

“Butterfly Effect”

Beyond Psychiatry and Against Stigma…..

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Why butterfly ?

-The term "psychiatry" was first coined by the German physician **"Johann Reil"** in 1808 and literally means the **'medical treatment of the soul'**

(psych- **"soul" or butterfly** from Ancient Greek)
....
(iatry "medical treatment" from Gk).....

-Why we can't put a butterfly in a cage?

....Also why butterfly?



Yes it is all about Story….

- To speak the whole truth is the most difficult of all arts because you need **the story.**

- Science cannot know the whole story, for which we need to supplement it with philosophical reason and personal experience, this is the **butterfly (soul) of psychiatry….**





How do we start?



-Think of mental illness in terms of :

Target condition versus current condition, the illness is the gap between the two.

- To do so: We need :



1- Learn about Psychiatry as field in Medicine

2-**Fight Stigma!**

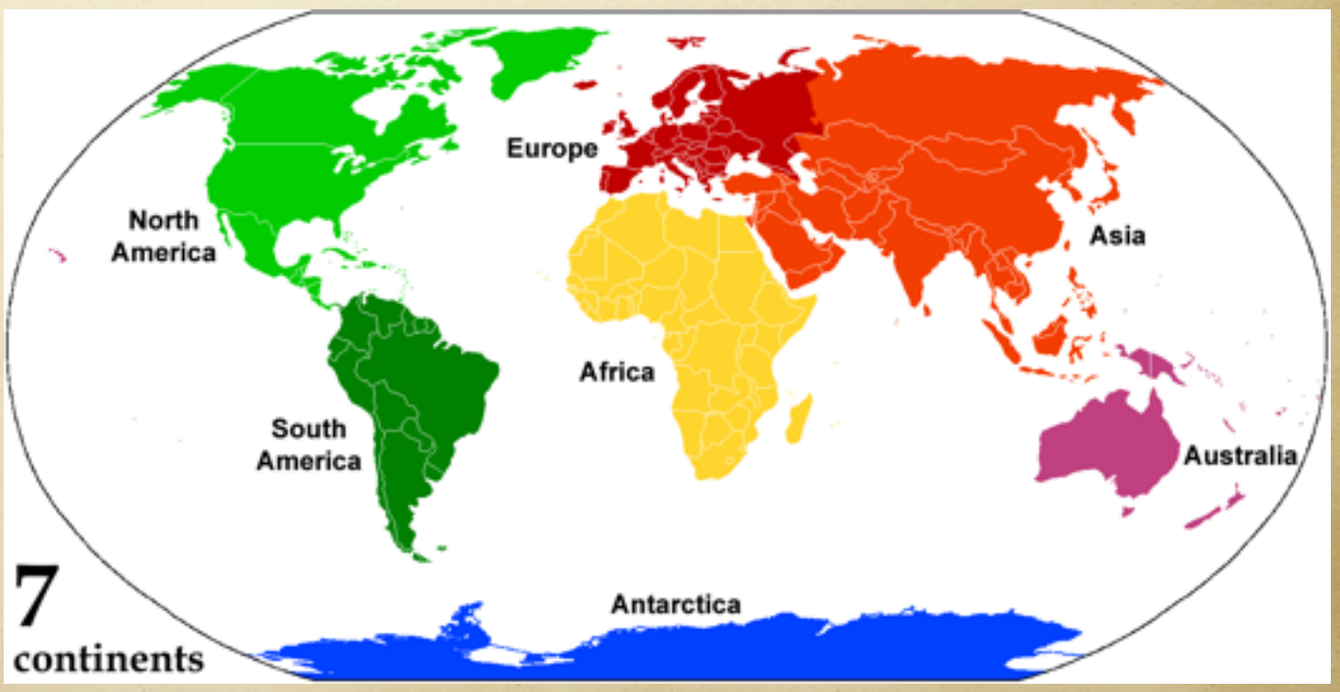
3- Emotional hygien strategies

4- First aid in psychiatry

let's go for a trip around the world:

