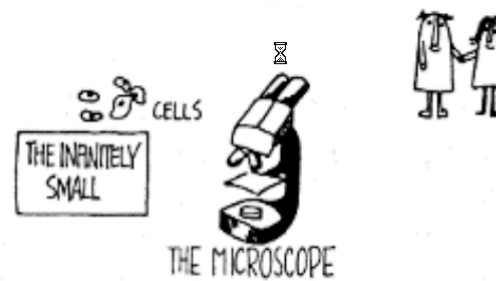


We have a  
stone in our  
shoe...

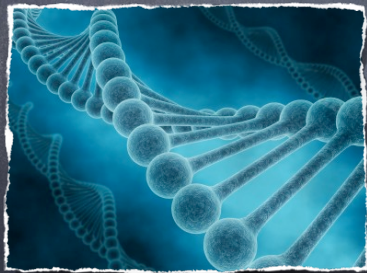
Kelly G. Wilson  
University of Mississippi

Health and wellbeing, the modern  
world, and The Disease Model

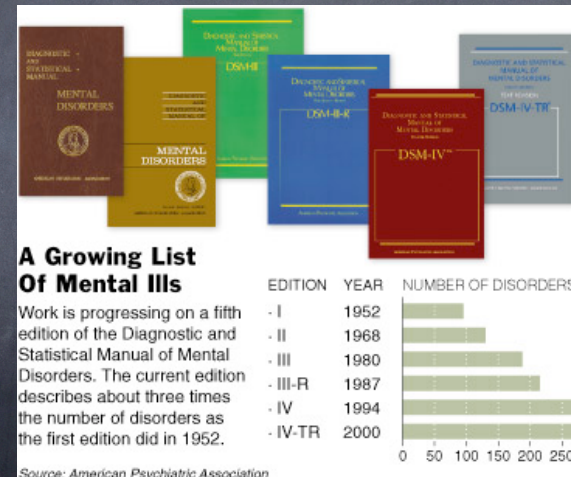


De Rosnay, J: The macroscope, Harper & Row, New York, 1979.

The Disease  
Model and  
Mental Health

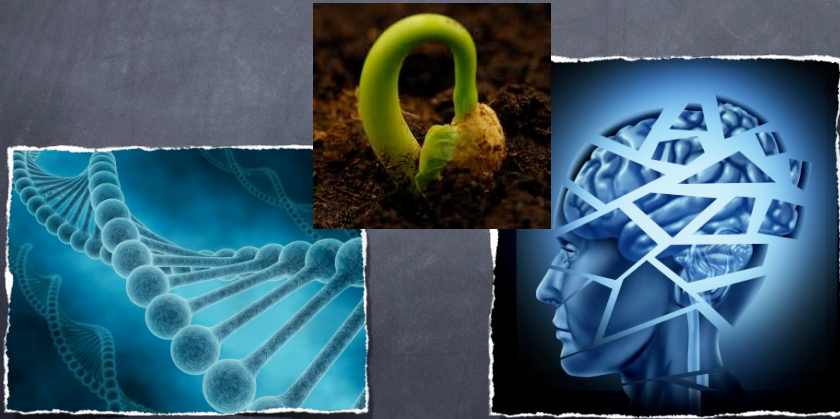


we have a bunch of  
syndromes!





# Etiology of Mental Disorders?



# Etiology?

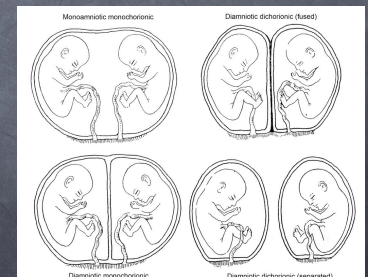


# The Human Genome Project



The gene  
for X?

genes are  
activated by  
not destiny?  
context?





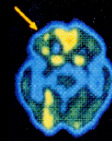
## READ: Evolution in Four Dimensions

"Genetic Astrology"

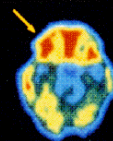
Dr. Eva Jablonka  
Professor :: Tel Aviv University

### Obsessive Compulsive Disorder

High Orbital Glucose Metabolism



Normal Control



Obsessive Compulsive



## Etiology?

You have a  
chemical  
imbalance...  
it's not your  
fault.



