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Outside the diagnostic box: Comparing current bipolar patients' creativity with the exceptional productivity of Honoré de Balzac offers treatment insights transcending criteria for bipolar disorder

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Many researchers have explored the relationship between creativity and Bipolar Disorder using approaches ranging from case reports to MRI studies. While objection has been expressed to retroactive diagnosis of medical conditions in historical figures, nevertheless these descriptions have contributed to exploration of brain function and creativity. Multiple lists of exceptional artists, poets, musicians, mathematicians and scientists diagnosed with Bipolar Disorder are readily available. This paper explores the question of why some individuals are able to channel hypomanic energy into extreme creativity while others who are aspiring writers or artists, remain unfocused and disorganized. The name of Honoré de Balzac, described as the greatest novelist of all time, appears on almost every list of artists and writers retrospectively described as meeting criteria for Bipolar Disorder. Reading eminent biographies through the diagnostic filters of the ICD-10 and the DSM-V, confirms that Balzac's colorful life illustrates variations on the diagnosis of Bipolar Disorder. Crucial clinical questions are raised by the parallel reading of Balzac's life and accomplishments compared to case study vignettes of several creative individuals whose lives and sporadic work have not risen above a world of psychotropic medication, intense outpatient support, emergency room presentations or repeated hospitalizations. It is proposed that factors outside the established diagnostic criteria allowed Balzac to transcend the limitations so often seen in creative patients with Bipolar Disorder. An understanding of these factors offers direction for psychotherapeutic treatment to strengthen focus and to improve organization and satisfaction in the lives of creative clients and patients.

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How is a hypnobirth experienced and its effect on the months following birth? A grounded theory approach to understand maternal wellbeing

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Objective: This research aims to explain the impact of HypnoBirthing on mother's self-efficacy in a labor and beyond, to understand whether the program may be of use in improving maternal well-being.

Design: The research uses a qualitative perspective with the use of semi-structured interviews.

Method: Initially six participants will be recruited through HypnoBirthing groups. The research will then employ theoretical sampling to recruit further participants, as consistent with the Grounded Theory approach employed for data analysis.

Implications: To the author's knowledge the subjective experience of women who engage with hypnosis for labor, specially using the HypnoBirthing method has not been reviewed at depth and requires further formal investigation to elucidate the anecdotal information available. It is vital that more is understood about the protective factors women can draw upon to prevent or mediate a traumatic birth experience. An understanding of this should lead to a better understanding how women at risk of Post-Partum Post Traumatic Stress might be facilitated in protecting themselves against psychological trauma. This should also serve to protect and promote the emotional availability of postnatal mother's to their children.

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