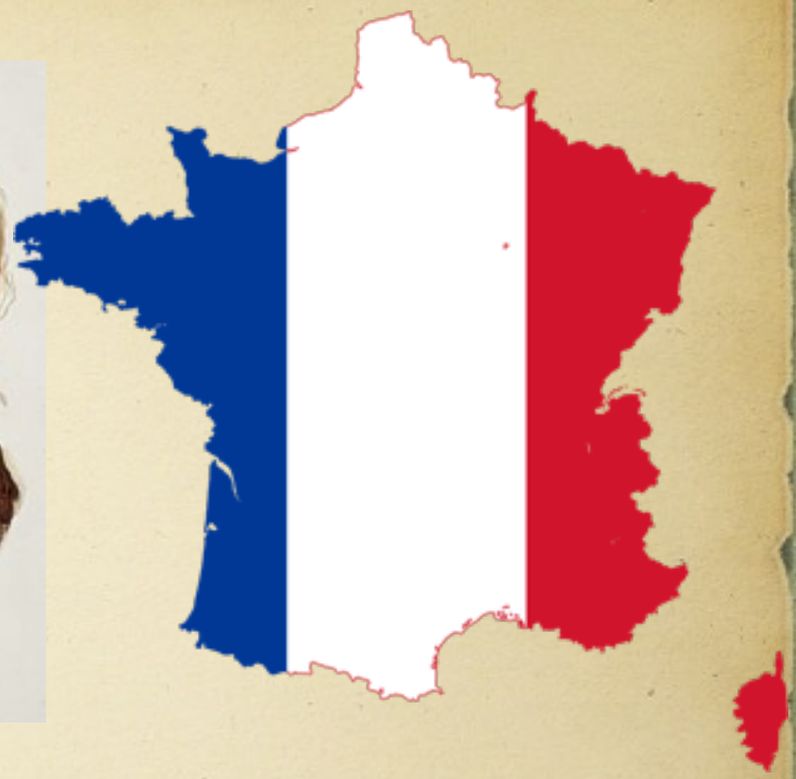
It is all about the story!





Let's go to France….





Madame Bovary is a 63 y/o female with history of hypertension and diabetes, she suffers from feeling sad, decreased appetite and 5lb weight loss, no longer enjoys swimming, insomnia and decreased energy, unable to concentrate and feeling guilty for more than 2 weeks…..

She thinks that all above is because of her age and medical illnesses!