TCA's  
SSRI's  
SNRI's  
SSRE's

Lecasse & Leo, 2005

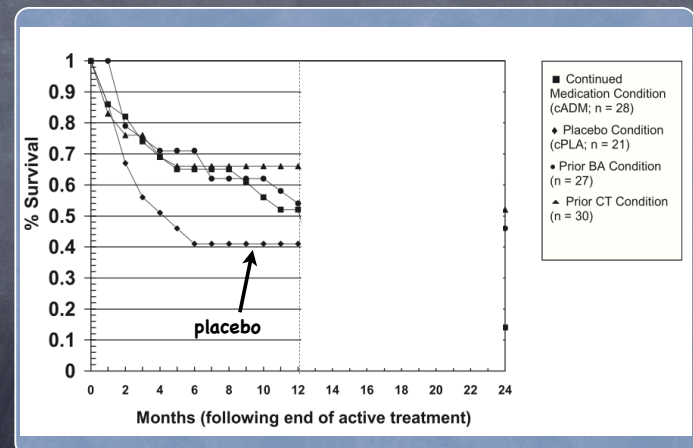


But where are the  
sensitive and specific  
biological markers?

(...not better)

- All recovered S's
- BT
- CT
- Continued SSRI Year 1
- Placebo

Dobson, et al.,  
2008, JCCP

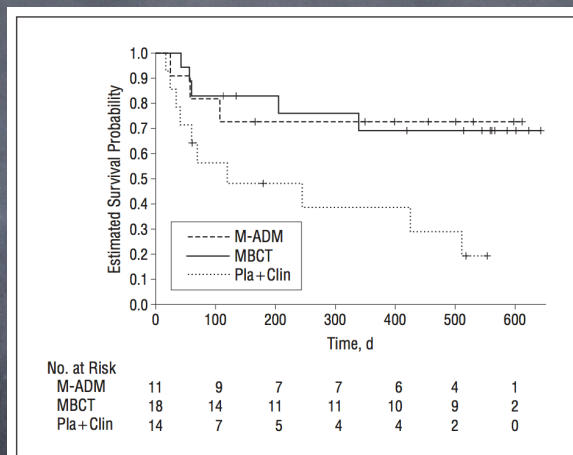


# Followup Tx for Depression

unstable remitters

Segal et al,  
Archives of  
Gen Psy, 2010

But unstable  
remitters?



**Figure 2.** Cumulative proportion of unstable remitters who survived without relapse during maintenance/follow-up. M-ADM indicates maintenance antidepressant monotherapy; MBCT, mindfulness-based cognitive therapy; and Pla + Clin, placebo plus clinical management.

(and by the way...not cheaper)

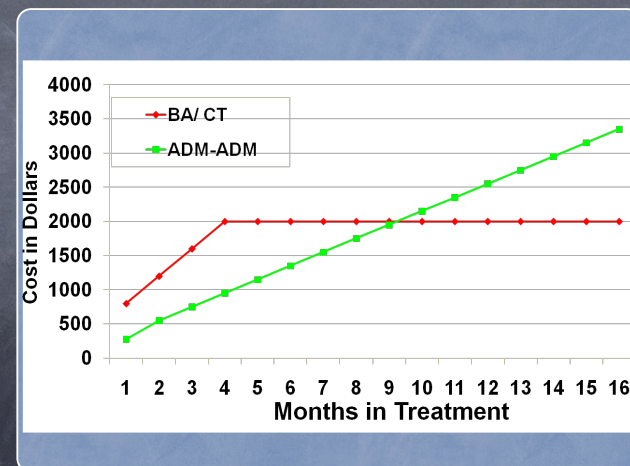
BT/CT vs Continued  
ADM

CT/BA = \$100/  
session

ADM = \$75/session  
+ drug \$125/month

ADM sessions x2/  
month for 2 months  
& x1 thereafter.

Dimidjian, et al.,  
2006, JCCP



...severe depression?

- 42 trials
- 4 dx ssri's
- n = 5133

Kirsch, et al., 2008

...severe depression?

