Roles & Needs

Medication, Meditation & Psychotherapy

Practical Applications

Roles & Needs

What is a Psychiatric Illness?

Or

How do we know when a person is suffering with a psychiatric condition?

(Functional psychiatric conditions)

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Psychiatric Condition/ Illness

Occurs when a person's life is disturbed/ 'damaged' in the following areas-

- Cognition
- Perception
- Social
- Economic
- (Emotional)

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- Psychiatry- Emergency/ Crisis Service when ‘things are out of control’.
- Psychotherapy – Elective / Choice before Crisis when ‘things have started to go wrong’.
- Meditation- Elective / Choice especially to maintain ‘mental health’.

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Can meditation replace psychotherapy?

Can psychotherapy replace psychiatric treatment?

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Psychiatric Services Are Needed When

- An ill person refuses to seek help
- A person loses insight
- Are a danger to themselves or others
- Quick control over the situation is warranted
- Medication is the first choice or treatment

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In a Psychiatric Condition-

- The general practitioner is the first port of call
- Medication / psychotherapy advised
- Referral to specialist psychiatric (acute) services is organized if needed
- After treatment the patient is discharged to the general practitioner

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Psychotherapy / Counselling Services

Are needed When

- A person ‘recognizes’ they have problems
- They are willing to take help
- They have ‘insight’
- They can function with or without medication
- Are prepared to or in a position to help themselves

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Meditation

Can be advised to someone

- Not suffering with a psychiatric condition (unless under care of a mental health professional)
- Who is currently mentally well
- Excellent as a prevention for mental illnesses

Who Can Survive Here?

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- PSYCHIATRIC MEDICATION S SUPPRESS EMOTIONS.
- EMOTIVE PSYCHOTHERAPY /COUNSELLING WILL BRING UP EMOTIONS.
- MEDITATION WILL BRING UP EMOTIONS AND CAN MAKE PSYCHIATRIC SYMPTOMS WORSE BEFORE THEY GET BETTER.

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- Psychiatry lets the doctor take control over the situation. The patient is still supposed to ‘cooperate’.
- Psychotherapy is a ‘shared’ commitment. The therapist helps the person to ‘help’ themselves.
- Meditation is a personal commitment. The teacher has no role to play excepting to teach meditation.

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- Psychiatry is a ‘mandatory’ service by law.
- Psychotherapy is an elective choice for the patient/ client and also for the doctor.
- Meditation is completely voluntary. You do it or not do it is your choice.

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Can psychiatry, psychotherapy and meditation be combined?

Under what circumstances?

(psychiatrists in general are not trained in psychotherapy or meditation)

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What are the limitations of modern psychiatry in the western world?

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What are the limitations of psychotherapy?

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What are the limitations of meditation?

Roles And Needs?

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Law of Paradoxes:

‘ Two people in two opposite frameworks of mind will present in the same way in their emotional expressions, perceptions and behaviour’.

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From Psychiatry To Meditation

Psychiatry	Psychotherapy	Meditation
(Mentally unstable)		(Mentally Stable)

←----------→

Life disturbed and difficult	Life in control
Curative ?	Preventative
Stressed out	Relaxed
Relationships unhealthy	Relationships healthy
Economic Issues	No economic issues

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From Psychiatry To Meditation

(The Law of Paradoxes)

Psychiatry (Mentally unstable)	Psychotherapy	Meditation (Mentally Stable)
←----------		----------→
Focussed on ONE issue		Focussed on any issue
Becomes a loner		Becomes a loner
Lacks ambition		Contented
Stimulation creates stress		Does not seek stimulation
Avoids attention		Avoids attention
Physical activity limited		Physical activity limited
Sexual needs less usually		Sexual needs reduced
Emotionally unexpressive		Emotionally stable
Social interactions uncomfortable		Ca n be comfortable alone or in the company of others

Roles & Needs

From Psychiatry To Meditation

(The Law of Paradoxes)

Psychiatry	Psychotherapy	Meditation
(Mentally unstable)		(Mentally Stable)

←----------→

Hygiene Poor	Hygiene good
Cluttered in thoughts and behaviour	Uncluttered
Focuses only on topics of insecurity	Focus on growth
Thinks too much	Thinks little
Lives in the past or the future	Lives in the Now
Can give up on life	Respects life
Low self esteem	High self- esteem
Stressed out	Relaxed

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Mental Illnesses Are Hypnotic Conditions

Hypnosis Definition

- Depression
- Anxiety
- Addictions
- OCD
- Delusional disorders
- Eating Disorders

Roles And Needs

What does he need?

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ALL FUNCTIONAL PSYCHIATRIC CONDITIONS ARE EMOTIONAL CONDITIONS THAT IMPAIR THINKING, PERCEPTION AND BEHAVIOUR.

CHANGE THE EMOTION AND EVERYTHING ELSE CHANGES.