

A Beautiful Mind (2001) Analysis

Part 1 Diagnosis

1.1 Identification of Nash’s Psychological Disorders and Symptoms

John Nash has several Psychological disorders. First of all, the most obvious disorder is Schizophrenia. Schizophrenia can be inherited or caused by trigger. Some triggers are the Catastrophe and other serious events. Nash began to see unreal people. The disorder started when he saw an unreal roommate, Charles. Charles is a character that try to encourage Nash. He tried to take Nash up from the anxiety and depression. Some of Charles’s action based on Nash’s imagination is Charles pushes Nash’s desk out of the dormitory window. This shows how Charles tried to destroy stressful thing from Nash. This means how Nash himself tried to be. Another imaginative person is Marcee who has Charles as her uncle. Lastly, the final imaginative person is William Parcher. This character caused Nash to think that he has the responsibility in helping country from the Russian during world war.

Secondly, Nash has an anxiety disorder. the common symptoms were avoiding people and think of himself in the negative ways. He degraded himself. He has an unhealthful thinking. He understood that, “a class will dull your mind.” In the first quarter of the movie, he played board game with his friend. When he acknowledge that he loses, he became paranoid and stated, “This game is flaws.” This symptoms also occurred severely when he took medicine for Schizophrenia. He started to lose self-value as his ability in math faded away.

1.2 Two-dimensional Model of Nash’s Emotions

Positive feelings

● low arousal			high arousal
	Nash spending daily life in the university Nash takes his study seriously, even when he hangs out at the cafe with his friends	Nash comes up with the idea of his new theory Nash focuses and tries to figure out the military codes.	
	Nash takes a medicine for his disorder,	Nash got chased and suffered by his imaginative	

	Schizophrenia. He is not able to perform any task in his daily life, such as mathematics.	characters Nash doesn't believe what Dr. Rosen suggest. After Alicia proves him with his unsend documents, he loses the sense of calm and violently searching for an evidence in his own arm.	
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Negative feelings

1.3 Connections between the Triggers and His Mental Problems

John Nash has experienced the Catastrophe or the severe life changing moment once. He faced the Cold War. His disorder of Schizophrenia becomes the byproduct of this event. An obvious evidence for this is Nash's imagination of William Parcher, a military related person who working on the way to deal with the Russian with him. Another event is occurred during his university life. He worked hard for the doctoral degree. He seeked for idea for his theory and self-acceptance. This caused him to be stressful.

Part 2 Providing Therapies

2.1 Active Listening Skills Used by Alicia and Dr. Rosen

Throughout the movie, active listening skills have been used in several situations. For the most active listening skill that shown in the movie, Alicia makes the good point on trying to help John Nash. Alicia is Nash's wife. She be a good listener by encouraging him using reason and logic. She understand, accept and agree with Nash's decision. This is also a factor making Nash feel safe and supported. The most obvious part for her skill is when she tells Nash about the reality. When Nash tells her about his stress and misunderstanding causing by Schizophrenia, she uses body language to communicate with him. She holds his hands and said that she is real. She touches his face and tells that her touch is real, himself is also real. This encourages him to use his heart to separate his imagination from the reality. This active listening skill works best.

Dr. Rosen also applies his active listening skill to Nash. Even it is not as effective as Alicia's, it helps Nash a lot. Dr. Rosen tries to make Nash accepts the truth by speak the real thing without hiding any truth. He tells straightforward that Nash's imaginative friends, Charles, Marcee, and Parcher are not real. He also takes a huge roll on making Nash realizing and accepting the truth.

2.2 Analysis of Dr. Rosen’s Psychotherapy Office Design

In the movie, Dr. Rosen’s Psychotherapy office design is appropriate to use for Psychological clients in the reality. His office is designed with wood based furnitures. This is called brown or natural color based furniture. These furnitures cause great effects on the clients. For the example, wooden table, coffee table, and wooden chair. There is a rug on the floor. It also applied orange colored dim light. These decoration give a comfortable emotion to the clients and make them feel safe. For the drinks and snacks, it is not shown during the scene in the movie, since there is no eating or relaxing scene. The movie only take the serious event and go through the story quickly. There may or may not have food factor in Dr. Rosen office. However, it is not that much affecting the office’s environment. This is because he has almost all the necessary factors.

2.3 Alternative Thought Resolutions for John Nash

Alternative Thought Resolutions

His Unhelpful Thinking Habits	Alternative More Balanced Thoughts
<p>Mental Filter: I only noticing bad stuffs by recognizing serious situation. I cannot focus on good things in my life such as Alicia’s identity.</p>	<p>I should be more positive by giving Alicia, my wife more trust and understanding. Other than my disorder of Schizophrenia, I should pay more attention to family than works.</p>
<p>Mind-Reading: I think that Dr. Rosen lies me about his Psychological disorder and actually, Dr.Rosen is Russian that try to do something bad to me and my family.</p>	<p>I should not assume anything by my own. I should openly listen to others’ opinions then, logically consider.</p>
<p>Prediction: I use my belief to predict the future by thinking that the Russian will destroy my country and it is my fault of taking this responsibility.</p>	<p>I should keep calm and appreciate the present. I should see what I has and be happy with it.</p>
<p>Compare & despair: During my university life, I compare myself to one of my friend that my friend is good in everything but I myself have nothing.</p>	<p>I should accept differences. Even my friend is better that me, it is not totally everything. I also have some talent that outstanding. I should have a positive sight on myself.</p>

