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# Models of Psychiatry

As an adaptive therapeutic approach, Integral Eye Movement Therapy (IEMT) incorporates elements from the three primary models of understanding human behaviour and experiences. These models include the biological, socio-political, and behavioural systems. By drawing from these comprehensive perspectives, IEMT practitioners can tailor their approach to best address the unique needs and circumstances of their clients.

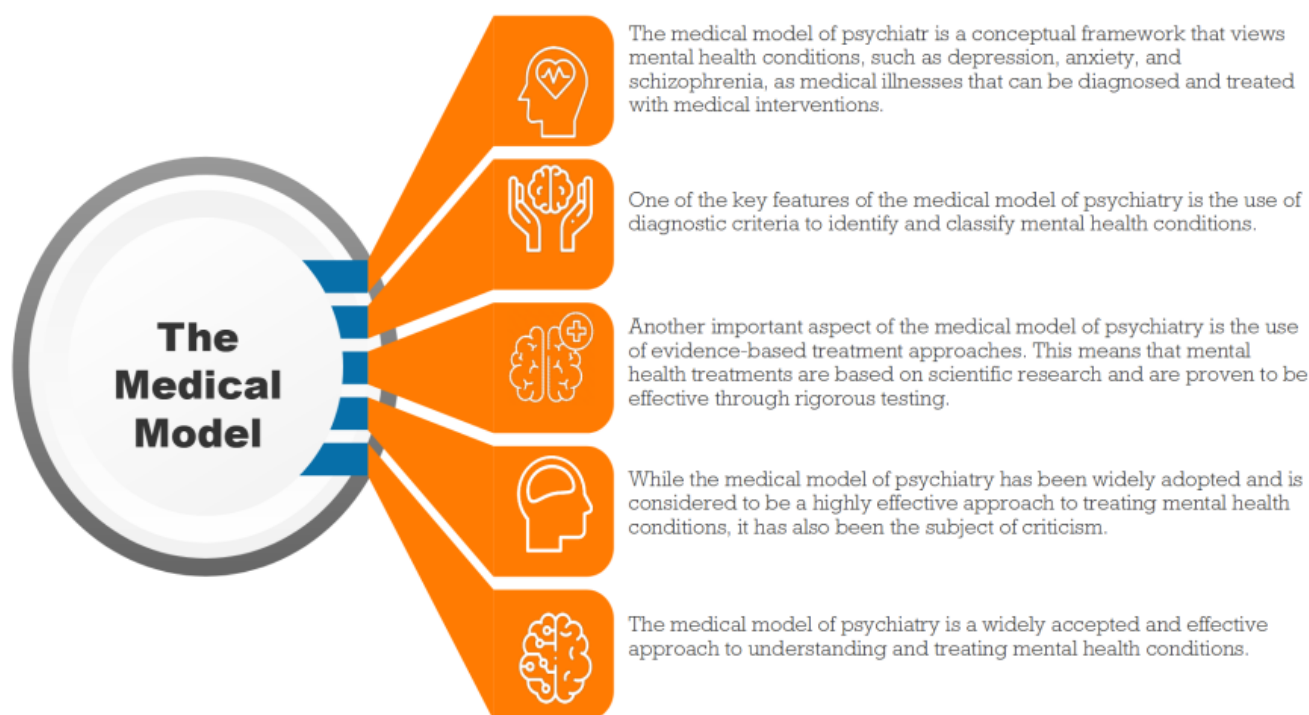
Firstly, the biological model considers the role of genetic, physiological, and neurological factors in shaping an individual's behaviour, emotions, and cognitive processes. By taking these factors into account, IEMT practitioners can recognise the potential influence of inherited traits, brain chemistry, and hormonal imbalances on a client's experience, and adapt their therapy techniques accordingly.

Secondly, the socio-political model acknowledges the impact of societal structures, cultural norms, and political systems on an individual's behaviour and experiences. IEMT practitioners understand that these factors can shape a person's worldview, values, and social interactions, and they strive to address any related challenges within the therapy sessions. By appreciating the power dynamics and social influences at play, therapists can help clients navigate complex issues and foster personal growth.

