

Week 7 Discussion

Psychological disorders are often portrayed in the movies and television shows, but they are not always accurate depictions and may contribute to the stigma that people suffering from psychological disorders experience. What is the role of culture and society in the prevalence and stigmatization of psychological disorders? How can we, as a society help those with psychological disorders overcome the stigma?

Be sure to make connections between your ideas and conclusions and the research, concepts, terms, and theory we are discussing this week.

Many people with medical issues or disabilities avoid getting help because of society judging them, not being accepted, and the stereotypical beliefs of society. In some areas there aren't enough specialists available to treat the person's condition. Social workers can work with the family by providing counseling as a family to help the person work through the barriers relating to what's keeping them from living their life fully (Bracke, et al, 2019). According to Rosenhan's study about putting labels on people, labels can have a strong impact on the way people and psychological health workers judge and explain the person's behavior or conduct. Labels are something that doctors have to give a person in order for them to be covered by their health insurance. People who are in opposition to DSM say that labeling a person as abnormal makes the person feel debased like they are unimportant. Abnormal behavior is described as conduct that results in a person undergoing suffering that prevents them from performing activities of daily living (Feldman, 2019). I recently saw a show on Netflix called Love on the Spectrum. It was kind of like a documentary/ reality show about adult autistic people who were looking for love. It taught me more about people who have autism, and how they are sometimes stereotyped and judged for having that diagnosis. There was one woman on the show who was supposed to go on a date with someone without a disorder, and she told him she was autistic, then the guy said he couldn't date her because of that. I thought that was mean of the guy. I think people can be too quick to judge before they get a chance to know someone. From this show, I learned there are many high functioning people who are labeled as autistic, and sometimes it's not obvious that they have a disorder. I saw that a lot of them had hobbies that they liked to do, and some needed guidance to help with their social skills. Autism spectrum disorder is described as an extreme developmental disorder that weakens a person's know how to converse and understand someone else. Freud's psychoanalysis of psychodynamic therapy task is to reveal hidden ideas or emotions from our subconscious mind to decrease the strength that they have to manage the way we behave (Feldman, 2019). We can take away the power away that a label has over us by not identifying with your disease or disorder. See your self as a person, but you just happen to have a certain