

Group Psychiatric Consultation for Nonpsychiatric Workers

THERE is a need to broaden the education of nonpsychiatric professional groups, such as school teachers and nurses, concerning the nature of mental and emotional problems which they encounter in their work and to increase their awareness of relationships between themselves and their pupils or patients. However, the techniques most effective in consulting with these groups may vary somewhat from those with which most psychiatrists are familiar. Therefore, attempts are being made to determine how a psychiatric consultant can be most useful to agencies not specifically concerned with psychiatry, and to their personnel.

A study of the image which public health nurses and school teachers have of themselves within their professional roles indicates that, in order to satisfy their need for a feeling of professional status, they must be given a strengthened sense of the value of their function and an understanding of motivations for behavior which seems to depreciate their role. The close adherence of teachers and nurses to middle-class mores and the anxieties engendered when these are violated require psychological reorientation to many phases of their work.

Consultant's Role

One of the primary functions of a psychiatrist in a health department or school is the inservice training of nurses and teachers in understanding the problems of mental function and dysfunction. An important implicit goal of such a training program is to increase the effectiveness of these workers by reducing their anxieties and distortions in relationships which interfere with objectivity on the job.

In contrast to the group therapist, the consulting psychiatrist must focus on the worker's

relationship to her work problem rather than on the intrapsychic roots of her conflicts. In order to be most effective, he must be able to gauge the degree of self-awareness of a group, and, in working with nonpsychiatric personnel, he must gear the level of discussion to the tolerance of individuals who are often more naive about



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The accompanying summary covers the principal findings presented in Public Health Monograph No. 53, published concurrently with this issue of Public Health Reports. The author is mental health consultant to the Berkeley City Health Department, Berkeley, Calif.

Readers wishing the report in full may purchase copies of the monograph from the Superintendent of Documents, Government Printing Office, Washington 25, D. C. A limited number of free copies are available to official agencies and others directly concerned on specific request to the Public Health Service. Copies will be found also in the libraries of professional schools and of the major universities and in selected public libraries.

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Parker, Beulah: Psychiatric consultation for nonpsychiatric professional workers. Public Health Monograph No. 53 (PHS Pub. No. 588). 23 pages. U. S. Government Printing Office, Washington, D. C., 1958. Price 25 cents.

psychological matters than are other professional groups with whom he has had experience in his training and mental health clinic work.

In order to influence the content of group thinking, the psychiatric consultant must help to alleviate the anxieties which impede learning by the worker. The major problem of a consultant to an agency such as a health department is determination of the degree to which he can influence the group's thinking, explicitly by direct discussion of an individual worker's involvement in her case and implicitly by a more generalized handling of the material presented for discussion. While explicit discussion is frequently possible when group morale permits, in most cases anxieties can be allayed implicitly without focusing personally on the worker.

The Berkeley Program

From a study of 117 group sessions with public health nurses during a 4-year inservice training program in the city health department of Berkeley, Calif., theoretical concepts and a formulation of objectives and methods of psychiatric consultation have been developed.

The subjects brought up for discussion in these sessions and the reasons given for presenting them indicate clearly that nurses are primarily concerned with their own functioning and have only a secondary academic interest in the theories and dynamics of emotional disturbance. Their interest in human behavior and motivation is based on a desire to be able to work more effectively with the people whom they encounter in their work and to avoid the anxiety aroused by attitudes on the part of those people which they consider antisocial or rejecting of themselves. The real question behind nearly half the subjects the nurses brought up for discussion, apart from their content, was: How can I change the behavior or motivation of the patient to conform to my standard?

In 80 percent of the cases, the psychiatrist sees the nurses' difficulties as primarily due to emotional reactions interfering with their objectivity. Lack of knowledge, techniques, or interviewing skills sometimes contributes to a nurse's uncertainties, but in the vast majority of cases she can solve her work problem once she sees clearly what is going on between herself and her patient.

WHO Publications

International Standards for Drinking-Water. (1958, 152 pages, \$4.00.) Designed to stimulate further investigations of the problem and immediate consideration of the function of water quality criteria in control and improvement of water treatment and provision of safe and potable water to all people. Among sources used in preparing material were The Bacteriological Examination of Water Supplies, of the Ministries of Health and of Housing and Local Government for England and Wales, and Standard Methods for the Examination of Water, Sewage, and Industrial Wastes, 10th edition, of the American Public Health Association.

Insecticide Resistance in Arthropods. (By A. W. A. Brown, 1958, 240 pages, \$5.00.) Exhaustive account, based on some 625 publications and much unpublished information, of the appearance, history, and geographic distribution of resistance for 40-odd species.

Publications of the World Health Organization, 1947-1957: A bibliography. (1958, 128 pages, \$3.25.) Almost 2,000 items, comprising technical, general, and administrative articles and publications, serially numbered and grouped in alphabetical order by subject, with author and country indexes.

