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What One Should Ask a Mental Health Expert

Mental health symptoms

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If a person, a family member, or friend of someone who is in therapy, questions should be asked to avoid problems. All therapist expertise levels various and **not all** is qualified to **diagnose mental illness**. If one suspect that a person has a disorder, one should do the best to be extremely accurate on the symptoms, research them and describe them.

Go to a therapist. Then you will know what the issue is, and by researching your symptoms, you will be ahead of the game. If you describe your symptoms thoroughly, you will be better able to prevent incorrect diagnosis.

If you visit a therapist, the therapist will talk to you and listen to your opinion. They will search for signs and disturbances in your thinking patterns.

Therapists will check for symptoms like:

- Blocking thoughts
- Peripheral thought patterns
- Fleeting ideas
- Paranoia
- Vague thoughts
- Break in reality
- Disassociation

If the patient displays a disturbance in their thinking patterns, the therapist may consider psychosis. Counselors will consider schizophrenia or psychosis if the patient shows a change in reality. Paranoia and psychosis may be misconstrued if the therapist doesn't have a good understanding between the two conditions.

Schizophrenics are often paranoid and may suffer from posttraumatic stress in the early stages. If a patient provides answers to questions that are unrelated, the therapist may consider a potential mental illness.

Another area of concern is if the patient speaks in fragments of thoughts and don't provide complete sentences or ideas. This is known as a fleeting thought process. If a patient is illustrating thoughts that are off the subject, the therapist may also express concern.

Other areas that are considered include language. Some patients may just have a lack of education, but they should be able to speak in a comprehensible manner. It is essential that the patient is not misdiagnosed simply because they have poor communication skills.

Because everyone is different, and they all may have different levels of education, it is essential that the therapist pay attention to symptoms that are linked to mental health.

Be sure to ask the therapist questions any time there is a diagnosis, and what the diagnosis is based on.

For example, if the patient is telling the therapist about a dream and all of a sudden can't remember what they are talking about, this can be a proof that the patient has suffered trauma. The symptoms are in front of the therapist, but it is wise to continue treatment to confirm the diagnosis.

Many therapists are not trained sufficiently in certain conditions, such as Multiple Personality Disorder. These conditions require that all therapists carefully examine the person because they may only be suffering from dementia.

However, if they are suffering from **Multiple Personality Disorder** it is usually because they are trying to block traumatic memories to avoid pain.

It is always wise to ask questions when you are visiting a therapist, and this can also help them to avoid any mistakes.

A healthy mind is vital, and mental health should not be taken lightly. Therapists are constantly studying the mind, and often use the guinea pig method until they figure out what the issue is.

Mental health symptoms are serious and should not be taken lightly!

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