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ADHD#3 – Doctors and Professors

Here's my guide to doctors and professors:

- PhD: You learned how to do basic research.
- MD : You know how poorly people take care of themselves.
- Professor : You are a tool.
- 2 PhD's: You need therapy.

It's trade craft. Don't buy in to the romance.



Your mind is their laboratory

Consider psychiatry and psychology. They are similar but have different histories and ethics.

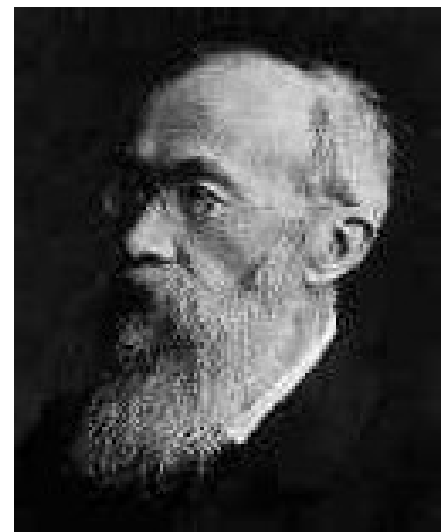
Psychiatry is a branch of medicine. It concerns itself with the health of the individual and adheres to the Hippocratic Oath of "do no harm." This may seem quaint but, as we'll see, traditions make a difference and there is a big difference between the traditions of psychiatry and psychology. Doing no harm is not a tenet of psychologists.



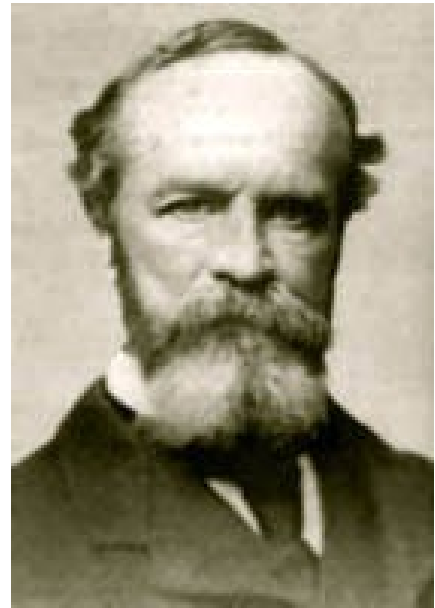
The Professors

The general study of human psychology is ancient and has prehistoric roots growing into religion and philosophy. Modern psychology grew out of academic studies in the philosophy of mind and is central to politics, management, education and social theory.

Dr. Wilhelm Wundt got modern psychology rolling with *The Principles of Physiological Psychology* published in 1874. It's interesting to me that he worked with Hermann von Helmholtz, probably the most under-recognized scientist in history.



William James's publication of *The Principles of Psychology* in 1890 is credited with establishing American psychology. After this came Applied, Social, Educational, Developmental, Personality, Cognitive, and Clinical Psychology, all motherless children [fathered by the learned intercourse of men](#).



While the great psychologists were breaking new ground with epiphanies such as:

"The story of the subconscious mind can be told in three words: there is none."

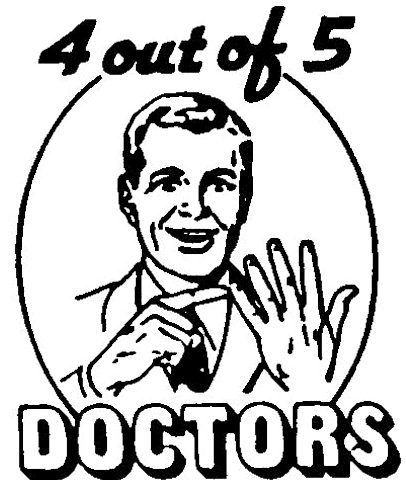
-- Hugo Münsterberg, father of industrial-organizational, clinical and forensic psychology,

psychiatry was going nowhere.



The Doctors

A "psychiatrist" was the name given to a doctor who administered asylums for the insane that were mostly populated by the retarded, senile, manic, schizophrenic, syphilitic and other victims of neurological disease. Treatment was largely physical, that is to say medical.



Before asylums became dumping grounds therapy was often conducted on the "Quaker Model" of emotional support, personal mentoring, and social education. This approach was quite successful for those with non-degenerative mental illness.



"One may question whether shock treatments do any good to the patients, but there can be no doubt that they have done an enormous amount of good to psychiatry"

-- psychiatrist Louis Casamajor



Two seminal events, perhaps even ejaculatory, put psychiatry and psychology on a collision course. The first was World War II, and the second was Penicillin.

With WWII came an influx of European psychoanalysts who immediately proved the usefulness of their skills in treating shell shocked soldiers returning from battle.

