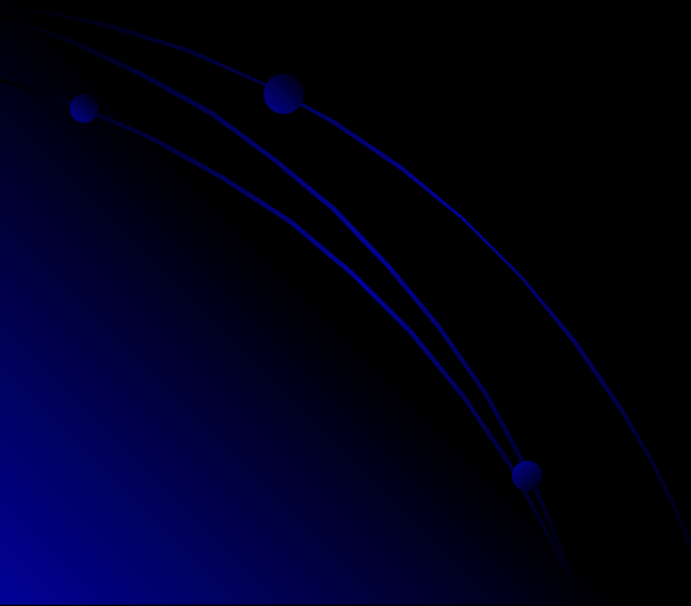


Biological Psychology

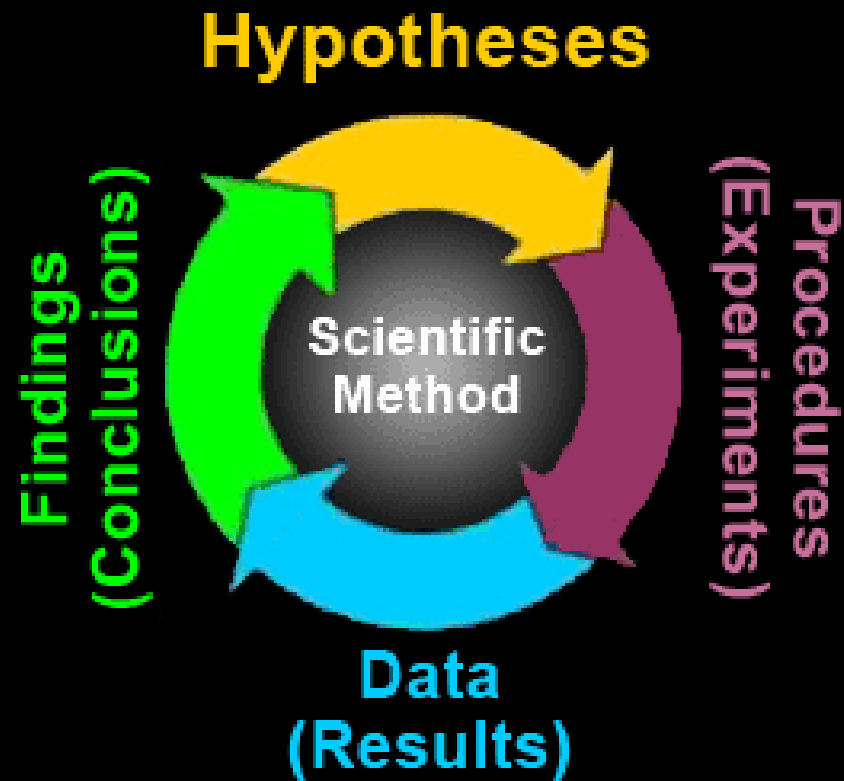
- Bio-Psych is a field that focuses on the physical structure of the brain, its chemistry, and the impact of brain activity on human emotion and behavior.
- While psychologists (Ph.D.'s) concentrate on ***mental (cognitive) processes***, psychiatrists (M.D.'s) focus on the use of medication to treat the physical symptoms of a psychological disorder.

Psychology is no *pseudo-science*!

- Psychology is rooted in the *scientific method*.
- Psychiatry is a branch of psychology that is connected to medical science.

