



### About the Tutor

Guy Sutton's primary research interests are the genetics of neural development and the interactive nature of biological, behavioural and genetic factors in chronic disease and mental illness.

He is an Honorary Consultant Assistant Professor at the University of Nottingham Medical School where he lectures to undergraduate medical students and postgraduate psychiatrists-in-training. Previous academic appointments include posts at Manchester, Manchester Metropolitan and Cambridge Universities. Guy has conducted research projects and data analysis for various organisations, including the Department of Health and the Medical Research Council. In addition to presenting research and delivering keynote speeches at various international conferences and writing for academic publications, Guy Sutton has talked about the theoretical and clinical aspects of his research on television and radio.

Guy has tutored on 'A' level reading parties for students and teachers for several years, and is an associate tutor with Villiers Park Educational Trust, Cambridge. He has developed courses for the OCR Examining Board and for the National Academy for Gifted & Talented Youth.

### About MBI

MBI (Medical Biology Interactive) delivers one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and health specialists, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

For further information and full programmes, please contact Dr. Guy Sutton; tel 07941 039670  
e-mail: gmsutton@mbi-consultancy.co.uk.

*“A fascinating day for both students and staff... A thoroughly enjoyable and stimulating experience.”*

Ms Kathleen Smith  
St Albans Girls' School



**Seminars & Tutorials For The Health Service, Industry & Education**

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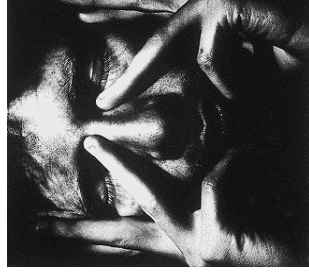
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Web site: [www.medicalbiology.co.uk](http://www.medicalbiology.co.uk)



PRESENTS

# PSYCHO-PATHOLOGY



*A Half-Day Tutorial  
For AS/A2 Level Students  
In The Aetiology & Treatment  
Of Mental Illness -  
Delivered At Your School*

TUTOR:

**Dr. Guy M. Sutton**

Director, MBI, &  
Honorary (Consultant) Assistant Professor,  
Division of Psychiatry, University of Nottingham  
School of Medicine

## WHY PSYCHOPATHOLOGY A.M.?

Since the earliest recorded times, individuals in societies across the globe have behaved in ways that other members of their society have considered to be abnormal. People with mental illness have been ostracised by society and subjected to 'treatments' which have bordered on methods of torture. They have been beaten, trephined, shackled, shaken, confined and immobilised in baths of ice-cold water. Whilst Ancient Greek and early Islamic societies were characterised by progressive approaches to treatment of the mentally ill, arcane psychiatric institutions existed until the 1960s in the United Kingdom and the United States.

There are four main paradigms in the study of mental illness - the biological, the psychodynamic, the behavioural and the psychosocial. It is the biological paradigm, aided by advances in molecular biology, neuroscience and behaviour genetics, which is providing the greatest developments in our understanding of mental illness. Some psychiatric illnesses are thought to be the consequence of a predisposition or diathesis to a disorder and the action of stressors with which the individual is unable to cope. Some factors may be protective against mental illness, which may explain why an individual with a diathesis and a stressor does not develop a particular disorder. However, it is likely that more complex mental illnesses such as schizophrenia result from a combination of genetic, biochemical, environmental, psychological and cultural predispositions and insults, which together shape the disorder. This may explain why blanket pharmacological therapies do not always succeed, particularly when treating complex psychiatric disorders. New strategies include integrating pharmacological therapy with techniques such as cognitive behavioural therapy and studies of therapeutic efficacy are yielding promising results.

This tutorial will address the history and nature of psychiatry and the varied forms of abnormal behaviour and mental illness. Also considered are the latest neurobiological, genetic and psychological explanations of conditions such as autism and schizophrenia and up-to-date evidence-based considerations of treatment options.

