 2018).

4. Vygotsky's theory of sociocultural development.

Vygotsky, like Piaget, is a constructivist psychologist who thinks kids learn best by doing. Vygotsky disagrees with Piaget's assumption that knowledge is constructed in isolation, concluding that instruction rests on social contact and is backed by a considerable body of authorities (Keltner & Steele, 2018).

5. Classical and operational

The connection between humans and their environments is emphasized in behavior theory, which is an essential field of study. The three most prominent proponents of these views are The father of classical adaptation B. F. Skinner, and the forbears of operational adaptation Ivan Pavlov and John B. Watson (Keltner & Steele, 2018).

6. Albert Bandura's social learning theory

Albert Bandura recognized that both are necessary for a complete understanding of children's development and learning (Keltner & Steele, 2018).

IV. Discuss the cognitive therapy approaches to mental disorders and how they can get used in psychiatric-mental health nursing practice.

The intervention seeks to alter dysfunctional behavior or issues. We can always trace any action to the underlying sentiments, ideas, and events that prompted it (Keltner & Steele, 2018). The unpleasant thoughts, emotions, and associations are the intervention unit. When these behaviors are eliminated, modified, or replaced with another functioning one, the person's perception of these disturbances is altered. Add the cognitive dimension to behaviorism, which consists primarily of automation and control schemes engaged before issue circumstances and generate accompanying negative ideas. You get another intervention element in assessing, analyzing, and treating the problem disorder. When these two forces come together, they create something more significant than the sum of their parts, a fresh perspective from which to attack illness and dysfunction. Beck's CBT and Ellis's Behavioral Rational-Emotional Therapy are two of its primary inspirations (Kumar, 2020). Cognitive-behavioral intervention models and methods are the primary tools for treating mental health problems. This model is becoming considered a direct psychotherapy technique in psychology due to its extensive theoretical foundation and proven efficacy Pardede (2021). Nurses also employ this strategy, helping patients with various mental disorders recover by having them participate in activities that bring them joy and fulfillment.

V. Define formal and informal support systems. How does the concept of social distance relate to these two systems?

The term "formal social support" describes the authorized service network developed solely by professionals in the health, education, welfare care, and administration (Kumar, 2020). The healthcare provider's role is crucial in treating chronic patients because of their multifaceted

assistance (emotional, practical, and educational). Patients' quality of life and ability to adjust to and benefit from treatment can get enhanced through informal social support (Kumar, 2020). Most of it comes from people you know, such as family and friends or people who live nearby.

Lewin's research on social distance impacted how we approach network analysis today, both in social psychology and family therapy. According to Pardede (2021), the social group determines the extent to which informal and formal support networks are separated. Therefore, official and informal assistance is crucial in bridging social distances. Society can make progress toward equality if people reject and shun discriminatory attitudes.

VI. In your own words...what knowledge gained from this course will be helpful in your nursing specialty.

In general, this course was quite enlightening and helpful in expanding my understanding of psychological concepts from various angles. The knowledge of the many patients' mentalities and psychological states is the information that has provided me with the most value as a result of my participation in this course. My abilities in critical thinking and psychiatric evaluation have significantly improved due to the assignments for this course, and these improvements will be of great use to me in my future practices.

References

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