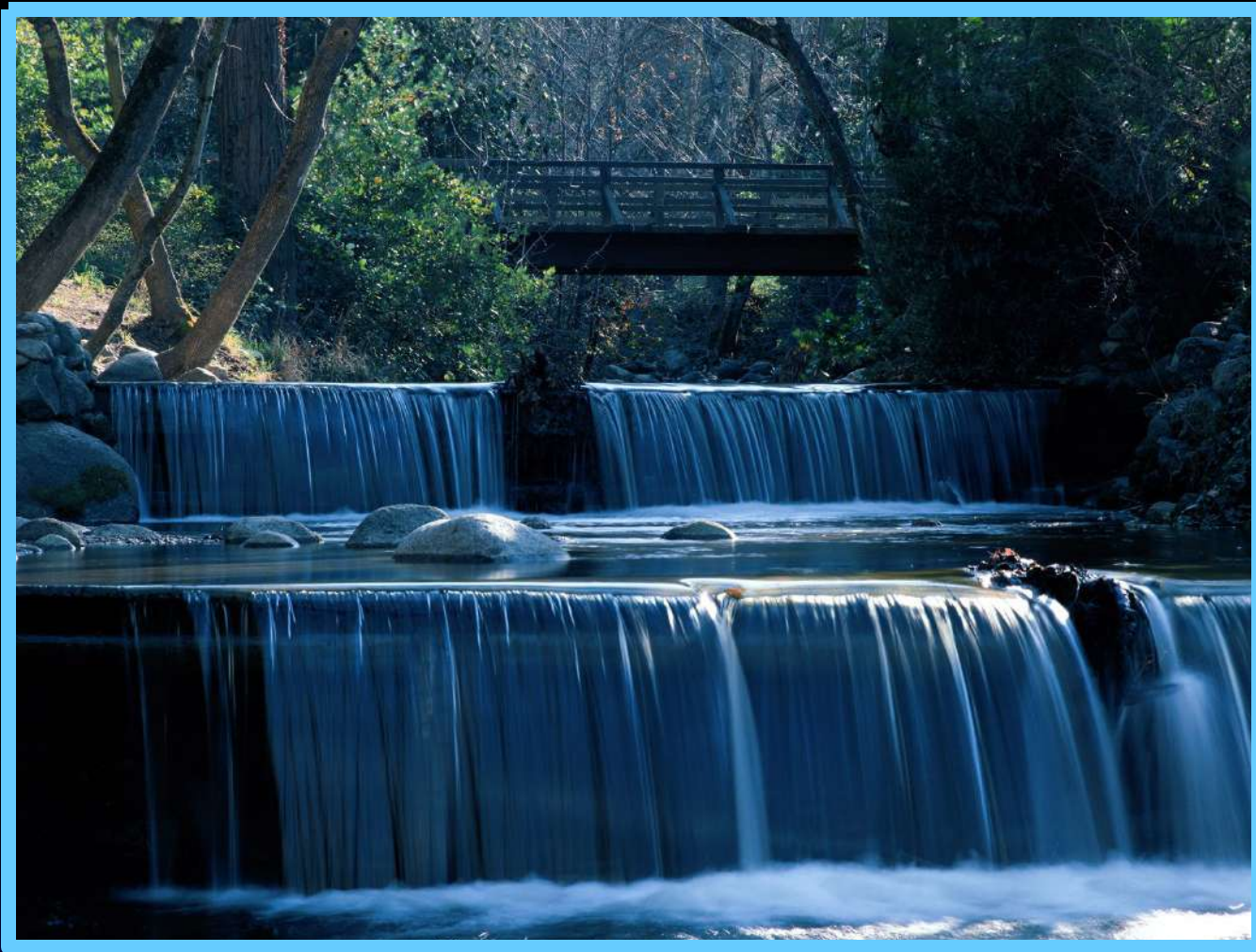


- The scientific method is the basis of psychological research.
- Even the search for hard evidence involves theoretical guesswork.
- As scientific as medicine is, there are many treatments that are the result of educated guesses.



The story of Litho Water

- The waters of Lithia Park, a natural preserve in Ashland, Oregon have revealed something about the fact that the local psychiatric hospital that has the lowest rate of bipolar cases in the nation.
- A separate phenomenon occurred during the 1950's, many "manic-depressive" patients (then called "hysteria") miraculously recovered from their mental illness.
- On the other hand, many people (most of whom were not suffering a psychiatric illness) began dropping dead. Eventually a factor common to all three of these situations was found.



Li

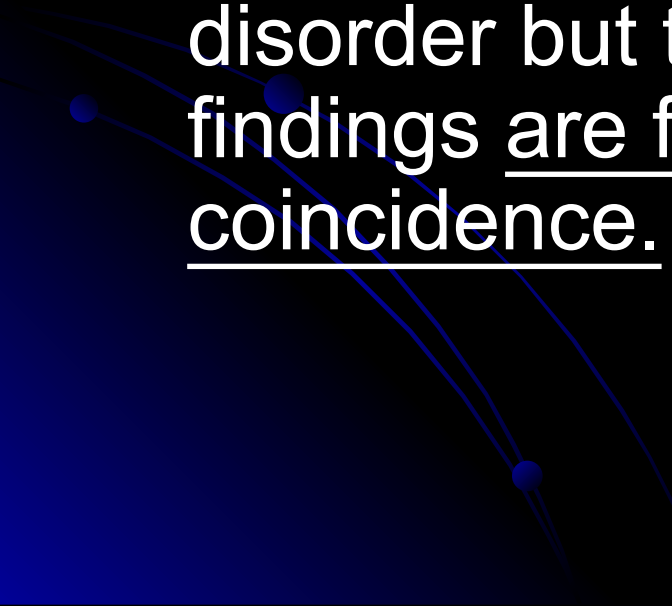
Lithia Park (Ashland, Oregon)