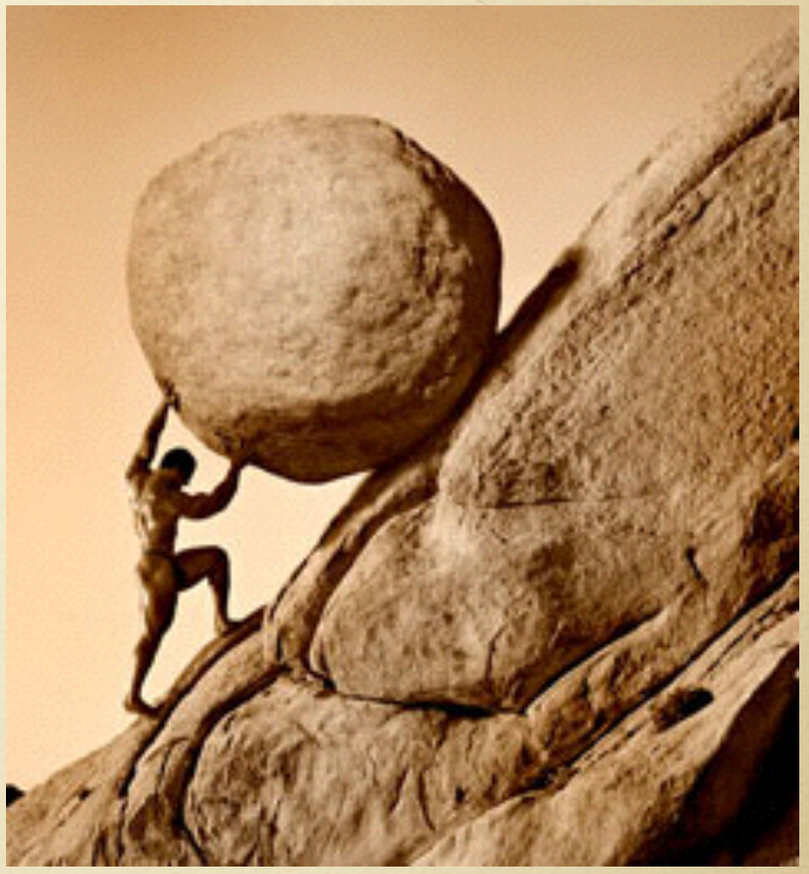


Psychiatry Definition :

-Psychiatry is the medical specialty devoted to:

-Diagnosis,
-Prevention,
-Study,
-Treatment of mental disorders.

However .....



Psychiatry and Beyond….

-Initial psychiatric assessment of a person typically begins with:

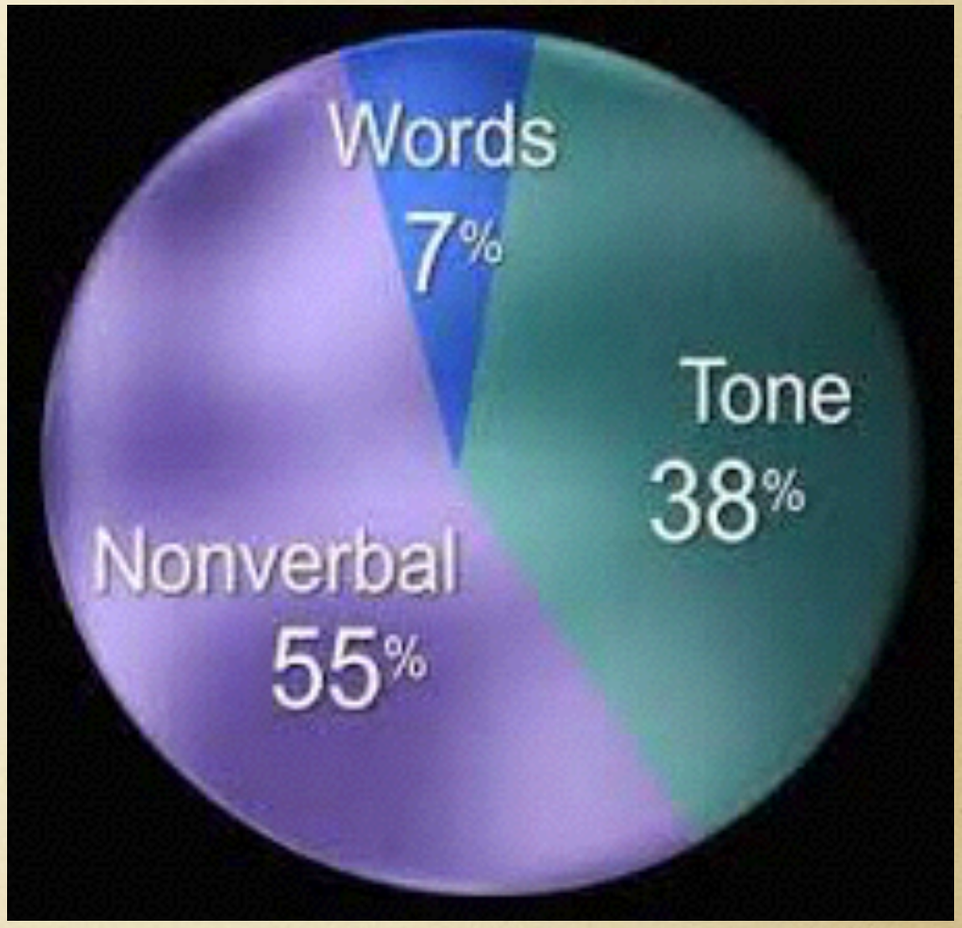
-Case history :Story
-Mental status examination.



