

# **Critical Perspectives in Psychiatry and Mental Health: A self-paced eLearning Workshop**

**Disclaimer:** *This eLearning Workshop website has been developed as part of a Master's course project on Health Professional Education. The designer is not a Psychiatrist nor a Mental Health professional. Therefore, the content of this site is for demonstration purposes only and should not be used in a clinical setting without professional input regarding its safety and appropriateness. The designer assumes no responsibility, legal or otherwise, for the content.*

*The list of questions below is used as a history questionnaire by the Gesundheit! Institute\*. All new patients are required to complete this questionnaire in as much detail as they wish. The only requirement is that they indeed complete it! Note in particular the reference to mental health in question 17.*

*\*Adams, Patch (1993). Gesundheit! Rochester, VT: Healing Arts Press.*

## **What We'd Like to Know About Patients**

Initial interviews with patients last three to four hours and explore not only their health needs but everything about them. The following synopsis gives an idea of the detailed information we seek from patients in attempting to know them and to assess their health needs. Ideally, we would like each person in our care to write (in readable form) a detailed history of his or her life from a health perspective, and include the following:

1. Any facts pertaining to birth or the first years of life
2. History of immunizations up to the present
3. Hospitalizations, with dates and details
4. All remembered illnesses, with current perspectives on each
5. Drug-taking history, legal and illegal, including perceptions of drugs; include tobacco, caffeine, sugar, alcohol, etc.
6. History of spiritual perspectives, including past influences and current attitudes

7. History of love life with present perspectives and how they evolved, with comments on each of the following in detail: parental love, romantic love, sexual love, love of life, self love, any other
8. History of major disappointments, past and present, including solutions found, and perceptions of other people's disappointments
9. History of life highlights, including significant teachers (either formal education or on one's own). List skills of any sort gleaned from these high points: how they were acquired, appreciated, and shared with others. Also include highlights derived from books, movies, music, intellectual pursuits, etc.
10. A detailed family tree with health and other perspectives on each branch
11. Thoughts on what growing up was like, descriptions of homes, schools, neighborhoods, best friends, pets, travel, clubs, dates, cars, motorcycles, hobbies, and whatever else seems significant
12. History of diet, past and present, including present practices, perspectives, and theories about nutrition
13. Dreams for the future
14. Comments on success/failure, right/wrong, winning/losing, happiness/unhappiness as they relate to dealings with parents, children, jobs, life, lifestyle, community, country, spiritual values, friends, enemies
15. Perspectives on present state of body: strength, stamina, and joint flexibility; exercise habits; use of baths, oils, saunas, massage, and herbs; bowel and urine habits; condition of eyesight, hearing, and other sensory organs
16. Perspectives on death (one's own and others), including personal experiences with death
17. Perspectives on mental illness, in oneself and in others; is there such a thing as mental illness?
18. Ways to expand health consciousness, including how to use resources to help give health to yourself and others
19. Other details about health that this list has stimulated

If you hear us repeatedly asking for this report, we're just eager to optimize each patient's health care. We will also include baseline physical examination results in each patient's records—blood pressure, heart tracing, urinalysis, blood work, acupuncture diagnosis—all for free. There are thousands of effective ways to build health. Let's collect as many as possible.

You are a Gesundheit patient for life. After you leave, send a yearly updated addendum. We need this information to understand how to practice preventive care with each patient and to share the resulting insights about health with others. We have made a great time commitment to our patients' health; please return the commitment in this report.

Remember, no report is too long. Grant us permission to show other staff members and patients this report; we all can be great teachers of ourselves.