## WHICH STUDENTS WILL BENEFIT?

This tutorial is designed primarily for able A2-level and IB psychology students but will also be useful to:

- A-level biology students with an interest in mental illness and abnormal behaviour
- any students considering a university degree and/or career in the following subjects:

Psychology    Medicine    Law  
Neuroscience/Biology    Nursing

## AIMS OF THE TUTORIAL

- To review historical conceptions of mental illness and its treatment.
- To consider issues in the epidemiology, assessment and classification of abnormal behaviour.
- To focus on personality disorders, addiction, autism and schizophrenia, reviewing current conceptions of these disorders, their respective aetiologies and proposed treatments.

## TOPICS TO BE COVERED

The tutorial may be tailored to your requirements and syllabus specifications. Additional topics include substance addiction and substance abuse disorders, anorexia and eating disorders, gender identity disorders, obsessive-compulsive disorder and depression. An exemplar programme is presented below:

- 9.00-9.10 Introduction & Aims
- 9.10-9.35 The History of Mental Illness  
*Prehistory, Egyptians & the ancient Greeks. The middle ages, witchcraft and lycanthropy. Asylums and reform. The new psychiatry, behaviour genetics, neurogenetics and the future.*
- 9.35-10.05 Issues in Mental Illness  
*Defining abnormality. Paradigms. Psychiatric artefacts: multiple personality disorder. Sociocultural factors in mental illness.*
- 10.05-10.45 Classification of Mental Illness & Introduction To Disorders  
*Psychiatric classification systems: the DSM-IV-TR and the ICD-10. Similarities, differences and assessment issues. The DSM-V. Phobias, Addictions and substance-induced disorders.*
- 11.00-11.40 PsychopathologyWeb  
*Computer-based investigation of DSM-IV-TR disorders.*
- 11.40-12.05 Autism  
*Conceptions of the autistic spectrum disorders. Psychological, genetic and neurobiological theories. Current understanding.*
- 12.05-12.30 Schizophrenia  
*Symptoms and diagnosis. 21<sup>st</sup> century conceptions: causes, prognoses and treatment. With video case study.*
- 12.30-12.40 Conclusions & Questions

## FORMAT

The Tutorial is delivered in your school and runs throughout the school day. Tutorial dates can be arranged by contacting MBI.

Format is varied, with interactive multimedia lectures (video clips and Flash animations), group discussions, clinical case studies. Each school receives interactive software to keep. Students each receive a comprehensive tutorial pack.

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## PRaise FOR PSYCHOPATHOLOGY A.M.

"Our girls really enjoyed the tutorial and were extremely positive in their feedback."

Ms. D. Ingram,  
Upton Hall School (FCJ), Wirral.

"The entire session was delivered with a passion and enthusiasm that both inspired and motivated students. Standouts include the history of mental illness and recent advances in neuropsychiatry and the neurobiology of mental illness."

Mrs. C. Bury,  
Ashton Sixth Form College.

"This is an excellent way of consolidating knowledge in all students but also a great way to stretch the more able students too."

Mrs. L. McHenry,  
Bilborough College, Nottingham.

"The tutorial was amazing. When asked to describe the tutorial, students' comments were superb. Words such as 'inspiring', were frequent and more than one stated that they wished it had been the whole day. We had parents' evening last night and several parents mentioned how much their daughters had enjoyed the tutorial."

Ms. S. Elliston,  
Colchester County High School, Essex.

"Superb – another excellent tutorial."

Mrs. J. Marriott,  
The Dronfield School, Derbyshire.

"Another excellent workshop. The students have all said how much they got from it... the section on new and forthcoming drug treatments for schizophrenia was particularly interesting."

Mrs. J. Ibbertson,  
Ilkley Grammar School, West Yorkshire.

"Delivered with great enthusiasm, this tutorial provided a fascinating insight into mental illness. All students, including the non-science specialists, reported that it was a stimulating and highly enjoyable session."

Ms. K. Smith,  
Dame Alice Owen's School, Hertfordshire.

"A great workshop which was very useful in consolidating what students had learned at A-level. Concepts were clearly explained, material was clearly presented and recent research findings were represented."

Mr. T. Dunn,  
The Leys School, Cambridge.