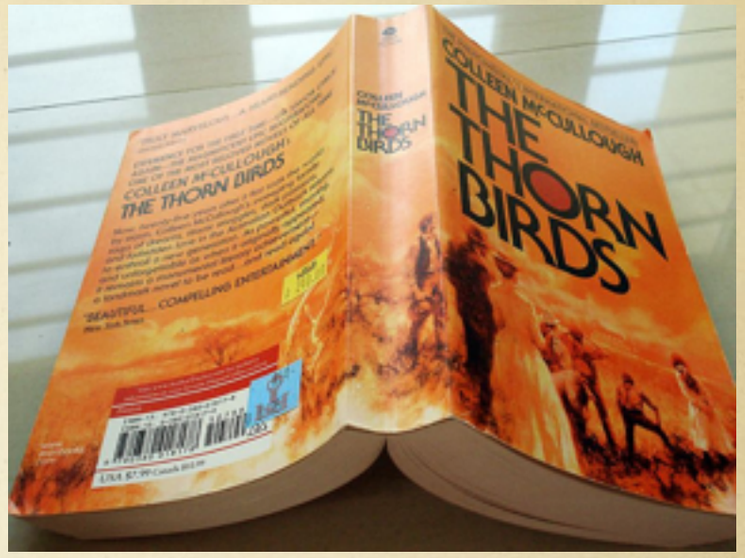
-We don't have labs to say you are depressed, we don't have CT to tell you have schizophrenia….SO…

Verbal and Nonverbal Communication:

- Can hear your silence….
- First language in the world….
- All can understand…



Let's visit Australia….



Maggie is a 22 y/o female with long standing history of generalized anxiety disorder, never took medications or received therapy as she doesn't believe in these “ crazy psychiatric arts” ….

One day she was brought in by EMS complaining of shortness of breath, palpitations and chest pain.

She had one of these attacks previously while grocery shopping.

She shares with the doctor that she is so afraid of having another one she rarely leaves her house. She asked: “ Do you believe medication or therapy will help”?



Tell the whole story:

-Mental disorders are often diagnosed in accordance with criteria listed in diagnostic manuals…

- Thats why every single symptom is very important…

-The combined treatment of psychiatric **medication and psychotherapy** has become the most common mode of psychiatric treatment in current practice…..



The butterfly effect :



Simply :

- Change one thing, change everything….
- Such minor changes, such huge consequences…..
- The end is only the beginning…..

-The butterfly effect is the concept that small causes can have large effects…..



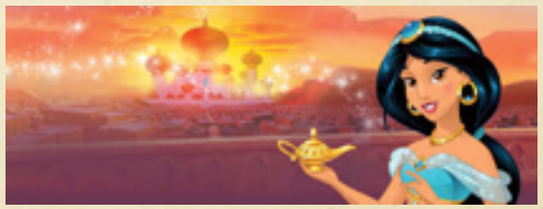
Let’s visit Middle East :



Jasmine is 20 y/o female, she is in the college and has a dream of being a teacher….

She has been declining over the past 2 semesters as she keeps to herself, has flattened affect and no motivation.

For the past 6wks, she has locked herself in her dorm room stating President Obama “put a hit on her”.
She was told this by two voices having a discussion in her head.



She refused to seek psychiatric help, as she is afraid that the family will think she is (crazy) and she will never be able to be a teacher!



Stigma:



Stigma towards psychiatric patients continues to be a barrier to appropriate treatment worldwide…..

Many patients **suffer in silence….**

Stigma prevents us from suffering together ….

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Why we fight against stigma?

- Approximately 1 in 5 adults in the U.S.—43.8 million—experiences mental illness in a given year.

- Approximately 1 in 25 adults in the U.S. —10 million—experiences a serious mental illness in a given year.

- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.



The story….

Please sit back and close your eyes…

You are in the airplane…





The story….

