



PSYCHIATRY



THE UNIVERSITY
OF AUCKLAND

NEW ZEALAND

Te Whare Wānanga o Tāmaki Makaurau

The branch of medicine concerned with the study and treatment of mental illness, emotional disturbance and abnormal behaviour

Psychiatry

- Clinical speciality – is concerned with the observation and treatment of patients, as distinct from theoretical study, although is informed by research
- Various subspecialities – Adult general, Child and Adolescent, Liaison, Forensic, Old Age, Psychotherapy, alcohol and drug, community etc

Mental Disorders (DSM-IV- Adult)

- “Organic” Disorders -Delerium, Dementia, Amnestic etc
- Schizophrenia and other psychoses
- Mood disorders e.g. Depression, bipolar disorder
- Anxiety disorders e.g. agoraphobia, OCD
- Somatoform Disorders e.g. Somatoform, Hypochondriasis, CFS, irritable bowel
- Factitious disorders e.g. Munchausens disorder
- Dissociative disorders e.g. fugues, Identity (MPD)
- Sexual and gender identity disorders e.g paraphilias
- Eating disorders - Anorexia, Bulemia
- Sleep disorders - e.g. narcolepsy, sleep-walking
- Personality disorders
- Others - Adjustment, impulse control, due medical condition

The practice of psychiatry

- A comprehensive history including collateral from family and friends
- Mental status examination – phenomenology
- Diagnosis and formulation
- Investigations
- Management and treatment

Diagnosis in psychiatry

- Nomothetic – in what way is the person's experience similar to other people with similar problems – standard diagnosis
- Idiographic – what is unique to this person. Why have they become unwell at this particular way at this particular point in time – the psychiatric formulation of the case

- **Phenomenology and Diagnosis**
 - Empathic understanding of the experience of the other
 - Examines the “form” of the individuals experience – what is the same
 - Reported in mental state examination
 - Enables classification of clusters of symptoms in psychiatry into the psychiatric syndrome
- **Developmental history**
 - For understanding and to assist with formulation (predisposing, precipitating and perpetuating factors).



Formulation

- Predisposing Factors
- Precipitating Factors
- Perpetuating Factors

Clinical Management and Treatment

- Relationship with the person and their others - engagement
- History of predisposing, precipitating and perpetuating factors
- Physical state
- Risk assessment
- Biological treatments - Medication, ECT
- Psychotherapy – supportive, individual (Psychodynamic, CBT), family, group
- Social – housing, support etc

Biological Treatments

- Arise from the view that psychological disorders reflect pathology of the brain
- Biological treatments include
 - Pharmacotherapy
 - Electroconvulsive therapy
 - Psychosurgery
 - Transcranial Magnetic Stimulation (TMS), Deep brain stimulation,

Psychological Treatments

- Supportive Psychotherapy (+psychoeducation, motivational interviewing)
- Psychodynamic Psychotherapy
- Cognitive Behavioural Therapy
- Systems and Family Therapies

Social Treatments

- Skills of daily living
- Housing (home, different levels of supported Housing)
- Financial – ensuring benefits etc
- Work Rehabilitation