<p>Critical self: I think that it is all my fault that let the Russian comes into the country. It is my responsibility and my lack of knowledge.</p>	<p>Aside from my Schizophrenia, I should think that this event is some inconvenience in my life. Moreover, I should think that it is an unavoidable Catastrophe.</p>
<p>Shoulds and musts: I think that I must do something to protect the country. I think that no one other than myself should do this. For the example, Alicia should not try to acknowledge this problem.</p>	<p>I should relax more. I take the issue too serious so, I require some rest. I should know that be more serious doesn't help fixing anything.</p>
<p>Judgements: I think that I am useless because I have no idea of how to fix things. During the university, I think that I am bad because of losing the board game competition with friend. Moreover, I feel bad because cannot think of good idea for the project.</p>	<p>I should think that people can change. Even I am not good enough in something yet, I can maintain myself and make differences, or better things in the future.</p>
<p>Mountains and molehills: I compare myself to my friend that I has nothing but, my friend got every talents. I try to minimize myself by not recognizing it.</p>	<p>I should not think that way. This is because in others sight, no one cares if I or my friend is better. Every person has their differences. No one should have their identity without having these differences.</p>
<p>Catastrophising: my nation is going to be destroyed by the Russian because of the cold war.</p>	<p>I should not think too much serious things. I should know that even my prediction has some possibility, it is not always going to be like that. Future has various alternatives.</p>
<p>Memories: My Schizophrenia is actually caused by his memory about the cold war, one of the most serious Catastrophe which I have experienced during my youth. I still think that it is matter in his adulthood.</p>	<p>I should think more about the reality. Things can change through time. People aware of the war. Not only me but, other people also need to move on and prevent the similar problem.</p>

2.4 Multimodal Treatment Plan for John Nash

Multimodal Treatment Plan

Modality	Nash's Descriptions	Plan
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<p>Behaviour</p>	<p>He acts in weird way. For the example, unable to control his temper, angry at his friend with nonsense reasons. He also keep staying alone.</p>	<p>Do less of, or stop: Doing works too much. Keep doing the same thing, repeating the same doing. For the example, finding information about the Russian, and having stress with finding new idea for university project.</p> <p>Do more of, or start: Do some new things, hang out with friends. He should see some interesting thing. This should creates relaxation and creativity.</p>
<p>Emotions</p>	<p>Having stress and some kind of anxiety. View the world negatively, having hot-tempered, and being aggressive.</p>	<p>Do less of, or stop: Immediately react on something without properly thought about the consequences.</p> <p>Do more of, or start: Keep calm. Have a good rest, or sleep. He should also get some healthy diet.</p>
<p>Sensation/Imagery</p>	<p>See his imaginative characters such as Charles, Marcee, and Pacher. This causes him to think that he has something to do with the Russian.</p>	<p>Do less of, or stop: Stop being alone and avoiding people.</p> <p>Do more of, or start: He should talk to people around himself more. He should care of his family, Alicia and his son. Moreover he should communicate with his friends.</p>
<p>Cognition</p>	<p>Negative and unhealthful thinking, “A class will dull your mind.”</p>	<p>Do less of, or stop: spending all the time with works. Doesn’t talk with</p>

		<p>people much. Negatively viewing everything.</p> <p>Do more of, or start: Do some good or beneficial things for others. Talk and exchange ideas with people. Change his point of views.</p>
Interpersonal	<p>Avoiding people, try to escape the reality and being too serious with his own discipline.</p>	<p>Do less of, or stop: Spending time on works too much, avoiding people and society.</p> <p>Do more of, or start: Talking to people, finding the way to get the problem away with the helps from others. Stop blming himself. Join the community and rely on other in some proper occasion.</p>
Drugs/Biology	<p>Stop taking medicines for Schizopherenia to avoid its side-effects.</p>	<p>Do less of, or stop: Deciding things by himself with no suggestion from the doctor.</p> <p>Do more of, or start: Talk and explain the problem to the doctor and find the best way to deal with it properly.</p>

Part 3 Reflections

This movie successfully achieved its theme as an inspiration film and show John Nash biography in the same time. I appreciate the way the the movie uses for the example, the script for the characters. The scripts are emotional and convincing, this causes the audience to follow easily. In psychological way, this movie portrays great example of what the client with Schizophrenia is. In my opinion, it is difficult for the normal people to imagine how those clients feel. Even this movie is showing the fact, it is still hard to believe that this kind of disorder really exist in the world.

Charles and Marcee are characters with real human-like personality. Without an explanation, I will never notice that they are imaginative characters. They look like real people with

common lifestyles. Aside from this Pacher's personality looks weird and wild which is much easier to distinguish.

Another thing I particular like from this movie is the way the movie is narrated. The story neither goes too fast nor slow. It is in the right timing. The whole movie takes quite long time to go through: about 2 and a half hours. However, in my opinion, it is not boring at all. The movie contains more daily life events such as playing board game, spending time in the cafe, more than essential scenes such as life changing moment or revealing the truth. These uses of time are not wasting at all. It reflects on how Nash views different things in life which is interesting and related with the main theme. These scenes are like a little pieces of puzzle. When we put it together, we can reveal the causes of Nash's disorder in the critical ways.

Moreover than these benefits of knowledge, the movie explains clearly the way to deal with the client with Schizophrenia. Not all people know how to react with them. The examples of active listening skills in this movie is not only practical in the uses with Schizophrenia client, but also effective with all clients who have psychology disorders. The scene that Alicia tells Nash that she is real, is my favorite part from the whole movie. It shows how love and understanding are always the best solution.

References

Howard, R. (2001). *A Beautiful Mind*. Retrieved from
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