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Professional Certificate in Art Therapy for Mental Health

## Unit Three: Understanding Mental Health Diagnoses

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In this explanation of key terms and vocabulary for Unit Three: Understanding Mental Health Diagnoses in the Professional Certificate in Art therapy for mental health, we will cover various mental health disorders and related concepts. This explanation will provide detailed definitions, examples, practical applications, and challenges for each term.

**Anxiety Disorders:** A group of mental health disorders characterized by excessive fear, worry, and avoidance behaviors that interfere with daily life. Examples include Generalized Anxiety Disorder (GAD), Panic Disorder, Social Anxiety Disorder, and Specific Phobias.

**Depressive Disorders:** A group of mental health disorders characterized by persistent low mood, loss of interest or pleasure, changes in appetite and sleep, fatigue, feelings of worthlessness, and difficulty concentrating. Examples include Major Depressive Disorder (MDD), Persistent Depressive Disorder (PDD), and Seasonal Affective Disorder (SAD).

**Bipolar Disorder:** A mental health disorder characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). These mood swings can significantly impact a person's ability to function in daily life.

**Personality Disorders:** A group of mental health disorders characterized by rigid and inflexible patterns of thinking, feeling, and behaving that deviate from the norm and cause significant distress or impairment in social, occupational, or other areas of functioning. Examples include Borderline Personality Disorder (BPD), Schizoid Personality Disorder, and Antisocial Personality Disorder.

**Schizophrenia Spectrum and Other Psychotic Disorders:** A group of mental health disorders characterized by disruptions in thought processes, perception, and behavior, including hallucinations, delusions, and disorganized speech or behavior. Examples include Schizophrenia, Schizoaffective Disorder, and Delusional Disorder.

**Neurodevelopmental Disorders:** A group of mental health disorders characterized by developmental delays or impairments in areas such as language, communication, socialization, and cognitive functioning. Examples include Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD).

**Trauma- and Stressor-Related Disorders:** A group of mental health disorders characterized by the experience of a traumatic or stressful event and the resulting symptoms, such as Post-Traumatic Stress Disorder (PTSD), Acute Stress Disorder, and Adjustment Disorder.

**Substance-Related and Addictive Disorders:** A group of mental health disorders characterized by the excessive use of substances, such as alcohol, drugs, or behaviors, such as gambling or sex, leading to clinically significant impairment or distress.

**Eating Disorders:** A group of mental health disorders characterized by abnormal eating habits, such as restrictive eating, binge eating, or purging, leading to significant distress or impairment in daily life. Examples include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

**Obsessive-Compulsive and Related Disorders:** A group of mental health disorders characterized by recurrent, intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that the person feels driven to perform. Examples include Obsessive-Compulsive Disorder (OCD), Body Dysmorphic Disorder, and Hoarding Disorder.

**Somatic Symptom and Related Disorders:** A group of mental health disorders characterized by an extreme focus on physical symptoms, leading to significant distress or impairment in daily life. Examples include Somatic Symptom Disorder, Illness Anxiety Disorder, and Conversion Disorder.

**Dissociative Disorders:** A group of mental health disorders characterized by a disruption in the normal integration of consciousness, memory, identity, emotion, perception, body representation, or motor control, leading to significant distress or impairment in daily life. Examples include Dissociative Identity Disorder, Dissociative Amnesia, and Depersonalization/Derealization Disorder.

**Sleep-Wake Disorders:** A group of mental health disorders characterized by disturbances in sleep patterns, such as insomnia, hypersomnia, or parasomnias, leading to significant distress or impairment in daily life.

**Sexual Dysfunctions:** A group of mental health disorders characterized by disturbances in sexual desire, arousal, or orgasm, leading to significant distress or impairment in daily life.

**Gender Dysphoria:** A mental health disorder characterized by significant distress or impairment in daily life due to a marked incongruence between one's experienced or expressed gender and their assigned gender.

**Disruptive, Impulse-Control, and Conduct Disorders:** A group of mental health disorders characterized by problems with emotional regulation, impulse control, and behavior, leading to significant distress or impairment in daily life. Examples include Intermittent Explosive Disorder, Oppositional Defiant Disorder, and Conduct Disorder.

**Neurocognitive Disorders:** A group of mental health disorders characterized by significant cognitive decline, such as Alzheimer's Disease, Frontotemporal Dementia, and Vascular Dementia.

**Other Mental Disorders:** A group of mental health disorders that do not fit into any of the above categories, such as Personality Change Due to a General Medical Condition, Other Specified Mental Disorder, and Unspecified Mental Disorder.

In conclusion, this explanation of key terms and vocabulary for Unit Three: Understanding Mental Health Diagnoses in the Professional Certificate in Art therapy for mental health has provided detailed definitions, examples, practical applications, and challenges for various mental health disorders and related concepts. Understanding these terms is crucial for mental health professionals to accurately diagnose and treat mental health disorders in their clients. As an art therapist, being knowledgeable about mental health diagnoses can help inform treatment plans, improve communication with other healthcare providers, and

enhance overall client care.