



THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

TABLE OF CONTENTS

SUBJECT TWO: PSYCHIATRIC DISORDERS WITHIN A CO-OCCURRING DIAGNOSIS

SEGMENT A: <i>PREPARE PROFESSIONALS</i>	2-I
GOAL FOR PROFESSIONALS	2-I
OBJECTIVES FOR PROFESSIONALS	2-II
METHODS UTILIZED BY PROFESSIONALS	2-II
SECTIONS OF SUBJECT TWO	2-II
APPENDIX FOR SUBJECT TWO	2-III
HANDOUTS AND GROUP CLOSURE	2-III
SEGMENT A: <i>PREPARE GROUP</i>	2-IV
BEGINNING	2-IV
INTRODUCTIONS	2-IV
OVERVIEW OF FORMAT & SUBJECT	2-IV
SEGMENT B: <i>PRESENT SUBJECT MATERIAL</i>	2-IV
TODAY'S SUBJECT AND WHY IT'S IMPORTANT	2-1
MEDICAL DISORDERS OF THE BRAIN	2-1
LOCATION OF PEOPLE WITH CO-OCCURRING DISORDERS IF NOT IN TREATMENT ..	2-1
WHY PEOPLE DO NOT RECEIVE TREATMENT	2-2
THE REALITY OF SEEKING TREATMENT	2-2
MYTHS AND FACTS ABOUT PSYCHIATRIC DISORDERS	2-3
"EMOTIONAL ISSUES" AND PSYCHIATRIC DISORDERS	2-3
OVERVIEW OF PSYCHIATRIC DISORDERS	2-4
CAUSES OF PSYCHIATRIC DISORDERS	2-5
CATEGORIES OF PSYCHIATRIC DISORDERS	2-5
EPISODES OF PSYCHIATRIC ILLNESS	2-5
SYMPTOMS OF PSYCHIATRIC DISORDERS	2-5
DIAGNOSING A PSYCHIATRIC DISORDER	2-6
The <i>Same</i> Diagnosis – Similarities and Differences Among Individuals	2-7
A <i>Different</i> Diagnosis – Similarities and Differences Among Individuals	2-7
SIMILAR CHALLENGES AMONG INDIVIDUALS IN RECOVERY	2-7
Hope and Recovery	2-8
TYPES OF PSYCHIATRIC DISORDERS	2-8
MOOD DISORDERS	2-8
TYPES OF MOOD DISORDERS	2-9
MAJOR DEPRESSION	2-9
Clinical Depression Is Different From Sadness	2-9
Depression in Women	2-9
Depression in Men	2-10
Depression in Seniors	2-10
Symptoms of Major Depression or Bipolar Disorder Depressive Episode	2-11
DYSTHYMIC DISORDER	2-11
Symptoms of Dysthymia	2-12
TREATMENT FOR MAJOR DEPRESSION AND DYSTHYMIC DISORDER	2-12
Treatments For Depression Are Effective	2-12

BIPOLAR OR MANIC DEPRESSIVE DISORDER	2-14
Types of Bipolar Disorder	2-14
Bipolar I Disorder	2-14
Bipolar II Disorder	2-15
Episodes of Bipolar Disorder	2-15
Depressive Episode Defined	2-15
Symptoms of Depressive Episode in Bipolar Disorder	2-15
Manic Episode Defined	2-15
Symptoms of Manic Episode	2-16
Mixed Episode Defined	2-16
Symptoms of Mixed Episode	2-17
Hypomanic Episode Defined	2-17
Symptoms of Hypomanic Episode	2-18
Cyclothymic Disorder Defined	2-18
Symptoms of Cyclothymic Disorder	2-18
Reluctance to Seek Treatment or Not Wanting Help	2-19
TREATMENT OF BIPOLAR DISORDER	2-19
ANXIETY DISORDERS	2-21
FEELING ANXIOUS VERSUS ANXIETY DISORDERS	2-21
When Anxiety Becomes Excessive	2-21
Anxiety Disorders Aren't Just a Case of "Nerves"	2-21
THE FREQUENCY OF ANXIETY DISORDERS	2-22
TYPES OF ANXIETY DISORDERS	2-22
SIMILARITIES AMONG ANXIETY DISORDERS	2-23
GENERALIZED ANXIETY DISORDER (GAD)	2-23
Symptoms of Generalized Anxiety Disorder	2-24
Treatment of Generalized Anxiety Disorder	2-24
PANIC DISORDER AND PANIC ATTACKS	2-24
Panic Attacks	2-24
Symptoms of Panic Attacks	2-25
Treatment of Panic Disorder and Panic Attacks	2-25
PHOBIAS	2-25
Specific Phobia	2-25
Symptoms of Specific Phobia	2-25
Social Phobia	2-26
Symptoms of Social Phobia	2-26
Agoraphobia	2-27
Symptoms of Agoraphobia	2-27
Treatment of Phobias	2-27
ACUTE STRESS DISORDER AND POSTTRAUMATIC STRESS DISORDER (PTSD)	2-27
Symptoms of Posttraumatic Stress Disorder	2-28
Treatment of Posttraumatic Stress Disorder	2-28
OBSESSIVE-COMPULSIVE DISORDER (OCD)	2-29
The Difference Between Common Concerns and OCD	2-29
Obsessions and Compulsions Defined	2-29
Symptoms of Obsessive-Compulsive Disorder	2-30
Treatment of Obsessive-Compulsive Disorder	2-30
ANXIETY DISORDER DUE TO A GENERAL MEDICAL CONDITION	2-30

