

The Practice and Importance of Clinical Psychology in Medicine, Pharmacology, Educational Institutions and Workplace

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Abstract: Based on our teaching of Psychology at the faculty of medicine etc., we discuss in a primary part the role and importance of clinical psychology and its close relationship with medicine for treatments of the patients. Concerning medical psychology, our extended observations showed that when a physician wants to treat a patient, he must firstly completely know him, establish a psychological relationship with him, and if necessary, psychosocial relation and discussions, interview with parents (finding bridges between patient and family). In all cases, only with a methodical complete anamnesis performed by a clinical psychologist, an expert physician with particular attention, flexibility and perseverance will be able to study physically and mentally the situation and circumstances of his patient, and begin the treatment. We note that sport, physical and mental activities, are important among the treatments. Our study research showed that in all cases, first the correct diagnosis must be established before treatment. We observed in some cases that due to inattention of the physician or care team, the treatment was unsuccessful. Regarding clinical psychology at the service of schools and educational institutions: the clinical psychologists in collaboration with school psychologists, have also a key role in the educational institutions, from primary school to university. Intervention of both clinical and school psychologists is necessary: their missions at schools, especially initiatives while discussing in classrooms are very important; long-lasting relationship between educational and clinical psychologists is required. As known, multiple factors can produce anxiety and depression on individuals, in the schools and in families. Concerning clinical psychology at the service of workplace: As industrialization often leads to physical and mental illnesses, the importance of mental health is clear here. People at work, especially in industrial, technical factories, business, social centres, should be examined regularly under the supervision of a psychiatric and mental health team.

Key words: Clinical psychologist, school psychologist, treatments, educational institutions, psychogeriatrics, anamnesis, workplace, physical activities.

1. Introduction

Since the current half century, due to the ever-increasing expansion of science and technology (particularly great successes in evolution of medicine as known: oximeter, pace maker, telemedicine, smartwatches, etc.) also the development of scientific psychiatry, industrial psychology (Kyoto 1990, etc.) and mental health centres (ex. Ste Anne University Hospital Paris-1988-2008 and different hospitals as observed: Lariboisiere, Salpetriere in Paris), we see that recently the field of psychology is also increasing in all aspects and areas of

life: medical psychology (Schneider P.B. 1969): from infancy to adult (Psychology of intelligence : Piaget J., translation and interpretation with extended foreword by Rabbani H. 1972) and elderly, especially gerontology* (cf. bibliography: Edinburg 1982, Chicago 1987, Sydney 1988 and others), at workplace (Paris 1990), or different occupations and activities (Rome 1991) including sport, physical and mental activities (Thessaloniki Greece 2007, Marrakech 2009).

Firstly, based on our teaching of Psychology at the faculty of medicine [1] and nurseries, also in colleges,

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* In this field, we must say we will explain much longer and publish later.

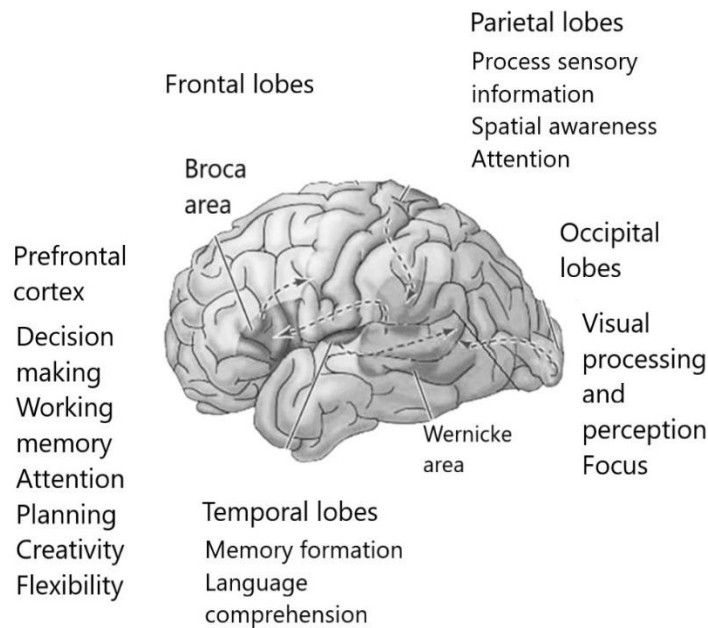


Fig. 1 Brain and activities of the cognitive system.

and at work in the pharmacies, also as a consultant and researcher (at C.L.E.I.R.P.P.A.**) etc..., we discuss briefly in a primary part that we will develop in this paper, the role and importance of clinical psychology and its close relationship with medicine and pharmacology for treatments of the patients.

Concerning medical psychology [2]: it is very clear, and our extended observations, also research have shown that when a physician wants to treat a sick person, he must firstly recognize and completely know his patient and establish a psychological relationship with him, and even in some cases, if necessary, psychosocial relation and discussions, also interview with parents (finding bridges between patient and members of family or others) [3, 4].

In all cases, we can rightly say that only with a good and methodical complete anamnesis performed by a clinical psychologist, then an expert physician with his good cognitive system, particularly attention, focus, flexibility and perseverance (Fig. 1) also with correct economic condition, will be able to study physically and mentally, the situation and circumstances of his

patient, and begin to complete the treatment. We do not hesitate to add here that the sport, physical and mental activities noted above, are also important among the treatments and regarding this significant subject in medical psychology, we will briefly discuss it below [5].

Physical activities, including exercises, sports and gymnastics in all their forms, as history showed—going back to many centuries before, were exerted and set down by several ancient Greek physicians (Hippocrates 400 B.C. and Herodicos 480 B.C., Herophilus and Erasistratus), also Avicenna in Hamadan Persia, Claude Galien considered as the father of pharmacy, etc.; and later several physicians in France, Spain, England, Persia, India and other countries around the world, followed.

