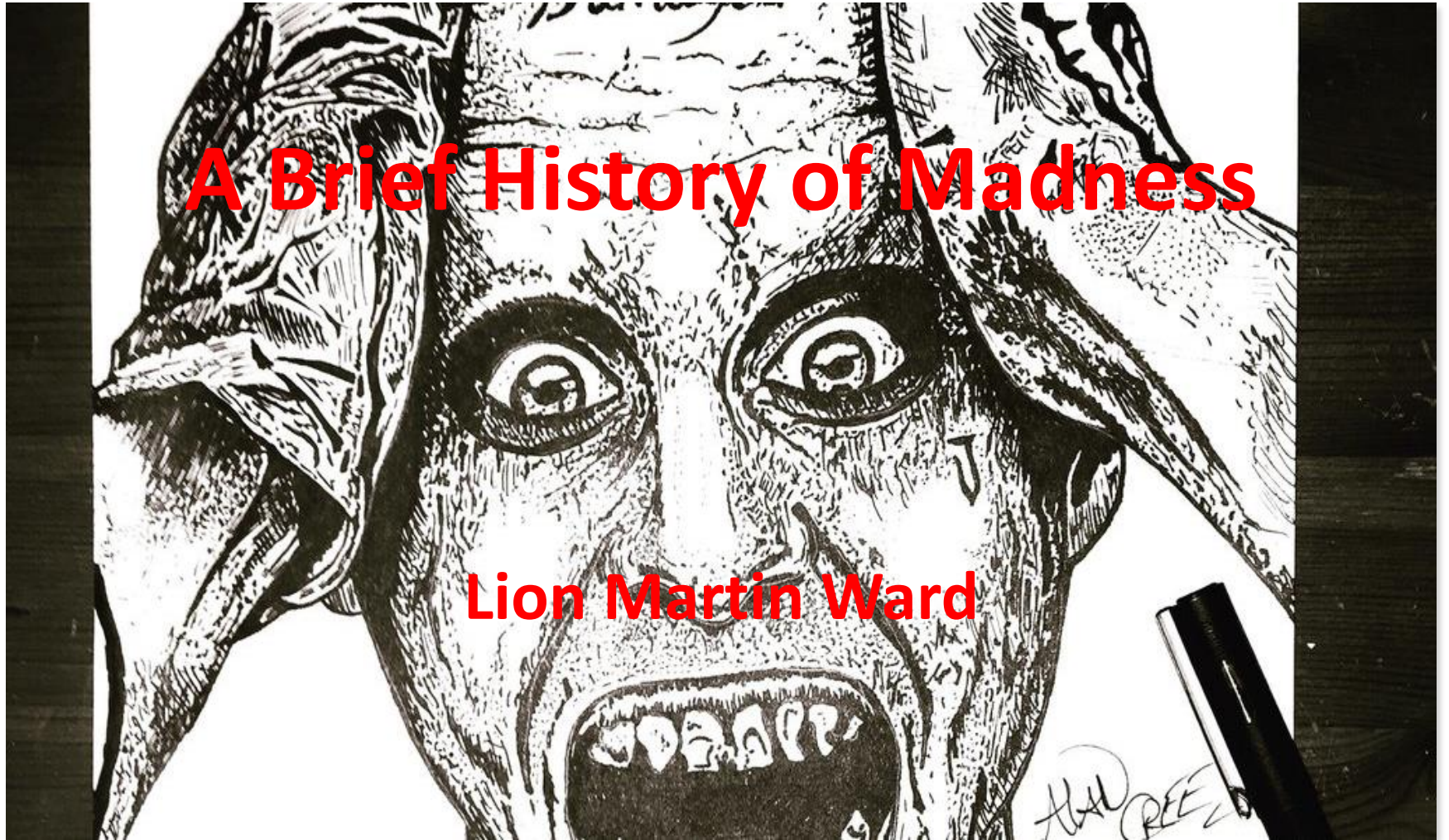


A Brief History of Madness

Lion Martin Ward





Hippocrates of Kos 460 BC – 370 BC

1. He argued that the brain was responsible for mental illness
2. It could be treated in the same way as physical illness

Mental illness and the Roman Empire



Basic beliefs

- Phrenetis, mania and melancholia
- Hippocrates and the four humors
- A crazy array of 'cures'
- Moral weakness and dangerous goddesses
- With the rise of Christianity, divine punishment and demonic possession became the main belief

The Dark ages



Basic beliefs

- The Christian church took control of medicine
- Mental illness was seen as demonic possession
- Punishment and darkness were considered the best way to deal with it
- More humane treatments, such as in China and Turkey, were never widely adopted in central Europe

