

Heiti á bacheloruppgávu

The Maastricht Approach and Clinical Psychiatry: An Agency Perspective

Abstract

The Maastricht Approach has challenged the conventional understanding of voice hearing, and seeks to reframe it outside of a psychopathology framework, thereby introducing a completely new way of conceptualizing and treating voice hearers. By introducing the concept of agency, this thesis seeks out to investigate how this approach and clinical psychiatry have widely different assumptions about the role of personal agency.

By analyzing the two different approaches' underlying concepts of illness, it is possible to infer the importance of agency in the treatment of voice hearing. The conclusion is that while psychiatry, mostly adhering to a relatively biological understanding of illness, does not attach much importance to the role of agency, the Maastricht approach does the exact opposite. Instead, the role of agency seems to be a requisite in treating voice hearing.

Further, the thesis discusses the implications of such divergent views, and both the limitations and prospects of the Maastricht approach are discussed.