

**MENTAL HEALTH-Introduction
Some Parameters and Basic Genetics**

Genetics Early Experiences Life Space Learning Expectancies
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- I. Important Concepts, Terms, and Research Findings
 - A. Shifting Emphases and Developing Trends
 - a. Psychopathology to Health
 - b. Environment to Genes to Interactionism
 - c. Interaction of Psyche and Soma
 - B. Regression in the Service of the Ego
 - C. "The best predictors of absence of adult mental illness and maladjustment are the presence of various forms of competence and ego maturity rather than the absence of problems and symptoms as such."
 - D. "...of 25 personality traits assessed in college age students (being practical and being organized) best reflects mental health at age 47..."
 - E. "...in Terman's study of gifted children, traits of prudence, forethought, willpower, and perseverance in junior high school best predicted vocational success at age 50."
 - F. Psychostasis and Homeostasis
- II. What Mental Health Isn't--Undoing Some Myths
 - A. Happiness
 - B. Defined by Negatives; i.e. Freedom from...
 - C. Any More or Less Natural Than Physical Health
 - D. A Thing, a State
- III. What Mental Health Is--The Ingredients in the Recipe
 - A. Good Reality Orientation
 - B. Positive Personal Identity
 - C. Mutually Satisfying Interpersonal Relationships
 - D. Capacity to Enjoy Life
 - E. Involvement Outside Ourselves