

How Intervention Models can be helpful to overcome Psychological Issues

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Introduction

The prospect of a family plays a vital role in every individual's life. It is the necessary feature that strongly connects people with each other. It is notable to mention that people are interlinked with each other in the form of family and the overall society. This particular aspect of togetherness also causes different sorts of emotional and psychological issues. It is crucial to consider the psychological consideration of all the individuals so they become able to effectively align themselves with the broader paradigm which can appear in the form of family units. Undoubtedly, family plays a crucial role in the overall development of the individual. It ultimately provides the necessary foundations to face the challenges of life. Unfortunately, it is also a reality that people are immensely going through a different psychological problem that needs to be resolved to make the family units more productive.

There is plenty of research in the field of psychology that successfully highlights the particular issues associated with the concept of family. Credible research also proposes different psychological interventions that can help overcome problems specifically concerning the mental state of individuals. Psychologists believe it is crucial to understand the different life situations of individuals to propose better psychological assistance to them. Here, the particular focus is to explore the two different intervention models concerning the paradigm of family. Further, the necessary comparison of these models ultimately helps to propose effective solutions for the psychological issues specifically related to an aspect of family.

In the present world of mind-baffling advances, life has turned to be a robotic one, which only can calculate what you have. The basic values are only limited to what you have? (Diener et al., 2010), Where do you stand in the society? And what you are further capable of doing. No one is interested to know "How are you"? Since everyone around is only there to either judge you or to count on you,

The human mind is the most fantastic part of the human body. It functions most strangely. It's the strongest, yet the weakest portion of human body. It figures out solutions for most of the problematic things, yet it gets disturbed by a mere harsh word. It works, even during night sleep, busy in dreams and visions, the whole body requires rest after a certain period.

But after all this hard work, shocks, and stress the human mind has to suffer, it is not allowed to have any respite for some therapy (Lyubomirsky, King & Diener, 2005). Infact declaring that one has any mental health issues is a social stigma to many, though this human mind, unlike other body parts, has to work 24/7/365 consecutively.

The subject of this research would be the magnificent story of one of the movies presenting the real-life situation of an alone and desperate single mother Dolly, who is suffering through massive depression both, because of her financial conditions, and moreover because of her emotional depravity and loneliness. On the other hand, her little daughter, Mindy, is suffering mentally due to the worsening condition of her mother. The ultimate aim of the little girl, Mindy is to provide ease in her mother's life. She continuously makes different efforts to decrease the depressing lifestyle of her mother, Dolly. It is notable to mention that Mindy ultimately goes for alternative and supernatural measures to make their life easy and contented.

It is crucial to mention that the particular characters of Dolly and Mindy from the movie Long Life, Happiness, and Prosperity are selected to explore the features of psychological treatment that can apply to real-life individuals as well. The family of Dolly and Mindy helps to understand the psychological paradigm and propose necessary intervention models to deal with the issues of anxiety, depression, and other forms of mental illness.

Purpose

The main focus of this research work is to explore the different psychological issues and effectively apprehend the idea of effective intervention models that can be used. The particular movie, "Long Life, Happiness, and Prosperity" is considered to evaluate the concept of the family unit. It is also helpful to explore different psychological features that might affect people's daily routines. The exploration of the psychological condition of both the characters, Dolly and Mindy ultimately helps to understand the psychological features and propose particular intervention models. This particular exploration and assessment of the intervention models can be helpful in overcoming psychological issues with the consideration of the [family system](#).

The prime feature of consideration is to identify particular means or interventions that assist individuals in overcoming their psychological issues. It is evident that people are going through different forms of mental stress which ultimately impacts their facet of the family unit. Another dimension of this particular feature is that family plays a crucial role in the individual's life to overcome different forms of mental stress. The prospect of the family can align different individuals with each other to provide them with a sense of security and happiness.

The absence of family support can be immensely dangerous for the individual as it can cause different forms of psychological issues. Understanding the severity of this paradigm is crucial as it can ultimately be a major threat to life. According to the official statistics of 2017 by one of the United States dedicated and specialized organizations "The American Foundation for Suicide Prevention," a lot more than 44,965 people died this year by committing suicide, more than half of which were aged between 21 and 40. Undoubtedly, the quality of life becomes worse day by day. It is crucial to understand the seriousness of this particular issue and address the individuals' psychological concerns so they can deal with different facets of life. It is very sad to realize that young people were

so depressed and disappointed by society at large that they decided to end up with the most precious and most beautiful thing, which, of course is none other than life (White,1992).

“The American Foundation for Suicide Prevention” added further, that though the numbers they are giving are the most accurate, in reality, the number of deaths caused by suicide must be a lot higher than the given ones because a lot of suicide cases are considered to be a stigma to report by the families. Further, they have added that although no complete data can be approachable due to different reasons, the suicide attempt rates are also astonishingly high. According to their stats, around 1 million people attempted to end their lives by committing suicide. It is the right time for society to consider the need to address these issues and propose effective solutions.

