

## A PSYCHIATRY'S CONCEPTION ABOUT MEDIUMISTIC PHENOMENA: CONSIDERATIONS ON THE MENTAL HEALTH OF THE SUBJECT

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### Abstract

This project aimed to investigate the psychiatrist's conception of the mediumistic phenomena and his considerations on the mental health of the subject who experiences the mediumistic phenomena. This a qualitative research used a semi-structured interview as instrument for obtaining the data that were treated according to the method of categorical content analysis. Understanding the psychiatrists' conception of the mediumistic phenomena is relevant because from this understanding different professional treatments can be offered, having a direct and / or indirect impact on the mental health of the patient.

**Key words:** *mediumistic phenomena, psychiatry, anomalous experiences.*

### Introduction

Religion can affect medical decisions, leading to conflicts between religious dogma and suggested medical treatment. These conflicts still act as a source of stress for the subject already diagnosed or may present itself as a barrier to the diagnosis of the disease, considering the direct impact on the health of the subject<sup>1,2</sup>.

However, even today in Brazil as in the world, both anomalous experiences and altered states of consciousness present in religions have been neglected in the field of research, even though they are present in all civilizations and have a profound impact on life, physical and mental health of the subject that lives such facts and impacts in the community in which he/she is inserted<sup>3</sup>.

This research aimed to investigate the conception of mediumistic phenomena according to a psychiatrist and to analyze the relationships established between this phenomena and mental health according to this interviewed physician.

### Results and Discussion

The subject criteria of this research was that the subject must be a psychiatrist physician that has had experience in the mental health field. The subject was interviewed by a semi-structured interview and these data were treated according to the method of categorical content analysis<sup>4</sup>.

Among the results, it was noticed that the participant's conception of mediumistic phenomena does not reveal itself within the scientific domain. Through the analysis of the content it was possible to bring up the paradigm that mediumship is seen by two optics, namely: science and religiosity / spirituality. As you can see in this part of his speech: *"And... sometimes you clearly realize that patients come with some symptoms of mental disease and you feel that is not just about science, there is something that shows us that this spiritual side is also involved."*

According to the subject of this study, the treatment is done in an integrated way, treating the

patients in both scientific and spiritual spheres. The posture of the participant showed itself as less pathological in aspects related to mediumistic phenomena, it also showed an attitude that contributed to the health of patients in an integral way, since it unites these two biases in the understanding of the phenomenon. As it is found in this excerpt: *"Yes, many cases are really cases of science itself, but, yeah, I usually treat it that way I just said. Some cases, patients who have, who are spiritualists, who are spiritists, we guide them to make medical treatment and spiritual treatment. Those patients who do not believe, who have other religions, we prescribe only medical treatment and sometimes, sometimes not, we always recommend to psychotherapy, yeah."*

### Conclusions

The data presented in this study reaffirm the need for more dialogues and discussions in the field of health promotion, since the convergence of these reflections has an impact on the construction of the experience of the subjects, both patient and psychiatrist.

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<sup>2</sup> KOENIG, H. G. Religion, Spirituality, and Medicine: Research Findings and Implications for Clinical Practice. **Southern Medical Journal**. North Carolina, v. 97, n. 12, p. 1194-1200, 2004

<sup>3</sup> ALMEIDA, A.M.; LOTUFO NETO, F. A. Diretrizes metodológicas para investigar estados alterados de consciência e experiências anômalas. **Revista de Psiquiatria Clínica**. São Paulo, v. 30, n. 01, p. 21-28, 2003.

<sup>4</sup> BARDIN. L. **Análise de Conteúdo**. Lisboa: Edições 70, 1977.