- ☒ effect increased with severity
- ☐ moderate levels
- ☐ severe depression
- ☒ most severe

Kirsch, et al., 2008



no....not even for severe depression

"due to decreased responsiveness to placebo...rather than to increased responsiveness to medication"

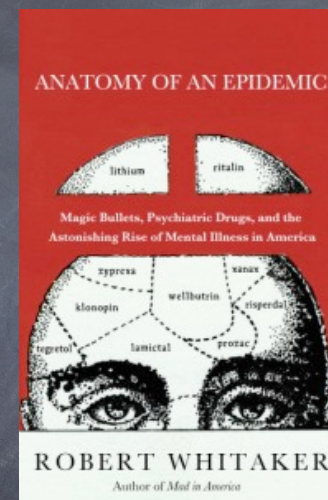
Kirsch, et al., 2008

MIRROR OF THE NOVEL



Prozac  
1987

Atypical  
Antipsychotics  
1990s



anti-depressants  
anti-psychotics



antibiotics  
anticancer

## US Children on Disability for "Mental Disorders"

■ TOTAL MENTALLY ILL ON DISABILITY

600,000

300,000

0

Genetics?

1987

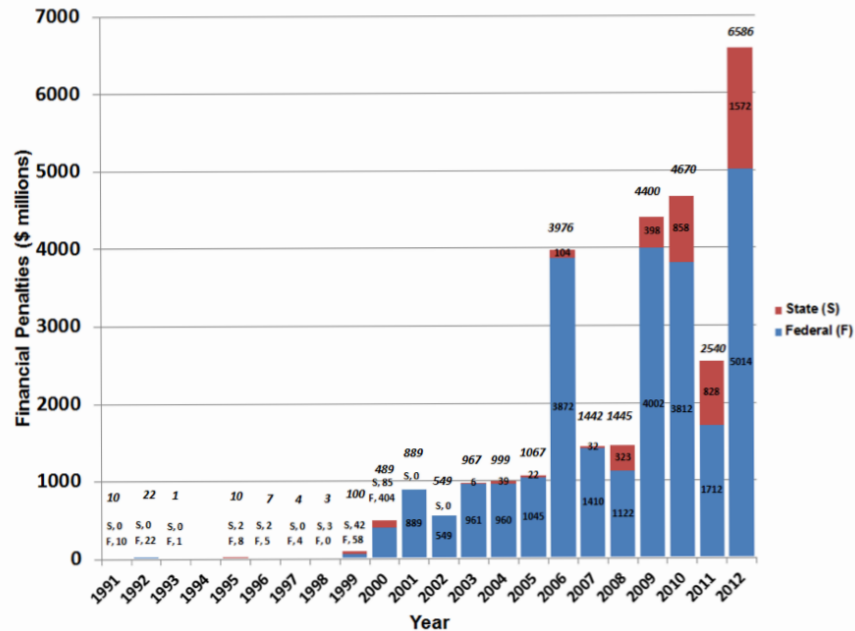
2007

16,200





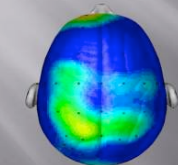
Figure 4. Pharmaceutical Industry Financial Penalties, 1991 – July 18, 2012\*: State vs. Federal



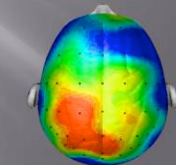
brains are  
change with  
not destiny?  
behavior?

Average composite of 20 students  
brains taking the same test

BRAIN AFTER SITTING  
QUIETLY



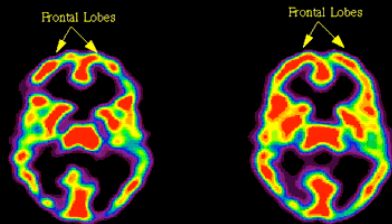
BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois



SPECT Images at Baseline and During Meditation



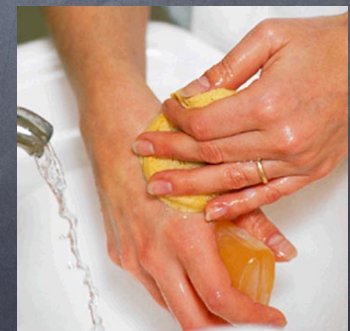
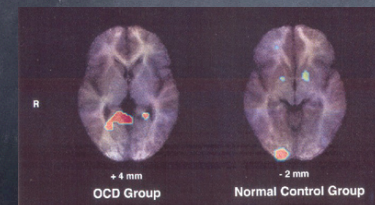
Baseline

Meditation

brains are  
change with  
not destiny?  
behavior?



brains are  
change with  
not destiny?  
behavior?





