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Challenging the myth of mental illness -The use of metaphors for the self in systemic therapy

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The main aim of this paper is to explore how the use of metaphors in systemic therapy introduces change and difference in the scenario of people who identify themselves as mentally ill. In this context, the paper will try to explore a different view from the traditional medical model around mental illness, looking at how the use of metaphors for clients when trying to define themselves as mentally ill can create a shift in the way stories and myths are created about them. In the first part I will discuss some general issues related to metaphors and systemic thinking. Then in the second part I will discuss how identity is structured around the myth of mental illness and introduce some case examples that could help us to understand it. The context for this discussion will be how identity could be constructed in a different way through a systemic conversation by the use of metaphors for the self. The last part will explore a therapeutic perspective of systemic conversations by which mental illness and identity may be deconstructed by the use of different metaphors for the self in therapy. This paper gives new ideas about how metaphors for the Self in therapy, may become part of the lively, unique and ever-flowing conversations with patients. This paper also uses an integrative perspective of psychodynamic and systemic concepts of self and Narcissism.

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Computational psychometrics for clinical assessment and cognitive behavioral therapy

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Computational science seems to be very far from clinical practice, however things are changing and these two worlds are going to converge toward a new discipline beyond the individual aspects arose in several years of research. The advantages for clinics rely on both a partially automatic and self-learning assessment to help clinicians in making medical decision, and a strong support fo Cognitive Behavioral Therapy. However, the computational assessment is made very clear by looking at clinical trials of the last years where machine learning and any sort of classificators gave the chance to achieve such a result. On the other hand, the therapy, still rely on classic Cognitive Behavioral Therapy and the time has come to further innovate and apply the huge capabilities of computational science. Our experience of using and interacting with the newest computer information technologies is profoundly affected by the extent to which we are able to use the computer-mediated world that the technology makes available to us. It is a crucial and increasingly necessary element in both methods and usage of many recent and developing interactive technologies. My speech introduce to main models and techniques in current computational psychometrics, in particular psychophysiological measures, eye-tracking, behavioral data, relational data (also social network analysis), virtual reality, and above all the incredible integration between computational models and real therapies now possible.

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Notes:

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