Mind, Spirit and Body

Essential Mental Health Connections
SLU Department of Psychiatry
Old Dichotomies

- Nature vs Nurture
- Biology vs Environment
- Brain vs Mind
- Body vs Spirit
New Integrations: not “or” but “and”

- Nature, Nurture, and Niche
- Mind, Body, and Spirit
- The Self in its Relationships in their Culture, historical time and place
Integrated Treatments

- Biological
  - Medications
  - ECT

- Psychological
  - Psychotherapy ("talking therapies")
    - Psychodynamic
    - CBT
    - Others (DBT, crisis intervention, etc)

- Social
  - Lifestyle & environmental interventions
2004 and beyond: Explosions of Knowledge

- Neuroimaging
- The Human Genome
- New Therapies
- Understanding of Stress
Overcoming Stigma

- Remember Senator Eagleton?
- Partners in Mental Health Education
  - NAMI
  - The St. Louis Psychoanalytic Society & Institute
  - Self Help & Support Groups
  - Community Agencies & Interventions