



78a Special Populations: Psychiatric Disorders



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Class Outline

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|------------|--|
| 5 minutes | Attendance, Breath of Arrival, and Reminders |
| 10 minutes | Lecture: |
| 25 minutes | Lecture: |
| 15 minutes | Active study skills: |
| 60 minutes | Total |



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Class Outline

Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores) **NOW!!!**
- 81a Kinesiology Quiz (supraspinatus, infraspinatus, teres minor, subscapularis, flexor digitorum superficialis, extensor digitorum, flexor pollicis longus, flexor digitorum profundus)

Spot Checks:

- 78b Orthopedic Massage: Spot Check – Low Back Pain
- **Bring your grading sheet for evaluation A: 99**
- 81b Orthopedic Massage: Spot Check – Rotator Cuff & Carpal Tunnel
- **Bring your grading sheet for evaluation A: 101**

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 79a Orthopedic Massage: Introduction - Rotator Cuff & Carpal Tunnel
 - Packet J: 79-84.
- 79b Orthopedic Massage: Technique Demo and Practice - Rotator Cuff & Carpal Tunnel
 - Packet J: 85-94.



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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K - 13



Addiction

Three Levels of Addiction

- Use
- Abuse
- Dependency

Etiology

- Dependency can be psychological or physiological



Addiction

Dependency

- Can produce changes in neurotransmitters, sedative effect on CNS
- It takes more and more of the substance to get the effect
- Stopping will create daunting physical and psychological challenges



Addiction

Risk factors

- Genetic predisposition
- Mental health challenges
- Age
- Medical reasons
- Environmental factors:
 - Peer pressure
 - History of abuse
 - Environmental prevalence



Addiction

Complications

- Exacerbated mental health challenges
- Impaired judgment
- Compromised body systems: gastrointestinal, cardiovascular, nervous, immune



Addiction

Treatment

- Recognize problem
- Abstinence
- Detoxification
- Rehabilitation Treatments/Centers
- Prevent relapses



Addiction

Massage

- Adjust treatment plans if they are experiencing physiological dis-ease as a result of the addiction
- Can help reduce withdrawal symptoms, speed detox, reduce need for drugs (it's a healthy high!)
- Do not work with person under the influence



Anxiety Disorders

Introduction

- A pervasive feeling of fear arising from complex factors
- May arise from PTSD, neurological divergence, previous injuries, unknown origins
- Related to depression, trauma, and possible genetic components

How to recognize anxiety disorders

- Sympathetic reactions
- Frightening feelings
- Racing thoughts



Anxiety Disorders

Types

- General anxiety disorder
- Panic disorder
- PTSD
- OCD
- Phobias – social and specific



Anxiety Disorders

Massage

- Person may be hypersensitive to touch and boundaries – esp. if client is a physical abuse survivor or sexual abuse survivor
- Positive effects – feeling calmer, more able to cope with everyday stresses (through positive touch impact on limbic and autonomic nervous system.)



Anxiety Disorders

Limbic system and Autonomic Nervous system

■ Amygdala:

- Central role in fear, anxiety, aggression
- Interconnected with hippocampus
- One synapse away from hypothalamus
- Gets bigger in people with PTSD – more metabolically reactive



Anxiety Disorders

Limbic system and Autonomic Nervous system

■ Hippocampus

- “Sea horse - jelly roll”
- Memory & learning
- In people with long-term major depression, the hippocampus gets smaller
- Pivotal role in turning off the ANS stress response



Anxiety Disorders

Ultimately we're looking to enhance and sustain healthier autonomic function

NOTE: Attend carefully to factors such as clothing, draping, working with open door, be understanding and patient – while honoring your own boundaries



Attention Deficit Hyperactivity Disorder

Introduction

- Not really deficit – person pays attention to too many things
- Neurochemical disorder, which can have genetic as well as familial or environmental causes

Symptoms

- Inattentiveness
- Hyperactivity
- Impulsivity



Attention Deficit Hyperactivity Disorder

Treatments

- Medications
- Psychotherapy



Attention Deficit Hyperactivity Disorder

Massage

- Indicated unless person has inability to tolerate stillness
- Can improve
 - Anger control
 - Sleep quality
 - School behavior
 - Mood
 - Interpersonal relationships
- Identify their preferences – vigorous or more stillness



Depression

Origins

- Genetic, familial, and physical illness

Range

- Chronically low or “negative” energy accompanied by persistent feelings of sadness, guilt and/or hopelessness
- Bi-polar disorder
- Suicidal inclinations



Depression

Treatments

- Medications and psychotherapy

Massage

- Can be very helpful or have little effectiveness
- Can release physical and psychological tensions that may sustain the depression
- Can stimulate endorphins which amplify pleasure (do not allow this to effect their use of appropriately prescribed medication)
- May be safer/more effective for client's with suicidal thoughts if the client's psychiatrist is able to give their advice concerning massage
- Make sure you assure yourself that they are seeing a psychiatrist



Eating Disorders

Introduction

- Compulsions about food and weight
- Can lead to nutritional deficiency

Types

- Anorexia
- Bulimia
- Binge eating



Eating Disorders

Treatment

- Education if useful and counseling program

Massage

- Anorexia/bulimia can result in various psychological, anatomic and physiological frailties – be careful in your treatment design
- Can help people experience their bodies as safe, strong, and healthy – improving their kindness towards their own sense of their body
- Can also lower anxiety levels



Autism Spectrum Disorder

Autism Spectrum Disorder

■ Characteristics

- Appears to be genetic (usually diagnosed by age 3)
- Differences in verbal & nonverbal communication
- Neurodivergence with social interactions, repetitive behaviors/memory
- May exhibit “masking”
- May be unable to engage in various communication styles

■ Treatment

- Behavioral treatment is the most common



Autism Spectrum Disorder

Types

- Autism is the diagnosis sometimes used to denote more neurodivergence
- Asperger syndrome is more mild
 - Difficulty in certain types of communication and picking up social signals
 - Consuming interest in some subject that completely engages them



Autism Spectrum Disorder

Massage

- Often will be hypersensitive to touch
- Get to know the individual – if they like touch, it may be very helpful in helping them connect to world in positive way



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