

Everyone,

Per our interest in psychiatry becoming unstuck, we had thought that an answer might be to have an agreed upon structure of the mind. Below my name, however, is a reflection on the mind that suggests that goal goes back five thousand or so years, and there is no reason to think the vast growth in the knowledge of the brain is getting us closer to structuring the mind.

In April's Amer J Psychiatry:

1] There is little debate over the antidepressant effects of intravenous of 0.5 mg/kg of ketamine in major depressive disorder and bipolar depression. The results are swift and last about a week. This includes an anti-suicide effect. Issues, however, include ketamine is a significant medication of abuse. Furthermore, research needs to clarify where it fits in our list of anti-depressants infra:

A] Monamine oxidase inhibitors

B] Tricyclic antidepressants

C] ECT

D] Repetitive transcranial magnetic stimulation

E] Augmentation an antidepressant medication with lithium

F] Augmentation an antidepressants medication with T3

G] Augmentation an antidepressants medication with atypical antidepressants

H] Augmentation an antidepressants medication with pramipexol

[This topic is related to our proposed Action Paper that “treatment resistant” needs to be defined so that patients will receive proven treatments before receiving experimental one.]

2] A study in Denmark suggests that hormonal contraceptive use doubles the rate of suicide attempts and triples the risk of suicide.

In the current TIME: 10% of college students seriously consider suicide within the last twelve months in a 2017 survey.

How might we code someone we are seeing who is very sad as a result of a family member dying, but no problems with eating, sleep or work? Suggest: R68.89 dysphoria, Z63.4 Death of sibling.

In the current journal Psychosomatics: Clozapine is the only antipsychotic with an FDA indication for suicidal behavior and for treatment-resistant schizophrenia. To reduce incidents of associated aspiration pneumonia with clozapine, suggestions include ordering the monitoring of sedation, sialorrhea, and dysphagia.to decrease chance of pneumonia.

In current J Am Acad of Child and Adolescent Psychiatry as to comparing SSRIs and SSNRIs in the treatment of youth with anxiety disorder, concluded:

We found that with SSRIs, compared to SSNRIs, people get better fast and see greater improvement overall.

Yesterday's NY Times has an article saying Dr. Asperger had tied to the Nazis and played a role of their exterminations of children. Fortunately, for other reason, the term was not included in DSM-5.

Current JAMA; two items:

1] The first episode of mania should be addressed with the same care as an initial cancer malignancy is addressed to prevent illness progression to a more treatment refractory illness.

2] Although some physicians consider electronic health records and the decision support tools embedded within to be threat to their autonomy, those tools should be used to supplement, not to replace, clinical judgement.

Psychiatric Annals, March, "Zip Codes Are More Predictive than Diagnostic Codes," says that we can predict life expectancy from knowing a person's zip code. Editorial ends on a positive note saying introducing children to sports and music [regardless of talent or ability] coupled with mindfulness training can lead decreased substance use disorders and decreased incarcerations.

Roger A

Three reflections on the mind:

1] The light of the sun and moon cannot be outdistanced, yet mind reaches beyond them. Galaxies are as infinite as grains of sand, yet mind spreads outside them. —Eisai

2] Biology gives you a brain, life turns it into a mind. .—Jeffrey Eugenides

3] Lewis H Lapham, Long-time editor of Harpers: All brains gather intelligence; to lesser or greater extents, some brains acquire a state of mind. How and where they find the means to do so is the question raised by poets and philosophers, doctors of divinity and medicine who have been fooling around with it for the past five thousand years and leave the mystery intact. It's been a long time since Adam ate of the apple, but about the metaphysical composition of the human mind, all we can say for certain is that something unknown is doing we don't know what.

Our gathering of intelligence about the physical attributes and behaviors of the brain has proved more fruitful. No small feat. The brain is the most complicated object in the known universe, housing 86 billion neurons, no two alike and each connected to thousands of other neurons, passing signals to one another across as many as 100 trillion synaptic checkpoints. Rational study of the organism (its chemistries, mechanics, and cellular structure) has led to the development of the Human Genome Project, yielded astonishing discoveries in medicine and biotechnology—the CT scan and the MRI, gene editing and therapy, advanced diagnostics, surgical and drug treatment of neurological disorder and disease. All triumphs of the intellect but none of them answering the question as **to whether the human mind is flesh giving birth to spirit or spirit giving birth to flesh.**

Mind is consciousness, and although a fundamental fact of human existence, consciousness is subjective experience as opposed to

objective reality and therefore outdistances not only the light of the sun and the moon but also the reach of the scientific method. It doesn't lend itself to trial by numbers. Nor does it attract the major funding (public and private, civilian and military) that in China, Europe, and the Americas expects the brain sciences to produce prompt and palpable reward and relief.

The scientific-industrial complex focuses its efforts on the creation of artificial intelligence—computer software equipped with functions of human cognition giving birth to machines capable of visual perception, speech and pattern recognition, decision making and data management. Global funding for AI amounted to roughly \$30 billion in 2016, the fairest share of the money aimed at stepping up the commercial exploitations of the internet. America's military commands test drones that decide for themselves which targets to destroy; Google assembles algorithms that monetize online embodiments of human credulity and desire, ignorance and fear.

We live in an age convinced that technology is the salvation of the human race, and over the past fifty years, we've learned to inhabit a world in which it is increasingly the thing that thinks and the man reduced to the state of a thing. We have machines to scan the flesh and track the blood, game the stock market, manufacture our news and social media, tell us where to go, what to do, how to point a cruise missile or a toe shoe. Machines neither know nor care to know what or where is the human race, why or if it is something to be deleted, sodomized, or saved. Watson and Alexa can access the libraries of Harvard, Yale, and Congress, but they can't read the books. They process words as objects, not as subjects. Not knowing what the words mean, they don't hack into the vast cloud of human consciousness (history, art, literature, religion, philosophy, poetry, and myth) that is the making of once and future human beings.