Please sit back and close your eyes…

You are in the airplane…

- Hello this is your captain on flight 7777 to LA, welcome to the world Stigma airline…

- You have a chance of reaching your destination without being injured.

-There is some of our crew making serious error by stigmatizing illness…

- There is also a chance that the error will lead to death…

- Enjoy your flight!….





How to Fight Mental Health Stigma:

1-See the person, not the illness.
2-Talk openly about mental health.
3-Educate yourself and family/friends
about mental health.

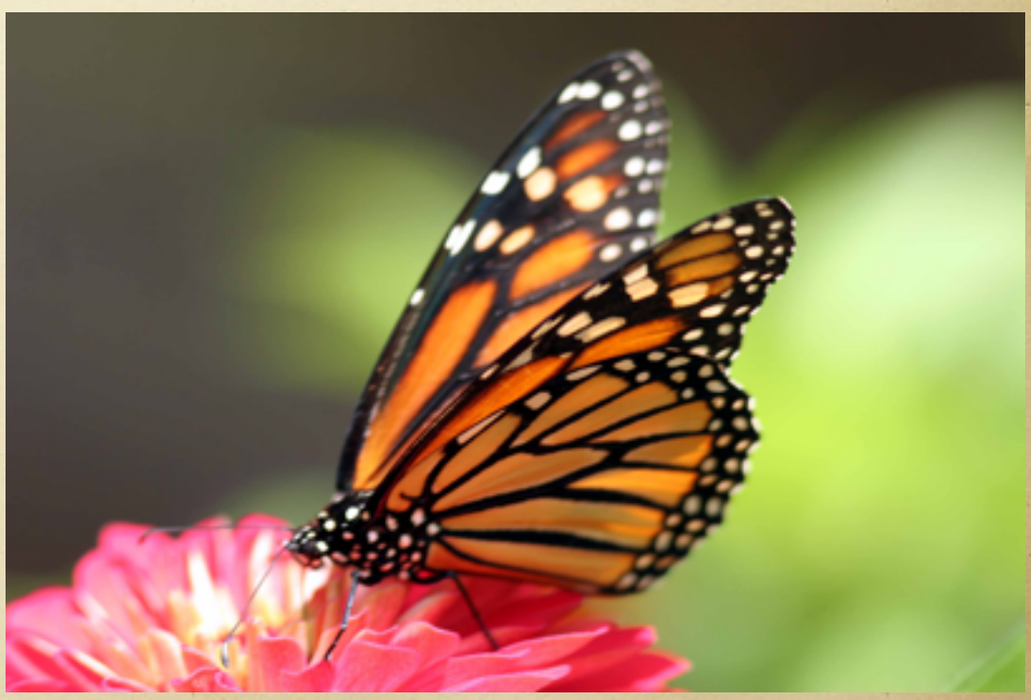


Small butterfly!



It always seems impossible until it's done.

Nelson Mandela



Let’s visit Mexico:



Jen is a 25 y/o female comes to you with a 6wk history of recurrent nightmares, depressed mood, and anxiety after her boyfriend left her with her best friend.

-She said that it is nothing and he is right as “ no-one will love an ugly person like me!”…..



Clean your wound….

-With everything in life, there's a place of balance.

- Connection is why we are here this is what give meaning to our life….

- Shame is the fear from disconnection…..



Small butterfly!



Try to be a rainbow in someone's cloud.

Maya Angelou



The gift of vulnerability:



-We’re all vulnerable.

-If you break the caterpillar/cocoon, you are not helping, it will never be a butterfly.”

-Sadness and loneliness, failures, are caterpillars….

-Being stronger, achieving dreams, success after a failure are butterflies….

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Doria Shafik:



-Feminist, poet, and one of the principal leaders of the **women's liberation movement in Egypt** in the mid-1940s.

- As a direct result of her efforts, Egyptian women were granted the right to vote by the Egyptian constitution.



Why butterfly ?

-Why we can't put a butterfly in a cage?



Let’s visit Brazil:

Brain is 18y/o male in college, has declining grades.

