

As society continues to evolve and evolve, so does our understanding of mental disorders. Throughout history, there have been three main explanations for mental disorders: the supernatural, biological, and psychological models. Each of these models has played a significant role in shaping our perceptions of and approaches to mental health. The supernatural model, also known as the spiritual model, has a long history dating back to ancient civilizations. For much of recorded history, deviant behavior was believed to be a reflection of the battle between good and evil. In times of suffering and upheaval, people turned to the supernatural to explain unexplainable, irrational behavior. In fact, during the Persian Empire from 550 to 330 B.C.E., all physical and mental disorders were attributed to the work of the devil. While the supernatural model provided a sense of comfort and understanding to those struggling with mental illness, it also perpetuated harmful stigma and discrimination. Those who were seen as possessed by evil spirits were often isolated and mistreated, further exacerbating their conditions. However, this model also planted the seed for the importance of spiritual well-being in mental health, paving the way for spiritual practices to be incorporated into modern therapy methods. In contrast, the biological model focuses on the physical causes of mental disorders. Hippocrates, often regarded as the father of medicine, played a crucial role in this tradition. He identified syphilis as a disease and was one of the first to suggest that psychological disorders could be caused by biological factors. This idea was further developed by scientists and physicians in the 18th and 19th centuries, leading to the development of modern psychiatric medicine. Today, the biological model remains a fundamental aspect of understanding mental health. Advances in neuroscience have allowed for a better understanding of how brain chemistry and genetic predispositions can contribute to the development of mental disorders. This has led to the development of medications and other biological treatments that have greatly improved the lives of individuals living with mental illness. While the supernatural and biological models have played significant roles in shaping our understanding of mental health, the psychological model emerged in the late 19th and early 20th centuries and has become the dominant model in modern psychology. This model focuses on the psychological, social, and cultural factors that contribute to the development of mental disorders. Well-known philosophers such as Plato and Aristotle wrote about the importance of fantasies and dreams, anticipating the fields of psychoanalytic thought and cognitive science that were later developed. They were also some of the first to advocate for humane and responsible care for individuals with psychological disturbances. The psychological model has continued to evolve, with various schools of thought and therapeutic approaches being developed. Today, it remains at the forefront of mental health treatment, recognizing the complex interplay between biological, psychological, and social factors in mental health. In conclusion, throughout history, we have seen different models used to explain and understand mental disorders. While the supernatural and biological models have played significant roles in shaping our understanding of mental health, the psychological model has emerged as the dominant model in modern psychology. As we continue to expand our knowledge and understanding of mental health, it is crucial to recognize the contributions of each model and continue to integrate them into our approaches to promoting mental well-being.