Lastly, the behavioural model focuses on understanding the processes of learning, conditioning, and reinforcement that contribute to the development of human behaviour patterns. IEMT practitioners use this model to help clients identify the root causes of their issues and work towards positive behavioural change. By exploring the underlying beliefs, habits, and coping mechanisms, therapists can support clients in developing new, healthier responses to life's challenges.

## The Medical Model

The medical model of psychiatry<sup>1)</sup> is a conceptual framework that views mental health conditions, such as depression, anxiety, and schizophrenia, as medical illnesses that can be diagnosed and treated with medical interventions. According to this model, mental health conditions are caused by a combination of biological, psychological, and social factors, and can be effectively treated with a range of medical treatments, including medication and therapy.



One of the key features of the medical model of psychiatry is the use of diagnostic criteria to identify and classify mental health conditions. [The Diagnostic and Statistical Manual of Mental Disorders \(DSM\)](#) is the standard reference used by mental health professionals to diagnose mental health conditions, and it outlines specific criteria that must be met in order to make a diagnosis. This approach is based on the idea that mental health conditions are discrete, identifiable entities that can be accurately diagnosed and treated.<sup>2)</sup>

Another important aspect of the medical model of psychiatry is the use of evidence-based treatment approaches. This means that mental health treatments are based on scientific research and are proven to be effective through rigorous testing. This approach is in contrast to other models of mental health treatment, which may rely more on anecdotal evidence or subjective interpretation.

While the medical model of psychiatry has been widely adopted and is considered to be a highly effective approach to treating mental health conditions, it has also been the subject of criticism. Some critics argue that the medical model is too reductionist and fails to take into account the complex social and psychological factors that can contribute to mental health conditions. Others argue that the medical model places too much emphasis on medication and may not adequately address the underlying causes of mental health conditions.

The medical model of psychiatry is a widely accepted and effective approach to understanding and treating mental health conditions. While it has its limitations, it has helped to improve the lives of countless individuals struggling with mental health issues and has contributed significantly to the field of mental health care.

## Social Constructivist Model

The social constructivist model of psychiatry<sup>3)</sup> is a conceptual framework that views mental health conditions as products of social and cultural factors, rather than as biologically based medical illnesses. According to this model, mental health conditions are not fixed or inherent, but rather are

shaped and influenced by the social and cultural context in which they occur.

The social constructivist model also emphasizes the importance of context in understanding and treating mental health conditions.

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One key aspect of the social constructivist model is the idea that mental health conditions are socially constructed, meaning that they are created and defined by the culture in which they exist. This approach challenges the medical model of psychiatry, which views mental health conditions as discrete and biologically based entities that can be accurately diagnosed and treated.

Another important aspect of the social constructivist model is the recognition of the role of power and inequality in shaping mental health conditions. This model suggests that mental health conditions are often used as a means of maintaining power and control over certain groups of people, and that the experience and expression of mental health conditions can be influenced by factors such as race, gender, class, and sexuality.