The Middle Ages



Basic beliefs

- **1400-1600** People with mental illnesses were seen as witches, possessed by the devil, and other supernatural forces
- The first office to help people's emotional stability was set up in Spain 1407
- **1600-1700** People often treated privately, and 'madhouse' became popular
- **1700-1800** Separated from society in asylums and prisons, seen as dangerous. Treated with ice baths, diet, bleeding, purging and chain restraints

Early Modern times



Basic beliefs

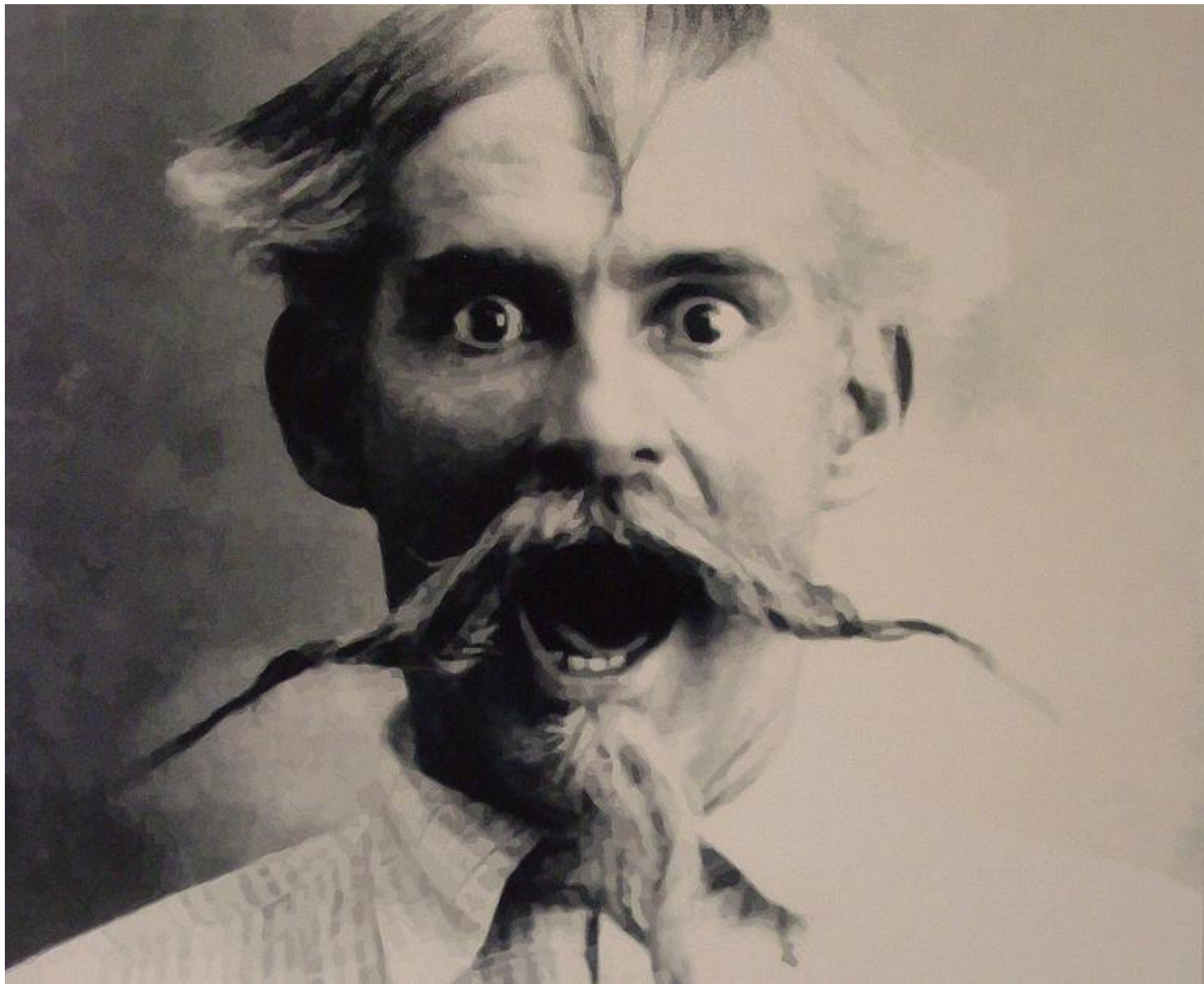
- Beliefs varied across countries – especially North America, Africa, China and the Philippines
- More social and individual therapies introduced (France, Germany, USA, Austria, The Netherlands and UK)
- But, generally society needed to be protected from ‘lunatics’