TREATMENT OF ANXIETY DISORDERS	2-31
THOUGHT DISORDERS	2-34
NOT “THINKING STRAIGHT” VERSUS A THOUGHT DISORDER	2-34
SCHIZOPHRENIA	2-34
Violence and Schizophrenia	2-34
Symptoms of Schizophrenia	2-35
Stages of Schizophrenia	2-35
Subtype Categories of Schizophrenia	2-36
Types of Schizophrenic Illnesses	2-36
TREATMENT OF SCHIZOPHRENIA	2-37
PERSONALITY DISORDERS	2-40
PERSONALITY DEFINED	2-40
Temperament	2-41
Personality Patterns and Traits	2-42
Character Defined	2-42
APPRECIATING DIFFERENCES AMONG PEOPLE BEGINS WITH <i>SELF</i> -KNOWLEDGE ..	2-43
PERSONALITY <i>PROBLEMS</i> AND CHARACTER DEFECTS	2-43
PERSONALITY <i>PROBLEMS</i> VERSUS PERSONALITY <i>DISORDERS</i>	2-43
PERSONALITY DISORDERS DEFINED	2-44
Diagnosing a Personality Disorder	2-44
Personality Disorders and Culture	2-45
Personality Disorder Clusters A, B, and C	2-45
Types of Personality Disorders (PD)	2-45
Severity of Symptoms	2-46
CLUSTER B PERSONALITY DISORDERS	2-46
Symptoms of Cluster B Personality Disorders	2-46
Antisocial Personality Disorder Symptoms	2-46
Borderline Personality Disorder Symptoms	2-47
Histrionic Personality Disorder Symptoms	2-48
Narcissistic Personality Disorder Symptoms	2-48
World View of Cluster B Personality Disorders	2-49
Symptoms Can Lead to Reluctance in Seeking Treatment.....	2-49
Defenses Protect People From The Unbearable	2-50
Motivations to Change Vary From Person to Person.....	2-51
Myths and Facts About Personality Disorders	2-52
Treatment Works!	2-53
TREATMENT OF PERSONALITY DISORDERS	2-53
EATING DISORDERS	2-56
MYTH AND FACT OF BODY IMAGE IN OUR SOCIETY	2-56
TYPICAL WEIGHT <i>CONCERNS</i> VERSUS AN EATING <i>DISORDER</i>	2-56
THE DEVELOPMENT OF AN EATING DISORDER	2-57
RELUCTANCE TO SEEK TREATMENT	2-58
THE CONTINUUM OF EATING DISORDERS	2-58
Symptoms of Anorexia Nervosa	2-59
Symptoms of Bulimia Nervosa	2-60
Symptoms of Binge-Eating	2-60
The Importance of Treatment	2-60
TREATMENT OF EATING DISORDERS.....	2-61

CHANGING NEGATIVE THINKING TO POSITIVE THINKING	2-63
NEGATIVE THOUGHTS ADVERSELY AFFECT PHYSICAL AND MENTAL HEALTH	2-64
POSITIVE THOUGHTS CONTRIBUTE TO GOOD PHYSICAL AND MENTAL HEALTH	2-64
<i>BUT...</i> ALWAYS BE SINCERE WITH THOUGHTS AND FEELINGS	2-64
CO-OCCURRING DISORDERS AND NEGATIVE THINKING PATTERNS.....	2-65
NEGATIVE THINKING – DEFENSES AND HABITS	2-65
Negative Thinking as Defenses	2-65
Negative Thinking Patterns Become Habits	2-66
OPTIMISM AND PESSIMISM	2-66
CHANGING NON-HELPFUL PATTERNS AND HABITS.....	2-67
STEPS TO POSITIVE THINKING	2-68
Practice Increases The Strength of Positive Thinking	2-70
SEGMENT C: <i>PRACTICE HANDOUTS AND GROUP CLOSURE</i>	2-70
GROUP CLOSURE	2-71
MAKE POSITIVE STATEMENTS TO OTHERS	2-71

APPENDIX SECTION FOR SUBJECT TWO

APPENDIX II: THE BASICS AND SYMPTOMS OF PSYCHIATRIC DISORDERS

HANDOUT SECTION FOR SUBJECT TWO

- #1: Changing Thinking Can Change Attitudes (Worksheet, page 1)
 Challenge Negative Thinking: Let the *Light* Shine In (Worksheet, page 2)
- #2: We are in charge of our attitudes...(Inspirational)
- #3: Today (Inspirational)

BIBLIOGRAPHY SECTION FOR SUBJECT TWO
