Ten Top Tips from Psychological Understandings of Psychosis

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ORGANISM

High levels or prolonged exposure to stress can be toxic

Alterations in regulation of stress-mediating systems

Changes in brain structure and function
SOCIAL DEFEAT HYPOTHESIS

The negative experience of being excluded from the majority group

Interpreting this as defeating

Causing feelings of outsider status and reduced value
Genetic liability

Social Defeat

Childhood trauma
Urban upbringing
Low IQ
Psychiatric disorder
Migration
Illicit drug use

PROTECTIVE FACTORS
Ethnic density
Social support

No psychiatric disorder
Other psychiatric disorder
Psychosis
Sensitisation of mesolimbic DA system

Genetic liability
COMPLEXITY – NETWORK MODEL

a. Shortest Paths: Sexual Abuse – Positive and Negative Symptoms
b. Shortest Paths: Physical Abuse – Positive and Negative Symptoms
POWER, THREAT, MEANING FRAMEWORK

“What has happened to you?” (How is Power operating in your life?)

“How did it affect you?” (What kinds of Threats does this pose?)

“What sense did you make of it?” (What is the Meaning of these experiences to you?)

“What did you have to do to survive?” (What kinds of Threat Responses are you using?)
INFORMATION FOR CLIENTS AND WHANAU

http://www.bps.org.uk/system/files/Public%20files/rep03_understanding_psychosis.pdf
HUMAN RESPONSES

Human distress is universal

Continuums

Normalise
SUBJECTIVE NATURE OF BELIEFS

How we construe the world

What is a belief?

Cognitive biases
SYMBOLISM AND METAPHOR

Check for the symbolic meaning making

Unmet fundamental human needs
UNCERTAINTY

Notice conflict, confusion, experiences

Frame as something worth talking about

Frame ourselves as specialists in such conversations
Hold own sense of knowing in a detached way.

Transparent about how we came to think we know things.

Admit we can't know for sure if method was sound.

Admit some parts might be wrong.
Uncertainty is not a failure in mental health work. *It is essential.* Jim Geekie
YOU: SELF CARE AND WELLBEING
To keep the lamp burning brightly you must keep putting oil in it.

Mother Theresa
CRAZYWISE

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