# Clues from Animal models?



Anxiety  
Depression  
Psychosis

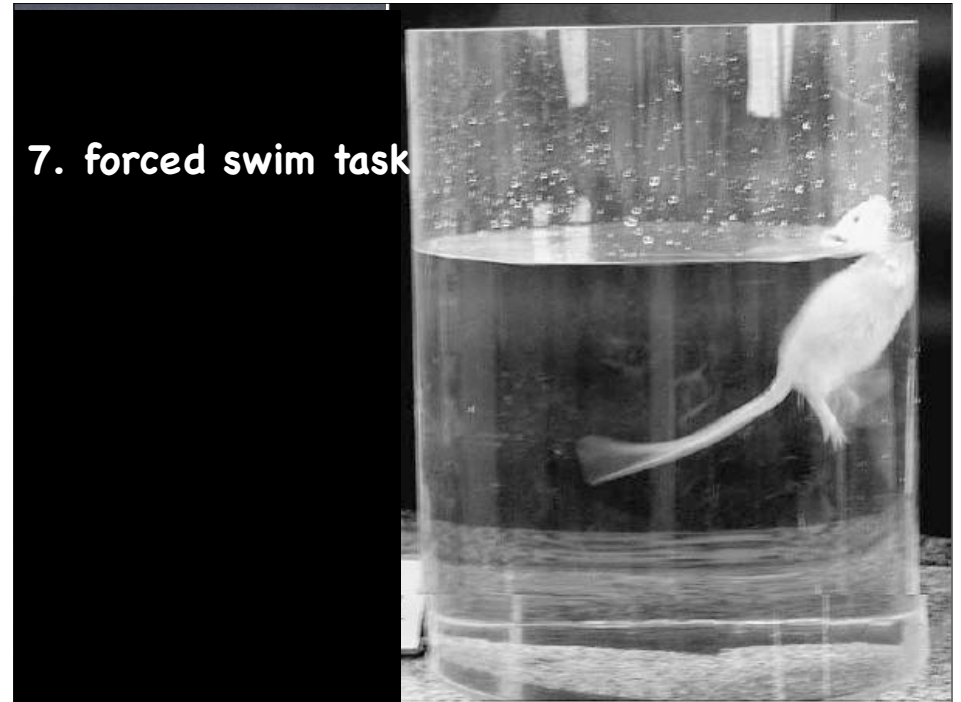


Modeling Depression  
with  
Clomiprimine

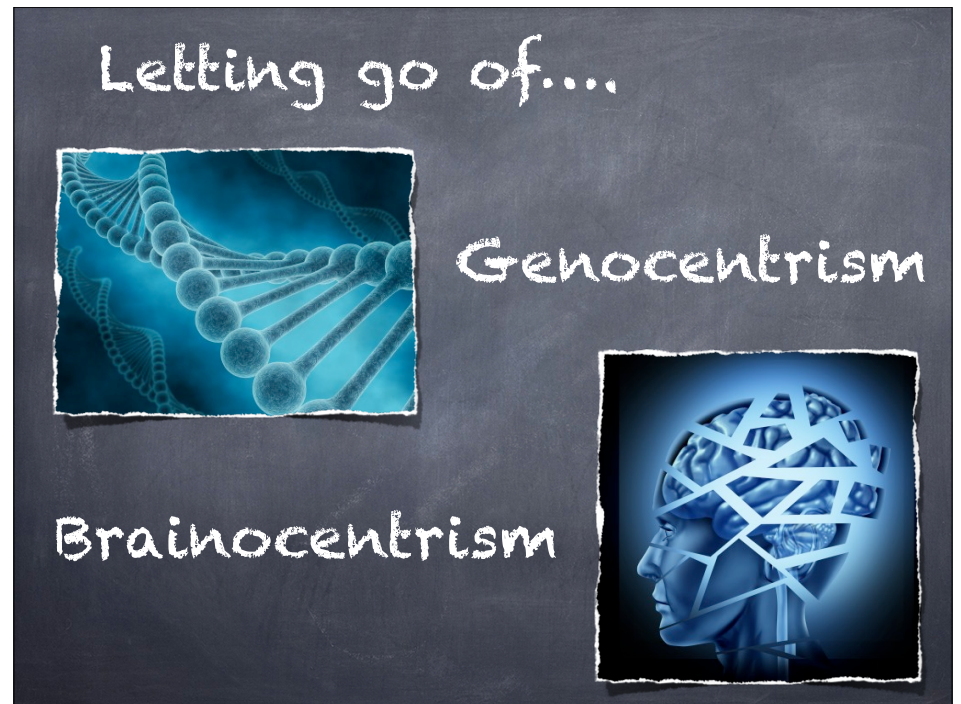
1. sleep
2. pleasure
3. sex
4. weight
5. booze
6. less exploratory behavior