He states he can’t make it to class on time because he spends 2-3 hours scrubbing in the shower each morning.





He knows this is excessive but on days he takes shorter showers, he states he can “feel the bacteria” and worries about contracting an illness.

Brain states that it is shame on him and (not normal)!!



Physical VS Mental :

People started the culture of washing hands after they discovered that physical health is important ….

How we wash our mind? Do we?

What do we know about maintaining our mental health?



Why it is (NORMAL) to get sunburn from sitting outside in sunny July day?

Why it is (Crazy) to get (mind burn) from standing up for yourself and your family in the time of : War, injustice, poverty ?

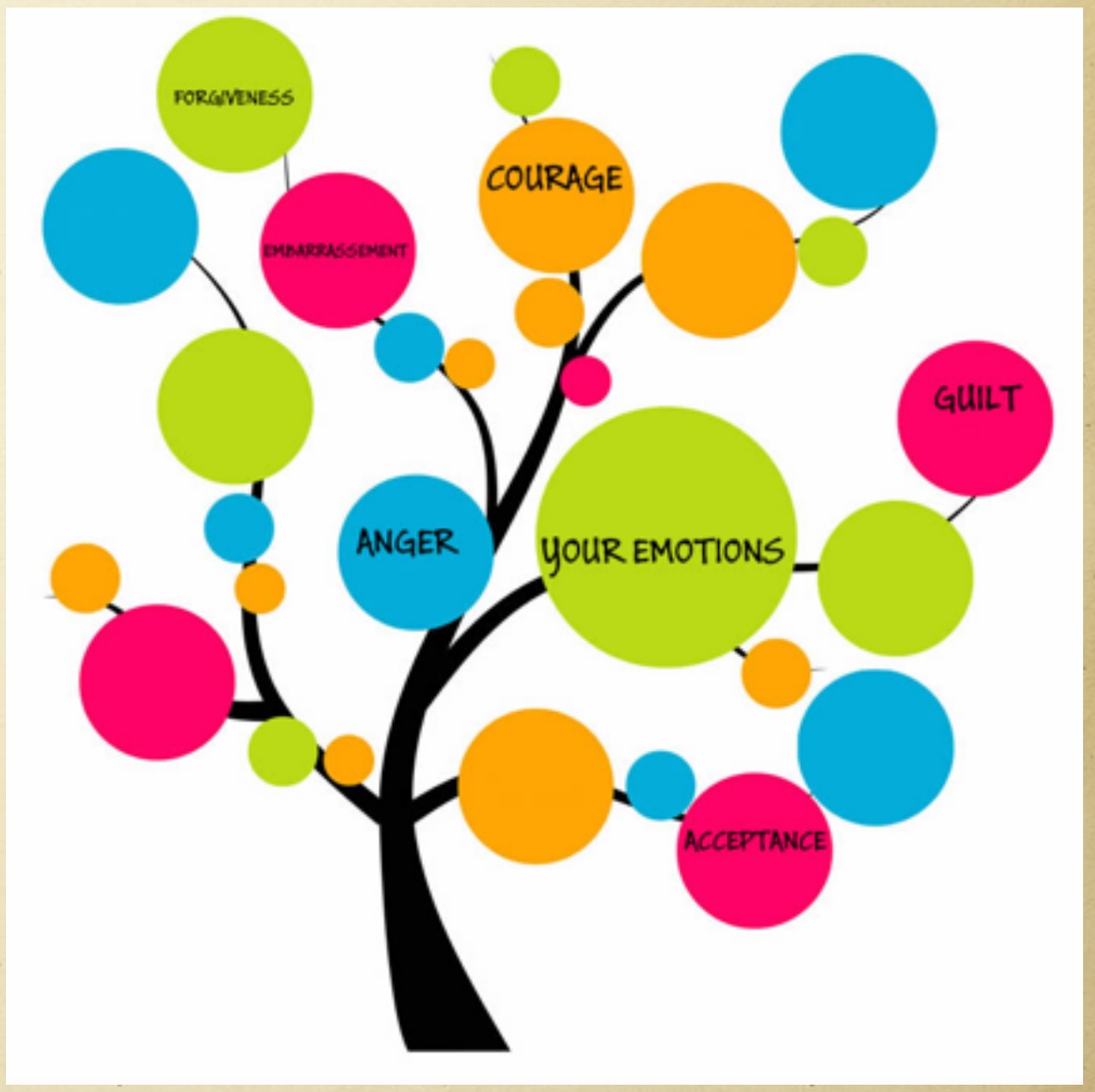
How come we spend more time caring of our nails than our minds?