Annual Epidemiological and Vital Statistics, 1955. (1958, 699 pages, \$12.00, bilingual edition: French and English.) Eighth annual volume containing such new data as specific mortality rates, by sex and age, for main sites of malignant neoplasms and distribution of cases of communicable disease by sex and age.

These publications may be obtained in the United States, directly or through a bookseller, from the Columbia University Press, International Documents Service, 2960 Broadway, New York 27, N. Y.

publications

Register of Air Pollution Analyses as of January 1, 1956. *PHS Publication No. 610; 1958; 331 pages; \$1.75.*

A record of community air sampling and analyses performed in continental United States, Alaska, and Hawaii before 1956 is compiled in tabular form. More than 100 chemically definable individual pollutants or constituents of mixed ones, such as dustfall, are listed for 200 cities in 100 counties of 32 States and Territories.

In addition to pollutants, dates, number of sampling stations, length of sampling periods, sampling frequency, sampling equipment, and analytical methods are listed for each survey. The register also gives literature references and addresses of agencies where results of analyses are recorded. An index of pollutants identifies States and cities in which each was collected and analyzed.

Grants and Fellowships. *PHS Publication No. 624; 1958; 311 pages; 75 cents.*

Health research facilities grants, research fellowships, and research grants awarded by the National Institutes of Health, Public Health Service, during fiscal year 1958 are listed separately by State and institution.

An expanded version of a yearly report on research support, this volume contains a list of the advisory bodies responsible for review of research grant applications and a table showing distribution of grants by States and grantee institutions.

Public Health Records and Related Materials. *PHS Publication No. 612; 1958; 108 pages; \$1.*

Selected articles which have appeared in the *Journal of the American Public Health Association* and *Public Health Reports* from 1952 through 1957 have been compiled in this publication. Emphasizing that records cut across program lines and

involve all disciplines, the selections give examples of specific application of principles for improving recording and reporting in public health work.

Among the suggestions offered are a forms control program instituted as agency policy, work simplification, central control of services to individuals and families, and exchange of information between programs.

The Air Over Louisville. *Publication of Jefferson County and the City of Louisville, Ky.; 1958; 57 pages.*

A summary report of an intensive study of air pollution conducted by the Air Pollution Control Board of Jefferson County, the Public Health Service, and other agencies, this booklet describes a 2-year investigation which began in mid-October 1955. A full-scale technical report on the same study is being prepared by the Public Health Service and will be available at a later date.

Copies of both reports may be obtained from Chief, State and Community Services Section, Community Air Pollution Program, Robert A. Taft Sanitary Engineering Center, Cincinnati 26, Ohio.

Public Health and Hospitals in the St. Louis Area. *American Public Health Association Publication; 1957; 414 pages; \$3.75.*

An evaluation of existing services and facilities and specific recommendations to meet current and potential needs are presented in this study. Hospitals and nursing homes, welfare services, rehabilitation, mental health, nursing, dental health, tuberculosis, child health, and health education are covered.

Based on a survey conducted by the American Public Health Association, the appraisal summarizes data gathered from questionnaires, personal interviews, conferences, correspondence, and public hearings.

The Public Health Service, the Children's Bureau, and the Office of Vocational Rehabilitation participated in the study and helped with staff and consultant services.

Copies of the book may be purchased from the Health and Welfare Council of Metropolitan St. Louis, 417 N. 10th Street, St. Louis 1, Mo.

Administrative Medicine. Transactions of the fifth conference, October 29-31, 1956. *Edited by George S. Stevenson, M.D.; Published by the Josiah Macy, Jr. Foundation; 1958; 197 pages; \$3.75.*

Mental health elements in administration of general health programs, the administrative role in the management of a mental hospital, and techniques and devices for communication and cross-fertilization in the coordination of local resources were the topics at the fifth conference on administrative medicine.

With emphasis on discussion rather than formal presentation, the book retains the conversational style of the conference. Questions, criticisms, and comments by participants are recorded.

George St.J. Perrott, former chief, Division of Public Health Methods, Public Health Service, was chairman of the conference, and several other Public Health Service personnel were members or guests. Copies of the transactions may be purchased through a bookdealer or from Josiah Macy, Jr. Foundation Publications, 16 West 46th St., New York 36, N. Y.

This section carries announcements of new publications prepared by the Public Health Service and of selected publications prepared with Federal support.

Unless otherwise indicated, publications for which prices are quoted are for sale by the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C. Orders should be accompanied by cash, check, or money order and should fully identify the publication. Public Health Service publications which do not carry price quotations, as well as single sample copies of those for which prices are shown, can be obtained without charge from the Public Inquiries Branch, Office of Information, Public Health Service, Washington 25, D. C.

The Public Health Service does not supply publications other than its own.