As per these trusted statistics, by one of the highly authentic humanitarian organizations, the contentment level of society seems to be in a chaotic situation (Welsch, 2006). Whatever the reason is, there has to be some way out to deal with these mental disorders effectively. Researchers of psychology believe that family can play a strong role in the individual’s life to address different forms of mental disorders effectively. If family members support each other, it becomes easy for people to survive in life and contribute to the overall development of society. An effective aspect of different interventions can be considered as a good idea to deal with psychological concerns. This is the particular focus of this particular research work. The effectiveness of the different intervention models will be explored through the help of the particular characters of the selected movie. This specific exploration ultimately guides and deals with the psychological concerns of the individuals.

Comparison of Two Intervention Models

Different intervention models play a crucial role in the case of the family system. These models provide the necessary directions to address psychological issues. Proposed techniques can be used to strengthen the facet of the family unit. Intervention models in the case of the family system are closely concerned with the overall paradigm of family therapy. It is crucial to understand the concept of family therapy to apprehend effective intervention models (Nichols, 2013). It is crucial to mention that particular family intervention models are used by psychologists to provide necessary help to the different members of the families, so they become able to deal with their psychological concerns. It is vital to understand the concept of family therapy to effectively approach two different intervention models in case of psychological issues.

Family therapy is known as the one crucial kind of psychotherapy that provides necessary assistance to all the members of the family. It considers the paradigm of the family as the one unit that can play an effective role in dealing with the different psychological issues of each member of the nuclear family or the stepfamily. The feature of family therapy provides an opportunity for all the family members to strongly connect with each other and find the necessary solutions to deal with different psychological concerns. It provides necessary indications about the overall functioning of the family unit. The particular aspect of family therapy can be vital to understanding the family unit of Dolly and

Mindy who are the main characters of the selected movie, “Long Life, Happiness, and Prosperity.” Many interventions exist in the specific case of family therapy. These psychological interventions or techniques play a crucial role in understanding the family’s actual psychological scenario. Two intervention models of narrative therapy and structural family therapy are selected to explore and compare these interventions. This comparison ultimately helps to deal with the psychological concerns of the family.

Narrative Therapy

Narrative therapy is known as one crucial aspect of family therapy. It is the crucial feature of psychopathy that provides necessary information concerning the particular values, skills, and knowledge in the case of different members of the family. It is the particular approach that assesses the practicing values of the family and proposes possible solutions related to their psychological concerns. The idea of narrative therapy apprehends the particular features of adopting values and knowledge of the family and proposes effective solutions to their psychological problems. This particular form of intervention can be characterized as the non-blaming approach to provide counseling to the different members of the family with the consideration of their specific values.

The particular intervention model of narrative therapy goes through different historical facets. Different researchers explore and effectively apprehend the idea of narrative therapy which provides necessary help to address the different family concerns. Initially, the idea of the narrative therapy model was developed by David Epston and Micheal White. The main facet of this particular therapy is that people have a particular approach that is closely concerned with the features of the interacting narratives. This particular feature helps individuals to understand who they are and from whom they belong to a family. The interesting feature related to the narrative therapy model is that very simple and straightforward techniques are used by psychologists to address someone’s psychological concerns, particularly when referring to the approach of narrative therapy. It adopts effective techniques of empowerment and collaboration for family members so they can easily convey their particular perspectives. This particular model aims to utilize the natural aspects and skills of the individuals to deal with their psychological issues.

Structural Family Therapy

Structural family therapy is another crucial intervention model in the case of family therapy. It is extensively used by different psychologists to effectively understand the different psychological features of individuals and propose better ideas to deal with their mental health concerns. This particular model addresses the psychological issue with the necessary consideration of the functioning of the family. It can be characterized as the treatment to approach the different forms of interaction in the case of members of the family. This particular model of intervention assesses the patterns of interaction and uses this particular information to assess the possible reasons for the prevailing psychological issues in the case of individuals. Undoubtedly, it can be said that the

particular approach of structural family therapy formulates the necessary connection between the psychological aspect of the individual and the overall functioning pattern of the family.

Salvador Minuchin is known as the developer of the particular intervention model of structural family therapy. His main concern is to utilize the feature of functioning in the case of aligning the psychological patterns of individuals with the functioning of their families. It can be considered as the joining force to formulate a necessary connection between the individual and the overall paradigm of the family. He apprehends the specific idea that the dysfunctional relationship between the paradigm of the individual and the particular pattern of the family can be the reason for the different psychological concerns. It is crucial to mention that the intervention model of structural family therapy never considers the wide range of adaptability of different techniques. The focus is to assess the prevailing association between the individual and the overall functioning of the family. The proper assessment of the prevailing pattern of the structuring of the family can be helpful to identify the psychological concerns of the individual and propose different solutions accordingly.

