

# Psychiatry Redefined

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## A REDEFINED PSYCHIATRY

Psychiatry as the study of: *Reasonable inner calm, resilience, orientation, behavior, and realism; and their exceptions.*

## A DIFFERENT STANCE

The above definition 1) allows psychiatry to treat the individual as individual; 2) steps away completely from the limiting pathology-only viewpoint; 3) allows for the individual to work with his or her own mind, in addition to there being more flexible treatment options given; 4) allows psychiatry to better characterize exceptions; 5) allows psychiatry to better understand the mind itself; and 6) requires psychiatry to come up with an understanding of what routine is, as the referent.

Right now, in psychiatry, there is no vocabulary (at all) for normalcy. How on earth can they talk in depth accuracy about either normalcy or gradations and structure of dilemma? They can't — at all.

To call this redefinition mvo (or subsets mvo-meds or mvo-yoga, depending on context) makes the distinction between current theory and practice (of psychiatry) and what I'm talking about here, very clear; and it allows the historical psychiatry to be discussed as just that, what it is, its theory and practice, without confusion.

One could consider narrative, as well, and other material resources, consistent with mvo, and/or incorporated into it, or mvo incorporated into them. mvo is an entirely different framework, a basis for both the individual and mvo therapist (or mvo-medical therapist or mvo-yoga therapist) to work with.

mvo is to work with material that one can consider; it is study, meditation, reflection, and contemplation; it is the physical realm and the mental realm; it is to move around in space provided by one's physical world.