Psychotherapists were hired by the thousands by the US military basically establishing the profession.

With Penicillin, which did not become available until after 1930, came the expectation that all medical problems would soon be solved by biochemistry. This didn't actually do anything for psychiatry, but it started the pharmaceutical revolution setting off a psycho-pharmacological goose chase.



After years of heroic attempts in the use of caffeine, sulfa, and typhoid antitoxin injections, even the topical application of turpentine, there were no medications for mental illness. Then in 1949 [John Cade discovered the anti-manic properties of lithium](#) and its application as a mood stabilizer.

The significance of what John Cade achieved is hard to overestimate - the first effective medication to treat a mental illness! Not only that, but in the form of a cheap and natural mineral salt. Remember - this happened at a time when manic depression either went untreated, or cures were attempted through crude, early forms of lobotomies and electric shock treatment.

- from www.Bipolar-Lives.com



Thorazine appeared around 1953 as the first generally useful treatment for schizophrenia. There followed an unprecedented exuberance as US states mandated that Thorazine be considered for every patient.* This was [the start of the great deinstitutionalization movement](#).

*See: the 1955 article "Preliminary report on 500 patients treated with Thorazine at Rochester State Hospital"

"The magnitude of deinstitutionalization of the severely mentally ill qualifies it as one of the largest social experiments in American history. In 1955, there were 558,239 severely mentally ill patients in the nation's public psychiatric hospitals. In 1994, this number had been reduced by 486,620 patients, to 71,619."

At about the same time psycho-pharmaceuticals came into public demand as antidepressants, stimulants, and diet pills. Benzedrine, Hitler's favorite drug, was made freely available to the troops. Valium was "mother's little helper." Before this there were no pharmaceutical companies -- they were chemical companies -- after this they became a force to be reckoned with.



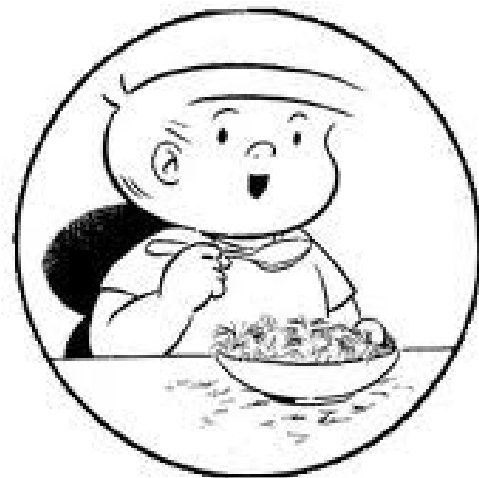


*"Kids are different today, I hear ev'ry mother say
Mother needs something today to calm her down
And though she's not really ill, there's a little yellow pill
She goes running for the shelter of a mother's little helper
And it helps her on her way, gets her through her busy day."
- "Mother's Little Helper," by Jagger and Richards*

The myriad benefits of psychoactive drugs have turned psychiatry away from the traditional doctor-patient relationship and toward neurophysiology as the solution to mental deviance. [Elliot Valenstein](#) argues the underlying science is fake.

In *"Anatomy of an Epidemic"* [Robert Whittaker](#) argues the chemical disruption caused by psychoactive drugs has caused the explosion in disabling mental illness [that has risen 10-fold in the last 100 years](#).

Whatever the truth may be, psychiatry embraces the biochemical approach to behavior management that we see in today's [enthusiasm to drug children](#).



The irrationality of a thing is no argument against its existence, rather a condition of it.

Faceoff at the MD/PhD Corral

"Nature abhors a vacuum" said Aristotle, and some psychologists saw therapy for the common man as a need that was not being met.

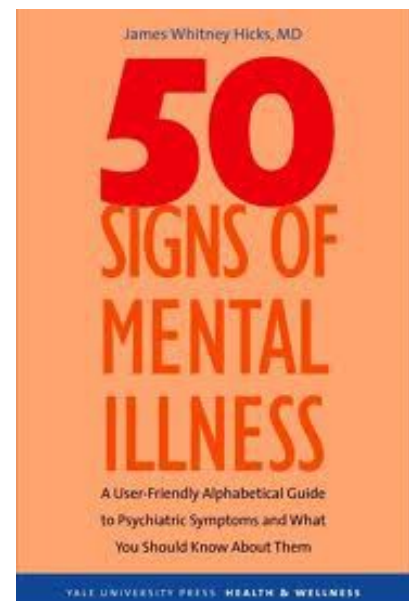


Around 1982 fourteen leaders of the American Psychological Association (APA) took it upon themselves to revolutionize the field. They called themselves "[The Dirty Dozen](#)."

