

## Care and Counseling : Mental Health

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The following psychological concepts help us understand our mental health and the causes of mental dysfunctions. By learning various methods to look at our problems, we can identify our problems and issues and then begin to talk about how to improve and solve them in concrete and practical ways, and thus better understand and positively change who we are.

### **Grief and Loss**

Loss is part of life and being human. Loss is an inescapable part of being alive. It reveals human vulnerability, finitude, pain, and suffering. The experience of loss is followed by grieving. We have to remember that the presence of grief means that your loss was significant to you. The more you understand what is happening to you is normal, the less the process will frighten you.

There are two types of loss :

1. Developmental loss
2. Situational loss

The grief after a major loss requires a time of recovery. Grief recovery is more like recovering your balance after being knocked off your feet. Before you can pick up the pieces and go on with any sense of purpose, you need to regain a sense of balance. The good news is that you can get through a major loss experience and not be destroyed by it.

Pattern of recovery : grief after a major loss tends to follow a fairly predictable pattern, though every loss and grief is unique at the same time.

Steps of recovery :

1. Shock and numbness
2. Denial and withdrawal
3. Acknowledgment and pain
4. Adapting and renewal

Healthy vs. distorted grief : grief can be a creative force, a transforming force. At the same time, grief can become a destructive force. In this case, you need to seek professional help.

### **Family Systems Theory**

The perspective of family systems theory demonstrates a paradigm shift. Beyond a concern with the individual's personality character, this conceptual leap focuses attention on the family as a patient, subject matter. This approach is different from Freudian psychoanalytic approach which sees the individual as the unit of analysis. Rather than viewing symptoms as emanating from a single

sick person, family systems theory views the individual simply as a symptom bearer, so called the identified patient (IP) who expresses the family's dysfunction. In other words, it is the family organization that maintains the symptomatic behavior in the IP. Therefore, family systems therapists attempt to change the existing context in order to permit new interactional possibilities to emerge and thus solve the problems of any family member.

Murray Bowen's eight concepts of family systems theory

### **Consciousness and the Unconscious**

Human mind is composed of the three parts :

1. The conscious mind
2. The subconscious mind
3. The unconscious mind :

Psychoanalysis focuses on intrapsychic conflicts, uncovering the unconscious and reconstructing the client's past, particularly unresolved conflict from childhood.