Absolute Proof vs. Correlative Evidence

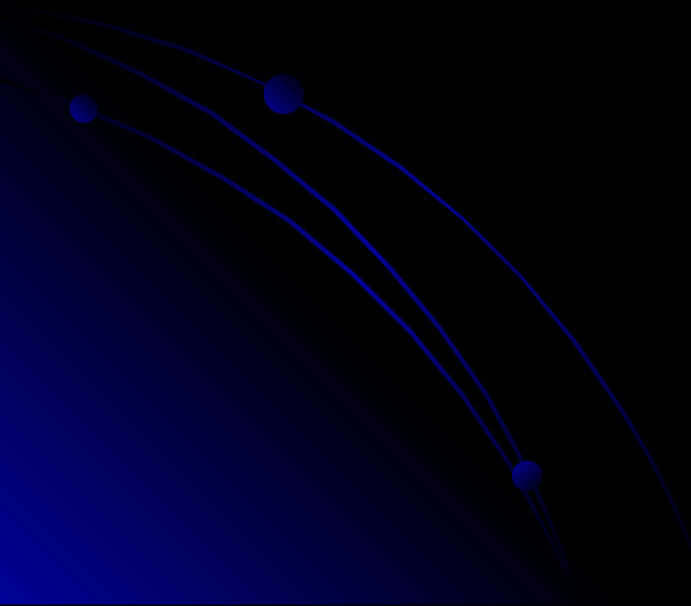
Kinship studies reveal that:

- Mental illness in fraternal twins occurs at a significantly higher rate than in siblings whom aren't twins.
- The rate of mental illness in identical twins is significantly higher than both the fraternal twin and non-twin sibling groups.
- Twins raised in separate homes also show a significantly higher rate of mental illness than with non-twin siblings also raised apart.

Two Schools of Thought

- Some clinicians assert that there is no such thing as bipolar disorder because there is no absolute proof that it exists.
 - Others assert that modern technology has not evolved to the point to display the gene codes thought to cause bipolar disorder but that the kinship/twin study findings are far beyond the chance of coincidence.
- 

Can someone with a major
psychiatric illness lead a
productive, relatively stable life?

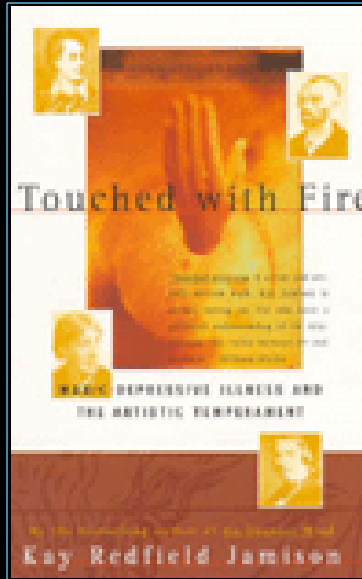
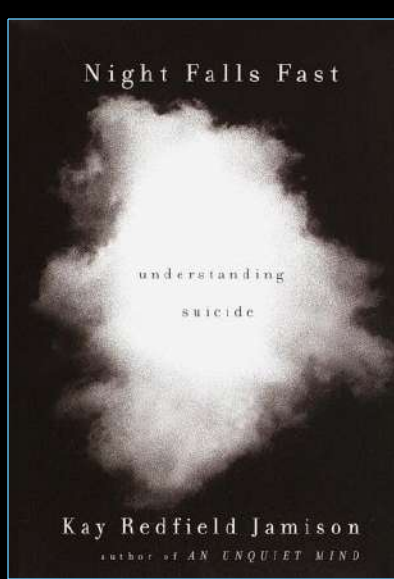
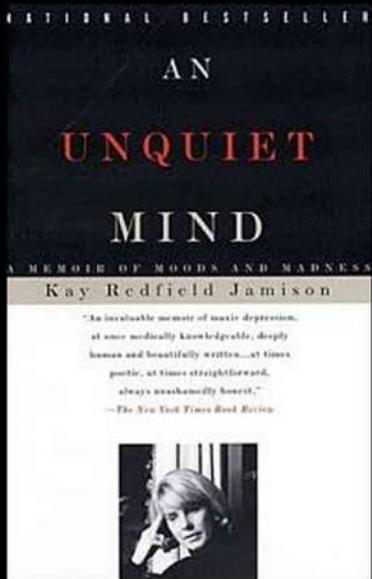


The Case of Kay Redfield Jamison (Ph.D. – Clinical Psychology)

- Tenured Professor of Psychiatry – Johns Hopkins University
- Started her career as a faculty member at UCLA in 1971.

Honors:

- Distinguished Lecturer @ Harvard University (2002) and Oxford University (2003)
- Honorary Degree of Letters – Saint Andrews University, Scotland (2010)
- “Hero of Medicine” (Time Magazine)
- “Five Great Minds of Science” (PBS Television)
- National Mental Health Association William Styron Award (1995)
- American Foundation for the Prevention of Suicide Research Award (1996)
- Community Mental Health Leadership Award (1999)
- Mac Arthur Fellowship Award (2001)



Dr. Jamison suffers from Bipolar Disorder – Category I. She has had multiple hospitalizations for her illness. She maintains that it is an illness and prefers the old term used for the condition; **Manic-Depression**; because, in her opinion, the word 'bipolar' dehumanizes the disorder.