

PARADIGMS OF CLINICAL PSYCHOLOGY AND HEALTH: ISSUES IN THE DEVELOPMENT OF THE MENTAL HEALTH MOVEMENT

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Abstract

The paradigm of clinical and health psychology continues to evolve, with a number of issues requiring attention if the mental health movement is to achieve broader and more effective impact. Addressing these issues with a holistic, evidence-based approach can help strengthen efforts to improve mental well-being in communities. By understanding these issues, we can better support the mental health movement and create a more inclusive and supportive environment for all individuals. As such, clinical psychology plays a critical role in improving community mental health, helping individuals to overcome psychological challenges, and supporting them in achieving greater well-being. The mental health movement has made significant progress, but it still faces a number of issues that affect its effectiveness and acceptance in communities. Addressing these issues requires collaboration across sectors, including governments, international organizations, communities, and individuals, to create an environment that supports better mental health. By understanding these issues, we can better support the mental health movement and create a more inclusive and supportive environment for all individuals.

Keywords: Paradigm, clinical and health psychology, issues, mental health

INTRODUCTION

Advances in physiology, psychology, and medicine research have led to a new understanding of health and illness. The biopsychosocial model takes into account a number of factors that influence health and illness, including biological traits (like genetic predisposition), behavioral traits (like lifestyle, stress, and health beliefs), and social conditions (like cultural influences, familial ties, and social support). This understanding of health and illness has many scientific and practical benefits. Prioritizing care from a multidisciplinary team that include of mental health professionals can assist patients in reducing their risk of major medical problems, get better care, and spend less on their medical bills (Bolton, 2023). It is noteworthy to mention that in the past, scientists and practitioners focused primarily on the biological in the biomedical paradigm, which underpinned the treatment of health and illness.