

Fifth Day

Issues

Goal: Go through the Helping Process & To acknowledge the issues that SHINE can not handle

To Mr. Choi

1. **Major Depressive Disorder** is a mood disorder in which a person experiences, in the absence of drugs or another medical condition, two or more weeks with five or more symptoms, at least one of which must be either (1) depressed mood or (2) loss of interest or pleasure
 - a. **Bipolar Disorder** is a mood disorder in which a person alternates between the hopelessness and lethargy of depression and the over excited state of mania
2. **Anxiety Disorders** is the psychological disorders characterized by distressing persistent anxiety or maladaptive behaviors that reduce anxiety
3. **Generalized Anxiety Disorder** is an anxiety disorder in which a person is continually tense, apprehensive, and in a state of autonomic nervous system arousal.
4. **Panic Disorder** is an anxiety disorder marked by unpredictable, minutes long episodes of intense dread in which a person experiences terror and accompanying chest pain, choking, or other frightening sensations. Often followed by worry over a possible next attack
5. **Phobia** is an anxiety disorder marked by a persistent, irrational fear and avoidance of a specific object, activity, or situation
 - a. **Social Anxiety disorder** is an intense fear of social situations, leading to avoidance of success
 - b. **Agoraphobia** is the fear or avoidance of situations, such as crowds or wide open places, where one has felt loss of control and panic.
6. **Obsessive compulsive disorder (OCD)** a disorder characterized by unwanted repetitive thoughts (obsessions) and actions (compulsions)
7. **Post Traumatic Stress disorder (PTSD)** is a disorder characterized by haunting memories, nightmares, social withdrawal, jumpy anxiety, numbness of feeling, and insomnia that lingers for four weeks or more after a traumatic experience
8. **Hallucination** is a false sensory experience, such as seeing something in the absence of an external visual stimulus
9. **Delusions** are false beliefs, often of persecution or grandeur, that may accompany psychotic disorders

10. Somatic Symptom Disorder is a psychological disorder in which the symptoms take a somatic (bodily) form without apparent physical cause

a. **Conversion Disorder** is a disorder in which a person experiences very specific genuine physical symptoms for which no physiological basis can be found

b. **Illness Anxiety Disorder** is a disorder in which a person interprets normal physical sensations as symptoms of a disease

11. Dissociative Disorders is the disorders in which conscious awareness becomes separated (dissociated) from previous memories, thoughts, and feelings

a. **Dissociative Identity Disorder (DID)** is a rare dissociative disorder in which a person exhibits two or more distinct and alternating personalities

12. Eating Disorders

a. **Anorexia Nervosa** is an eating disorder in which a person maintains a starvation diet despite being significantly

b. **Bulimia Nervosa** is an eating disorder in which a person alternates binge eating, excessive exercise, or fasting

c. **Binge Eating Disorder** is significant binge eating episodes, followed by distress, disgust, or guilt, but without the compensatory purging or fasting that marks bulimia nervosa

13. Personality Disorders is the psychological disorders characterized by inflexible and enduring behavior patterns that impair social functioning

a. **Antisocial Personality Disorder** is a personality disorder in which a person exhibits a lack of conscience for wrongdoing, even toward friends and family members. May be aggressive and ruthless or a clever con artist

14. Substance Use and Abuse