Emotions/ Feelings:

- Some people think that emotions are one tree… and if you are sad person, your tree is a sad tree..
If you are happy.. you have the happiness tree…

Thats not true….



Emotions/ Feelings:

-When suppress sadness, you are feeding it ..

I always see any emotion like a tree in your backyard, rooted deeply till under your house .....The attempt to cut this tree will put your house and your security at huge risk.

-The solution is to plant another tree with the exact opposite feeling and take great care of, till it grows and prevent the former from seeing the sun, so the undesired feeling will get smaller and smaller without killing your safety and your tomorrow...

-If your first tree is sadness.. Let the second one be a hope of someone or in a job.....
If the first tree is weakness .. Let the second one be a hobby's strength ...

- You are the only one to change your backyard…..

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Emotional hygien:



-Self awareness…..

-Fight stigma..

-Tell your story…

-Change your backyard.....



The story….



-You are invited to this great restaurant under the water… Live the experience!

-Please sit back and close your eyes…



The story…..



-it is estimated that in 2016, we got millions of visitors from all around the states…

Let me tell you that: Despite effective service , there are long delays—sometimes decades—between the first appearance of symptoms (of hunger) and when people get help (served) ….

Welcome again and :

- Enjoy your food after the wait….



First aid in psychiatry:



Hobbies : Cook/Dance/ draw/ sing/swim....

1- Simple.

2-Be creative.

3- Find the balance…

Relationships:

4- Connection….NO shame….

5-Take care of yourself….

Career or Dream:

6- Be confident, nothing to be shy of…

7- Persist through failure…

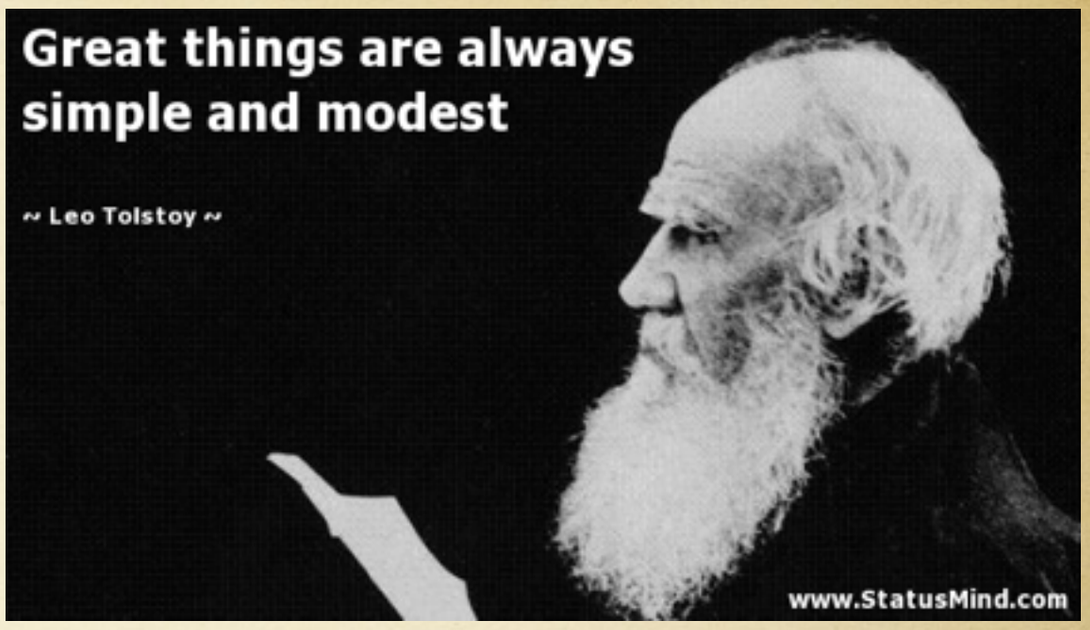
The true is the story:

8- Write it…

9- Trust your story...