At the beginning of the past century and then during the last five decades, under the influence of several psychologists, physicians and educators, physical activities, sports, gymnastics and other hygiene and health sports have been introduced into the Sport Sciences and evolved to present.

** C.L.E.I.R.P.P.A. Centre de Liaison, d'Etudes, d'Information et de Recherche Pour les Personnes Agées.

Research and studying in this area ultimately became the special new field of practice, we now call Sports Medicine which later we will study under a new theme called GSMS (Gerontological and Geriatric Sport in Medical Science) [6].

The somatic and psychological effects of regular exercises and other activities: leisure, gymnastics, winter and summer games, movements, also massage (Moshtemal*** in Persian language) and especially senior activities on mental health—in many cases for reduction of disorders [7]—have been also studied in this research [8, 9]. Our experiences and clinical observations have showed that many of the physical activities, mentioned above, can improve the physical and mental conditions of older people [10], specially who have been sedentary, for many reasons, in their life. In some cases, as we observed, the old persons during their inactive period or after early retirement or immigration, are confronted with psycho-pathological problems and so, are not well [11]. Thus, many of the physical activities mentioned above, can be considered in many cases, as a therapy: especially for the elderly patients manifesting the symptoms of depression and psychiatric disorders: remembering that depression and anxiety as noted elsewhere [12], when accumulating and occurring together, can engender in some extreme situations, behaviour and personality disorders [13]. Thus, experience and clinical observations demonstrate that physical and mental activities in one side, proper nutrition and a favorable environment in the daily life of older people in other side, can slow down the detrimental effects of ageing and help to raise the longevity [14, 15].

In conclusion our study research on medical psychology has clearly shown that in all cases, first the correct diagnosis must be established before treatment. Unfortunately, we observed in some cases that due to inattention of the physician or the care team, alas the treatment was unsuccessful.

*** Moshtemal: Complete full massage which was recommended by Iranian physicians as Avicenna and practiced in Iran and Turkey in public baths (garmabeh-hammam).

2. Regarding the Clinical Psychology at the Service of Schools and Educational Institutions

According to title of the paper, we do not deny that the clinical psychologists, with collaboration of the school psychologists [3, 16], have also a key role in the educational institutions, from primary school to university. As an expert in Education Sciences (Tehran Iran, Sorbonne in Paris, Illinois USA etc.), we do not hesitate to say that intervention of both clinical and school psychologists is very necessary: their missions at schools, especially initiatives during interviewing and discussing in the classrooms, or others will be very important; particularly when facing with child and adolescent (even sometimes parents), presenting emotional [4] or behavioural and cognitive disorder or visual impairment, disability and others...; consequently a long-lasting relationship and collaboration between educational and clinical psychologists is required.

Our study research has shown that multiple factors can produce anxiety and depression on individuals, in the schools (children, students, teachers, officers and even directors), also in families: especially parents [17]. In our time, because of multifactorial reasons (as noted elsewhere): wars [18], catastrophes—human and natural—especially natural catastrophes: earthquake, seism, tornadoes, floods, diverse fires and others; concerning natural catastrophes, as examples we would like to remind the earthquake case which stroked the city of Bam in Iran 2003, resulting in the loss of over 43,000 lives and more than 40,000 local residents left injured or homeless, severely damaging the urban area of Bam city; also another case we personally observed in Urumiyeh (Rezaye), north Azerbaijan, Iran etc.

Concerning human catastrophes, we mention acts of terrorism (as known 11 September attack, New York city, plane crashes as Lufthansa catastrophe 2015, terrorist attack at school in France 2020), wars—ex. Iran-Iraq (1982) lasting more than 8 years with not only

many victims and martyrs and thousands of families in mourning, but also many material damages and in some cases, destruction of the family basis with forced divorce, separation, involuntary and pathological immigration, socio-political and economic changes etc. [19].

Clinical psychology is not only at the service of medicine and education, but also of the workplace [20], which we will briefly discuss below.

In all industrial and economic or professional units: from designers, architects to accountants, salesmen, storekeepers, packers, tobacconists, carpet weaving centers, textile centers, sack weaving and others, in job place and its subordinate field where many occupational diseases are caused by physical, chemical and psychological factors, experience showed that everyone must have not only good physical, but also good mental health.

Of course, since industrialization often leads to physical and mental illnesses, the importance of mental health is clear here. Therefore, people who continue to work in the jobs mentioned above, especially in industrial factories and business or social centers, should be examined regularly under the supervision of a psychiatric and mental health team, consisting of psychologists, social workers, health educators, physiotherapists etc.

In plus we add that the field of physical or mental and professional health is one of the important pillars of business development programs [21].

3. Conclusion

About medical psychology, we consider that only with a clinical psychologist with his methodical complete anamnesis performed, then an expert physician with his good cognitive system, particularly attention and perseverance (Fig. 1) must recognise completely the patient and begin to accomplish the treatment. In all cases of diseases, the correct diagnosis must be established before the treatments.

Alongside educational activities: to work with children and adolescents in the schools, or also

parents—affected by disasters, faced by identity or economic crisis, human error (including medical), natural catastrophes, conflicts and frustration in family or working place, forced divorce, travelling accidents, school failure, loss of spouse or death of a family member, forced divorce and immigration, as noted elsewhere, interventions of both clinical and school psychologists are very important.

Finally, there is no doubt that economic growth and industrial development is not only related to healthy physical strength at workplace, but is also related and dependent on the mental health of professionals, as well as their skills, and therefore the impact of mental health on the economic, social and industrial development is significant.

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