

A Brief History of Psychiatry – who did what, when, and why?

When	What	Who
	Abnormal Illness Behaviour	Pilowsky
	Advocated treatment without mechanical restraints	Conolly (1794-1866)
	Aggressive and Creative Psychopaths	Henderson
	Agnosia	Term coined by Freud
	Alexithymia	Nemiah & Sifneos
	Anxiety	Lewis
	Crisis Intervention	Linderman (1944), Caplan (1961)
	Development of Clozapine	Kane
	Development of Imipramine	Kuhn
	Ecological theory of suicide	Sainsbury
	Gestalt Therapy	F. Perls
	Hypnotherapy	Milton Erikson
	Illness Behaviour	Mechanic
	Interpersonal therapy	Sullivan
	Malarial treatment of neurosyphilis (Nobel Prize)	Wagner von Jauregg
	Moral treatment; breaking of the chains of the inmates of the Saltpetriere	Pinel (1745-1826)
	Primal therapy	A. Janov
	Psychobiology	Adolf Meyer (1866-1950)
	Psychodrama	J. Moreno
	Reciprocal Inhibition	Joseph Wolpe
	Self-instructional training	Meichenbaum
	Social Learning	Albert Bandura
	Sociological theory of suicide	Durkheim
	Suicide	Thomas Browne
	The Sick Role	Parsons
	Therapeutic Community	Maxwell Jones
	Token Economies	Ayllon & Azrin
	Transactional analysis	F. Berne
1681	Hysteria – a disease of the mind	Thomas Sydenham
1800s	Removal of post-central, temporal, and frontal cortices from patients	Burckhardt
1843	Hypnotism	James Braid; based on work by Anton Mesmer
1886	Dysmorphophobia	Morselli
1893	Dementia Praecox	Emil Kraepelin
1903	Barbiturates introduced	
1905	Spirochaete isolated in GPI – the beginnings of biological psychiatry	Schaudinn
1911	The Four A's of Schizophrenia	Eugene Bleuler
1913	Behaviourism; stressed the observable	John Watson

	rather than the unconscious	
1923	Capgras delusion	Raboul-Lachouz
1927	Fregoli delusion	Courbon & Frail
1930s	“Bell and Pad” treatment of enuresis	Mowrer & Mowrer
1932	Syndrome of Intermetamorphosis	Courbon & Turques
1933	Schizoaffective Disorder	Kasanin
1935	Autism described	Leo Kanner
1935	Bilateral ablation of the prefrontal cortex causes chimpanzees to become more placid and less anxious	Fulton & Jacobsen
1935	Human frontal leucotomy	Egas Moniz (1874-1955)
1936	Pyknic, athletic, asthenic body types	Kretschmer
1938	Application of seizures induced by Metrazol	Meduna
1938	Dissociation	Janet
1938	ECT	Cerletti and Bini
1940	Physiognomy – endomorphy, mesomorphy, ectomorphy	William Sheldon
1946	Anaclitic Depression	Rene Spitz
1947	‘Direct analysis’ of schizophrenics	John Rosen
1947	‘Direct analysis’ of schizophrenics; use of countertransference	Frieda Fromm-Reichmann
1947	‘symbolic realization’ in the treatment of schizophrenia	Marguerite Sechehaye
1949	Beneficial response of a manic patient to Lithium – then introduced into psychiatric use	J. F. J. Cade
1950	Alcoholics Anonymous; ‘12-step programme’	Bill
1950	Psychosomatic medicine	F. Alexander
1950	Synthesis of Chlorpromazine – attempting to synthesize an antihistaminergic agent for anaesthetic use	Charpentier
1952	DSM I published	Influenced by the ideas of Adolf Meyer
1954	Chlorpromazine introduced to the USA; Delay & Deniker published the first favourable responses (1952)	Delay & Deniker
1955	Psycholinguistics	Naom Chomsky
1955-1958	Development of MAOIs	Kline
1956	Double-bind as a cause of schizophrenia	Don Jackson and Gregory Bateson
1956	General Adaptation Syndrome	Hans Selye
1957	Cognitive Dissonance	Leon Festinger
1957	Cycloid Psychosis	Leonhard
1958	‘Social Class and Mental Health’ – demonstrated strong inverse association between social class and mental health	Hollingshead & Redlich
1958	‘The Psychodynamics of Family Life’; development of Family Therapy	Nathan Ackermann

1958	Synthesis of Haloperidol	Janssen Laboratories
1959	First Rank Symptoms of Schizophrenia	Kurt Schneider
1960s	Aversion Therapy, Covert Sensitization	Rachman & Teasdale
1960s -70s	Exposure Therapy	Marks, Gelder, and Mathews
1961	Schizophreniform Psychosis	Langfeldt
1962	Five factor model of Personality	Types and Christal
1963	Cognitive Theory of Depression	Aaron Beck
1963	Harlow's monkeys – 'critical period' when mother-child bonding took place	Harry Harlow
1965	'Hostile Symbiosis' and 'Schism' as causes of schizophrenia	Theodore Lidz
1965	'Transitional object', 'primary object', 'good-enough mother'; object relations	Donald Winnicott
1965	Gate Control Theory of Pain	Melzack and Wall
1966	Anti-manic properties of Valproate	Lambert
1967	Borderline Personality	Otto Kernberg
1967	Learned Helplessness	Seligman & Maier
1967	Marital Therapy	Henry Dicks
1969	'Practice of behaviour therapy'; 'systematic desensitization' (late 1950s)	Joseph Wolpe
1969	Attachment theory	John Bowlby
1970s	Biofeedback	Birk
1971	Classification of phobias	Marks
1974	Structural Family Therapy	Salvador Minuchin
1974	The 'Milan School' of Systemic family therapy	Palazzoli <i>et al.</i>
1976	Alcohol Dependency Syndrome	G. Edwards & M. M. Gross
1976	Cognitive Treatment of Depression	A. Beck
1977	Parasuicide	Kreitman
1978	Syndrome of subjective doubles	Christodolou
1978	Working class women in Camberwell	Brown & Harris
1979	Deliberate Self Harm, Malignant alienation	Morgan
1980	Monosymptomatic hypochondriacal psychosis	Munro
1984	Interpersonal Therapy	Klerman <i>et al.</i>
	Manie sans delire	Pinel
	Moral Insanity	Pritchard
	Personal Construct Theory	Kelly
	Repertory Grid	Bannister
	Self-Theory	Roger