Structure of Adult Mental Health Services

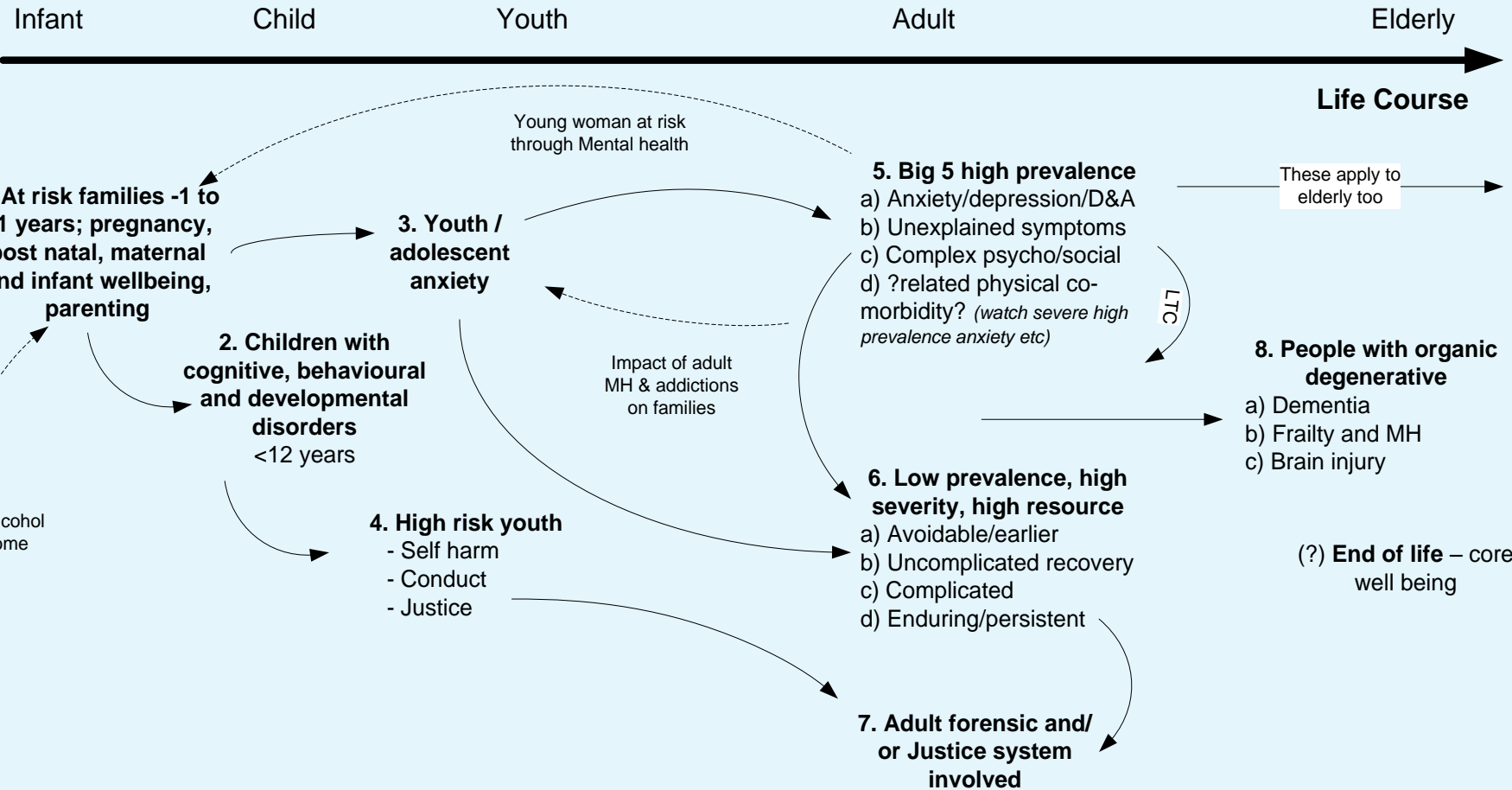
- Primary Care
- Community Mental Health Services
 - Community based, serve a geographic area
 - Team based - Psychiatrists, Nurses, Psychologists, OTs, social workers, Community support workers, consumer representatives, work rehabilitation experts
 - Triage, crisis teams, treatment teams, Key worker or case manager models
- Respite services (NGO providers)
- Inpatient Units
- Specialised services – Liaison, Forensic, Old age, Child and Youth, Alcohol and Drug, Maori, Pacific

Patient journeys

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New Zealand

The University of Auckland



Research in Psychiatry

- Classification and Diagnosis (Prof Mellsop)
- Interviewing – compassion (Dr Fernando)
- Detection and early intervention using electronic devices (e-therapy) (A/Prof Merry)
- Brief psychological interventions – problems solving therapy (A/Prof Hatcher)
- Sleep (Dr Fernando)
- Genetic, MRI and electrophysiological markers of disease and treatment response (Prof Kydd)

Developing Areas of Research

- Gene-Environment Interaction
- Epigenetics
- E-therapies
- Psychological therapies such as meditative practice
- Neuroplasticity
- Consciousness studies
- Neuroimaging
- Personalised medicine
- Work Rehabilitation