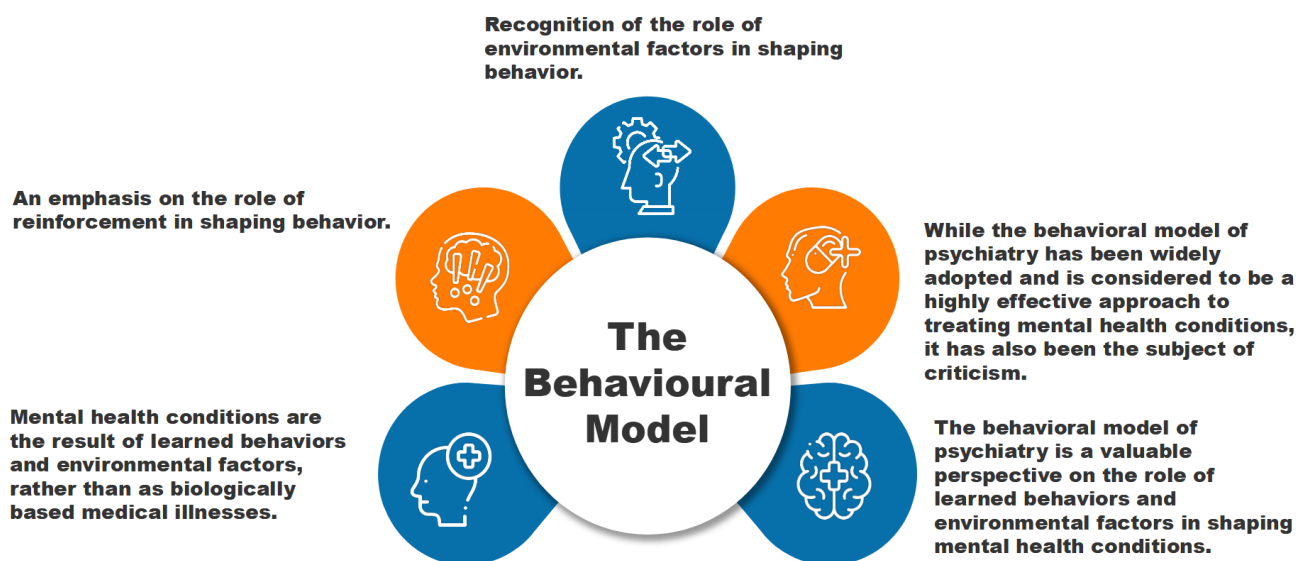
The social constructivist model also emphasizes the importance of context in understanding and treating mental health conditions. This model suggests that the social and cultural context in which a person lives can have a significant impact on their mental health and well-being, and that treatment approaches should take this context into account.

While the social constructivist model of psychiatry has gained significant attention and support in recent years, it has also been the subject of criticism. Some critics argue that this model downplays the role of biological factors in mental health and may not adequately address the complex interplay between biological and social factors in the development of mental health conditions.

The social constructivist model of psychiatry offers a valuable perspective on the role of social and cultural factors in shaping mental health conditions and the importance of contextual factors in understanding and treating these conditions. While it has its limitations, it has contributed significantly to our understanding of mental health and has helped to shape more inclusive and culturally sensitive approaches to mental health care.

# The Behavioural Model

The behavioural model of psychiatry is a conceptual framework that views mental health conditions as the result of learned behaviors and environmental factors, rather than as biologically based medical illnesses. According to this model, mental health conditions are not fixed or inherent, but rather are the result of the ways in which individuals learn to cope with and respond to their environment.



One key aspect of the behavioural model of psychiatry is the emphasis on the role of reinforcement in shaping behavior. This model suggests that behavior is influenced by the consequences that follow it, and that certain behaviours can be strengthened or weakened through reinforcement or punishment. This approach is often used in the treatment of mental health conditions, such as phobias or obsessive-compulsive disorder, through techniques such as exposure therapy or behavior modification.

Another important aspect of the behavioural model of psychiatry is the recognition of the role of environmental factors in shaping behavior. This model suggests that behavior is not solely the result of an individual's internal states, but is also influenced by the social and physical environment in which it occurs. This approach is often used in the treatment of mental health conditions through techniques such as social skills training or cognitive-behavioral therapy.

While the behavioural model of psychiatry has been widely adopted and is considered to be a highly effective approach to treating mental health conditions, it has also been the subject of criticism. Some critics argue that this model oversimplifies the complex interplay between biological and environmental factors in the development of mental health conditions, and may not adequately address the underlying causes of these conditions.

The behavioural model of psychiatry is a valuable perspective on the role of learned behaviours and environmental factors in shaping mental health conditions. While it has its limitations, it has contributed significantly to our understanding of mental health and has helped to shape effective

treatment approaches for a range of mental health conditions.

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<sup>1)</sup> The medical model in psychology [Wikipedia](#)

<sup>2)</sup> The medical model and its application in mental health - Ahmed Samei Huda [Int Rev Psychiatry . 2021 Aug;33\(5\):463-470. doi: 10.1080/09540261.2020.1845125](#)

<sup>3)</sup> What Is Constructionism in Psychiatry? From Social Causes to Psychiatric Classification [DOI:10.3389/fpsyt.2016.00057](#)

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