True?



Life is not fair، but it always gives us the

Right to choose and the right to love

Right to dream ...

Right to start from the beginning again and again…..

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Let’s Visit Human’s Hearts…..

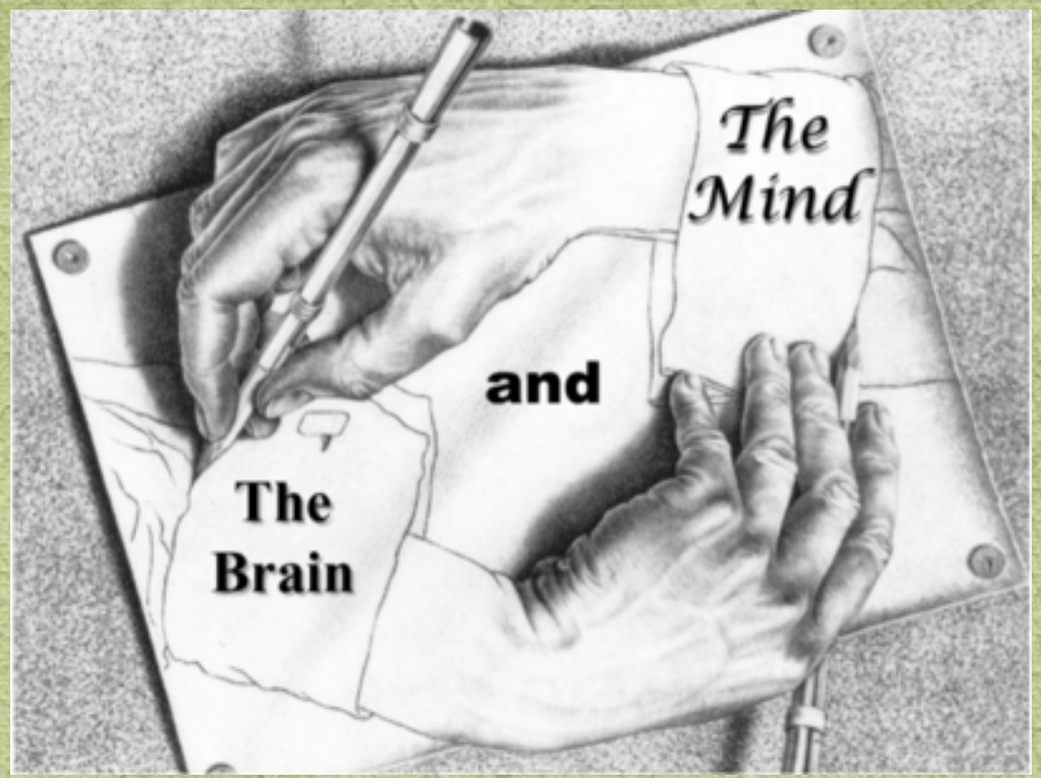
- “Alexis,” he said, "I'm going to tell you a secret. You're too small to understand now, but you'll understand when you are bigger.
Listen, little one:

- Neither the seven stories of heaven nor the seven stories of the earth are enough to contain God; but a man's heart can contain him.

- So be very careful, Alexis — and may my blessing go with you — never to wound a man's heart!



https://www.youtube.com/watch?v=2AzpHvLWFUM



-The mind is everything. What you think you become.

Buddha

- Thank you all…
- https://www.youtube.com/watch?v=Fw7FhU-G1_Q

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