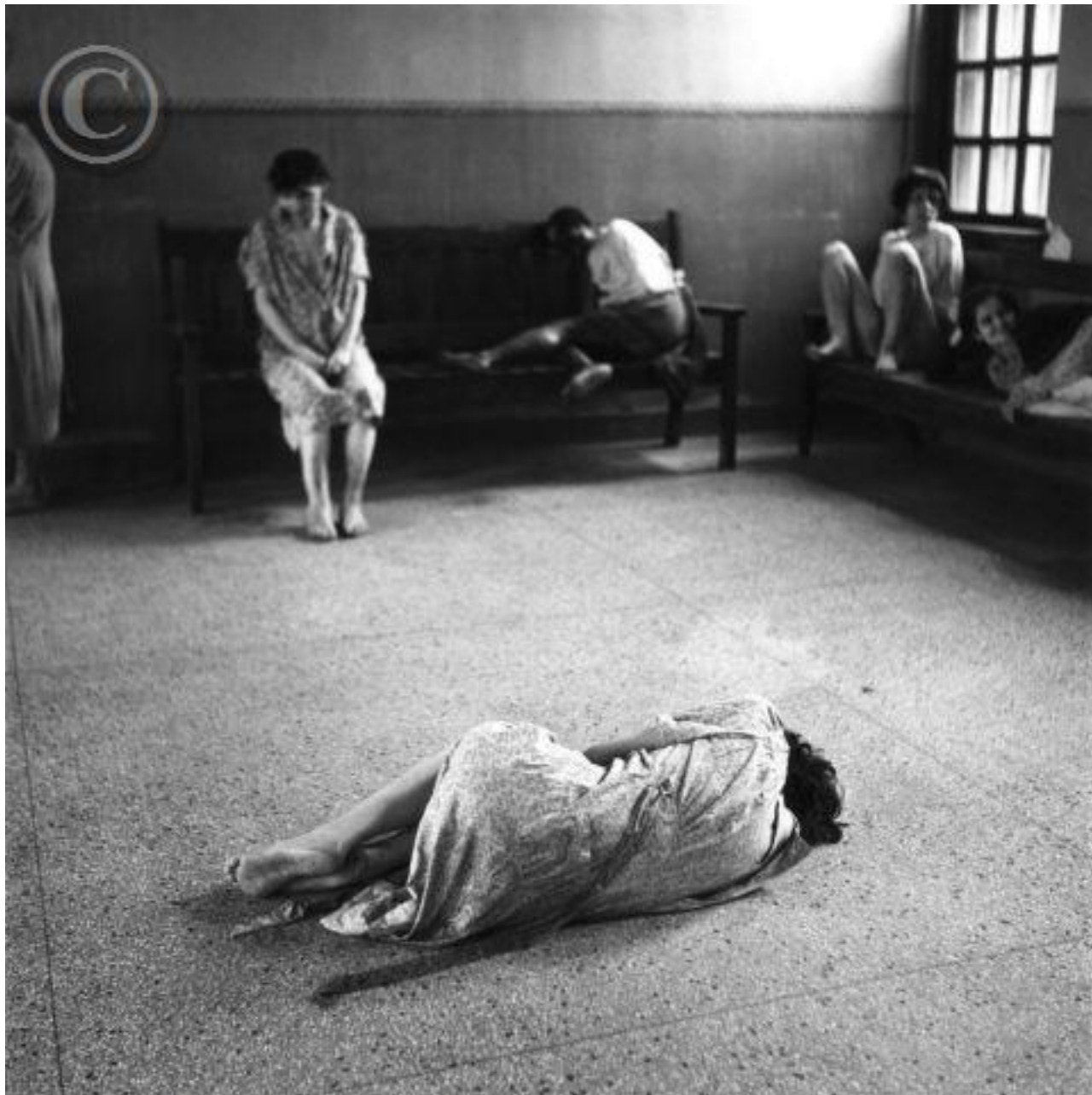


20th Century













Basic beliefs

- Mental illness had many causes, - society, biological (both hereditary and DNA) , psychological, upbringing.
- Psychoanalysis showed people could be 'cured' without harsh treatments.
- WW1 and shell shock (modern day PTSD) horrified nations (especially politicians and generals)
- WW11 was a repeat

Today?



Basic beliefs

- Mental illnesses is complex and may be caused by any number of reasons
- Stress and anxiety appear to be one of the main psychological factors
- Those who have mental health challenges should not be isolated from the world around them
- Treating everyone as a human being is the basis of caring