"The APA had long been dominated by ivory-tower academic psychologists whose attitudes toward professional psychology ranged from benign neglect to outright contempt. ... oblivious to the politics of the healthcare marketplace, (and the struggle) against psychiatrists and social workers for healthcare dollars."

Up to this point psychologists were professors, consultants, advisors, and experts on the behavior and management of people. They were not therapists. You didn't pay them weekly visits, and if you did, then you didn't get insurance to reimburse you.

"Rejecting the scientist/practitioner model of training as wholly inadequate to meet the needs of aspiring psychotherapists, ... The Dirty Dozen acquired control of state associations and eventually the APA itself... to advance the interests of private practitioners."



Can you guess what this is heading toward? It's heading toward a pissing match between psychiatrists and psychologists, and the provision of a less medical and less scientific model of mental health care.



"A longstanding goal of the Dirty Dozen has been to acquire prescription privileges for clinical psychologists. .. Clinical psychologists who do not celebrate the liberation of practice from science will find (the objectives of the Dirty Dozen) very depressing."

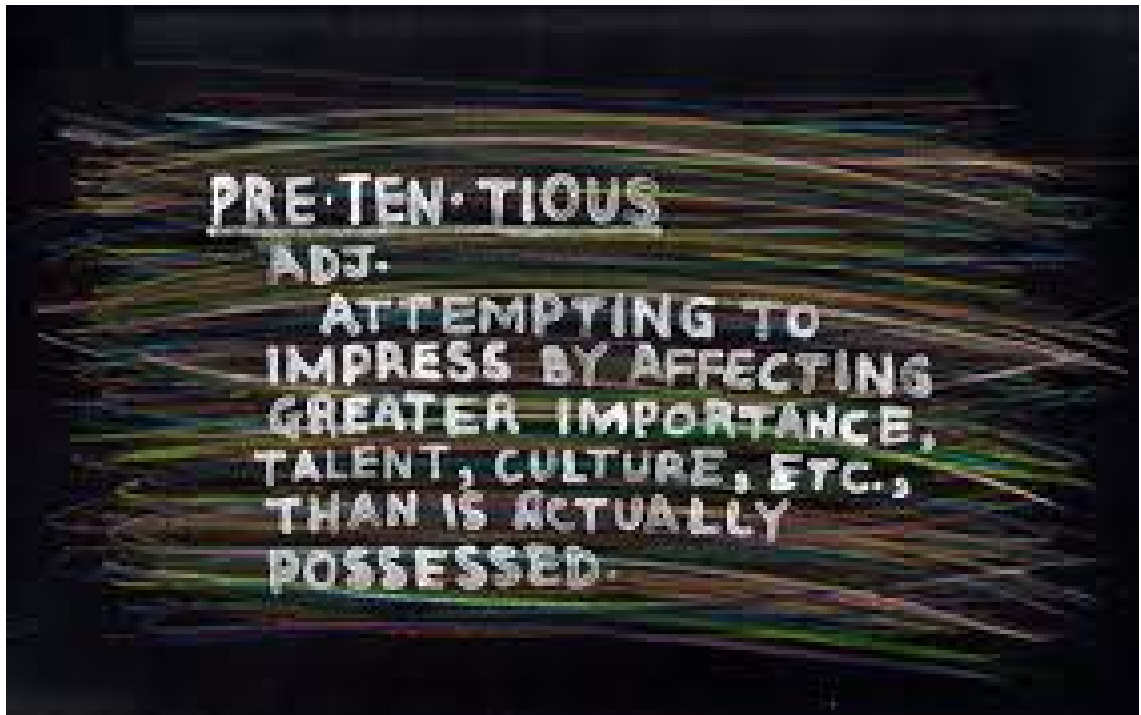
The roots of clinical psychology are political and its pedigree academic. It was founded on the notion of replacing the medical, scientific model with something broader and more flexible.

The basic tenet that distinguishes psychology from psychiatry is a palpable belief among practitioners that the market should define practice in the field. Psychology is capitalism's answer to mental health.

As a result we have licensed psychotherapists offering dolphin therapy, laughter therapy, treatments for alien abduction and past life trauma, light and sound therapy, hypnotherapy, vision quests, shamanism and psychedelic therapy, all good in the right time and place.

We also have psychologists for hire as social engineers setting educational policy, developing new methods of torture, crafting new advertising slogans and political propaganda, working to create more ruthless soldiers, attorneys and executives, more efficient workers, and more docile children.

Modern psychology has no allegiance or moral guiding principle. Psychologists will work to further any cause that pays. There is no assurance of balance or oversight or, lacking good science, truth. This psychology is neither science nor medicine. Its claim to authority is pretentious.



Previous installments:

[ADHD#1: Introduction](#)

[ADHD#2: Definition](#)



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