Comparison and Contrast of Narrative Therapy and Structural Family Therapy

Both the intervention models of narrative therapy and structural family therapy are considered crucial and effective means to understand the different psychological concerns and propose different solutions to overcome these issues (Clark & Oswald, 2002). These particular patterns also help to enhance the effectiveness and the value of the overall feature of the family unit. The major difference that can be identified in the case of both these intervention models is that the feature of narrative therapy is closely concerned with the paradigm of adopting the values of the individual. On the other hand, the feature of structural family therapy concerns the behavioral patterns of functioning in the case of all the members of the family.

The comparison of both these intervention models can be effectively identified in the case of the selected characters of Dolly and Mindy from the movie. Both models can be effectively applied to identify the mother and daughter's psychological issues. Narrative therapy helps to understand the particular values adopted by the mother, Dolly. It can be a vital approach to apprehending the key features that are the reason for Dolly's anxiety and depression in the movies.

The particular intervention model of structural family therapy effectively understands the family's overall functioning pattern. This intervention model can be effectively used in the case of Dolly and Mindy. It can help us understand their association. Identifying their relationship ultimately helps to propose necessary solutions so they can deal with their psychological problems.

Comparison

Both the conditions of cognitive and adoptive have many things similar to them, first and foremost one to mention is that its “Advanced presence” in mainstream society. The ideas that we learn from either schools community or friends are in some way the cognitive imagination of someone (Helliwell, 2003).

Similarly, the one with cognitive and imaginative faculty had been through the same process where the first learning was from social interactions. By observing what is happening around the environment, one is living.

As far as the major characters of the movie “Long Life, Happiness, and Prosperity” the mother “Dolly” and her daughter “Mindy Ho” are concerned, the entire thesis has been a perfect comparison to both the led characters of the movie.

The mother Dolly, who is under the burden of loneliness and the responsibility of her daughter without her father is pushing her to the edge of mental depression (Schyns, 1998), while monetary issues are also a great worry for Dolly. So, a lead character can be applied, and hopefully, she will be cured by the adaptive way of learning and handling the situation in her life. While her daughter Mindy, too, had to be infused by the same idea of adaptive education, it would have helped her understand her mother’s condition in a better way and would have made her even more compromising than she was.

Contrast

Though we have just compared the situation of both the lead character of the movie with our adaptive and cognitive theories of integration, practically, the situation of the lady in question, the lead of the movie, Dolly, is so painfully helpless and precarious and sometimes no other application other than prayers and physical activities can help one out of such all-around agony (Veenhoven, R., 2005).

The model of adaptive learning might have worked on little Mindy, provided that her mother had the time to look after her little daughter and infiltrate these helpful ideas and perceptions in her mind. But in each case, the little girl had to leave the house and her mother and had to mingle in the society from where she would have ideas of deprivation and solitude.

There are many reliable and empirical experiences that, such people who had lost hope from all the modern-day technological medications, and even went to use other temporary relaxants like alcohol and other toxicants, found relief in the monasteries and seminaries (Freindman and Martin, 2011). According to their own words, they found relief through spiritual counseling therapy, but relief was not found to be in any other worldly science and its treatment tools.

Though one cannot outrightly deny the effectiveness of medical and other psychological treatments,

since it has been conducive for years, there is a vast opinion in society that there should be some integrated psychotherapy Models, based on combined and integrated studies of both modern and spiritual theories.

Long Life, Happiness, and Prosperity

The case study of this entire thesis has been the movie “Long Life, Happiness, and Prosperity,” the two significant leading roles of the film, and the physical and mental agonies. As per the solutions for the family in desperate need of some psychic therapy for emotional frustrations, specific religious practices, learned through the counseling therapy model would help in filling the burses scars left due to a variety of reasons.

As far as the little Mindy is concerned, her misery too is because of her weak spiritual bases, and the secular belief that the humans are in charge of their destinations, and alternative ideas of magic can put redesign and change what is divinely ordained from the heavens.

Mandy too may have spiritual therapy sessions to understand the norms of fate, and how to remain contented and patient on the face of the ongoing trials and tribulations.

Conclusion

As we have discussed in detail about mental health issues, and the major causes and effects on individuals in particular, and on society at large. Simultaneously, we have applied almost all of the psychological stress-alleviating models to both of the case studies we had in the assignment.

Though we almost had all the authentic theories and reasons, based on empirical experimentations, to prove that certain mental issues would need to be applied by the particular integrating model, to cure the patient of the situation, yet according to my personal belief, no theory or model, may it be secular or religious, based on counseling or is physical drug treatment, can work effectively, if the person in question is not fully willing, and focused on getting out of it.

It has been often noted that the one who is suffering such an agonizing situation further leaves his/herself at the mercy of the circumstances, which adds more to his misery, no matter what drug treatments, and other integrated counseling treatments you are using.

As are the cases of most famous personalities, who even after having everything, one can work, dream, or yearn for, end up committing suicide and ending their lives. The only reason that can be extricated from their cases is the lack of “Will,” the will to move ahead. So I believe that all the combined efforts should be concentrated on strengthening the will of people, the will to move forward, that is why it’s rightly said: *When there’s a Will, there’s a way.*

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