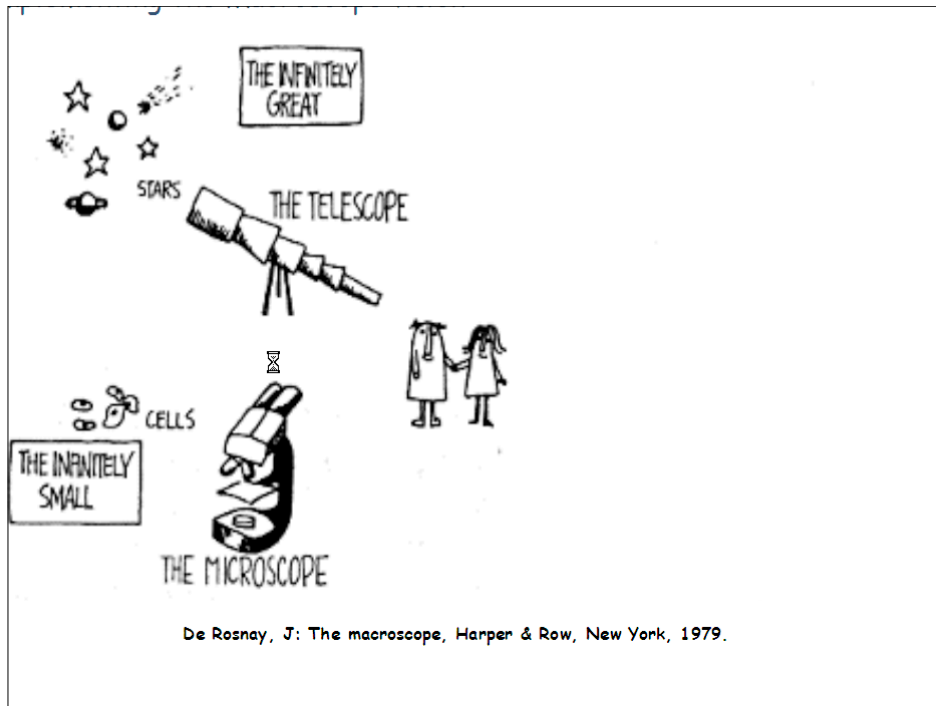
## 7. forced swim task





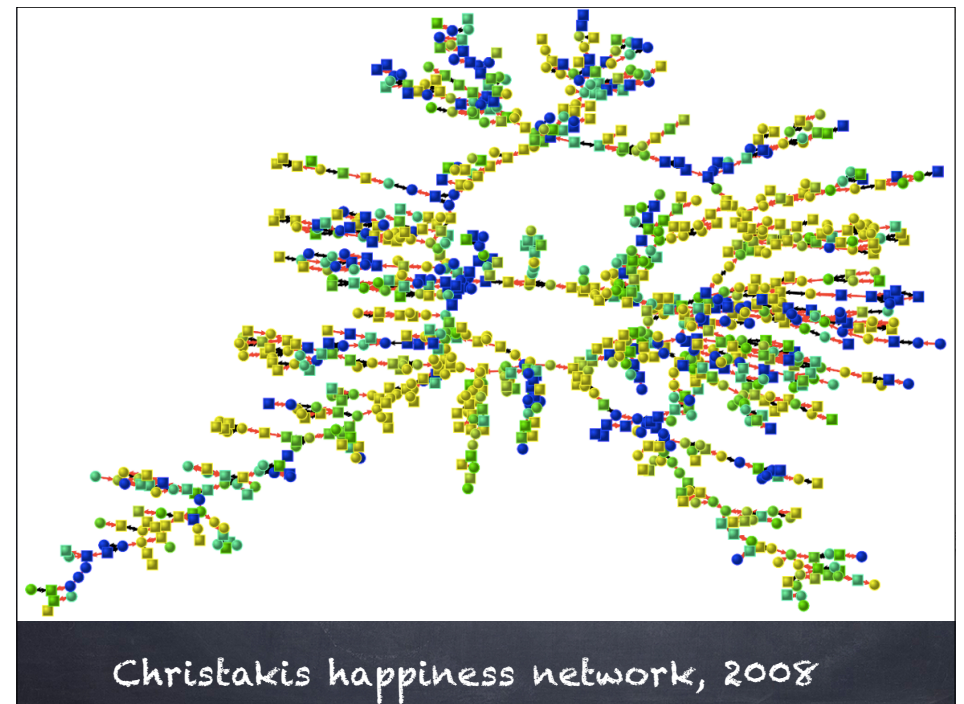
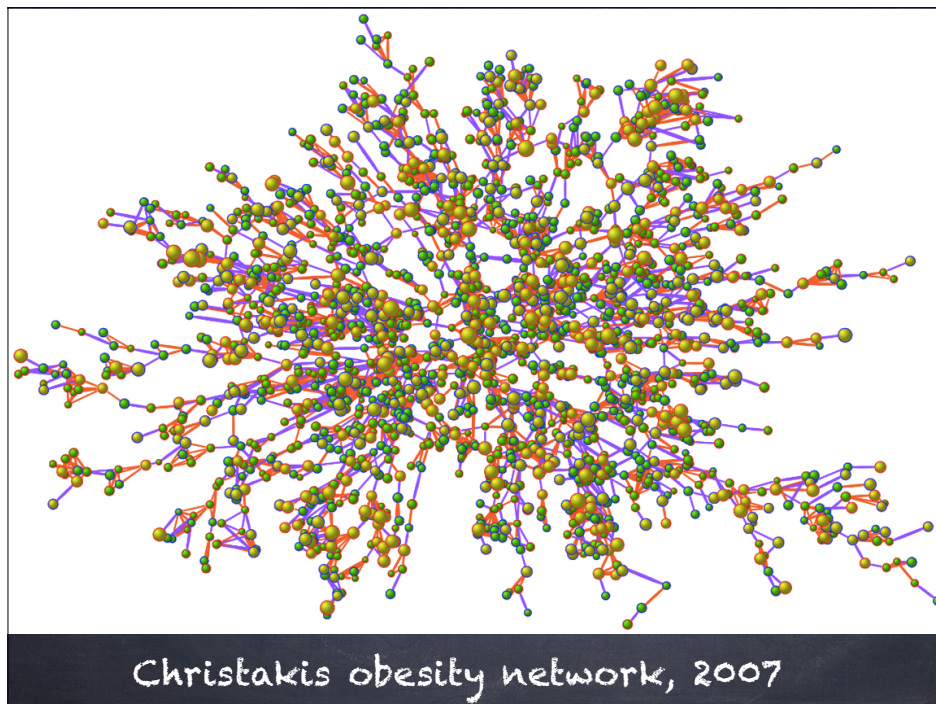
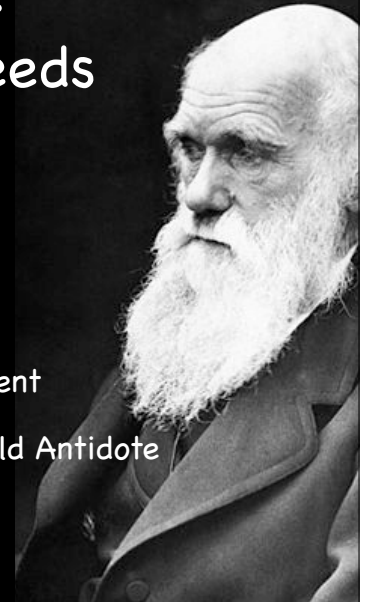






## A Place to start: Baked-In Human Needs

1. Eat Real Food
2. Move Your Body
3. More Sleep/Rest Opportunity
4. Cultivate Your Social Environment
5. Mindfulness as a Modern World Antidote





You are like a candle. Imagine you are sending light out all around you. All your words, thoughts and actions are going in many directions. If you say something kind, your kind words go in many directions, and you yourself go with them. We are transforming and continuing in a different form at every moment.

**Thich Nhat Hanh**

**Source:** no death, no fear - p122

