

World Congress of Psychiatry 2019, Lisbon

**Is the term, 'Biological Psychiatry', rational?
Are there any 'non-biological' aspects of
Psychiatry?**

**Shrirang Bakhle
India**

- There is no “Biological cardiology”,
So, why should there be “Biological Psychiatry”?
- Is the entire field of Psychiatry, ‘biological’? Or
- Are there 2 subsets of Psychiatry:
 1. Biological
 2. Non-biological / Psychological?

Apparently, according to some, there are 2 subsets of Psychiatry:

1. Biological

2. Psychological

e.g.

**World Federation of Societies of Biological
Psychiatry (WFSBP):**

Guidelines for Biological Treatment of Unipolar Depressive Disorders, Part 1: Update 2013 on the acute and continuation treatment of unipolar depressive disorders (p. 337):

“These guidelines deal primarily with biological (somatic) treatment (e.g. antidepressants). Psychotherapeutic interventions are covered only briefly.”

e.g.

Definition of mental disorder in DSM 5:

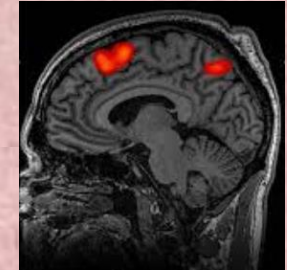
**“A mental disorder is a syndrome characterized by ...
... a dysfunction in the psychological, biological, or
developmental processes”**

Main issue:



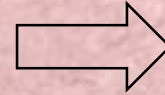
The brain is a biological organ.

- **'Structure' of brain 'biological'.**
- **Is 'Brain function' non-biological?**
- **Are 'Higher Functions' non-biological?**
- **Do 'cognitions' & 'emotions' have neurobiological basis?**

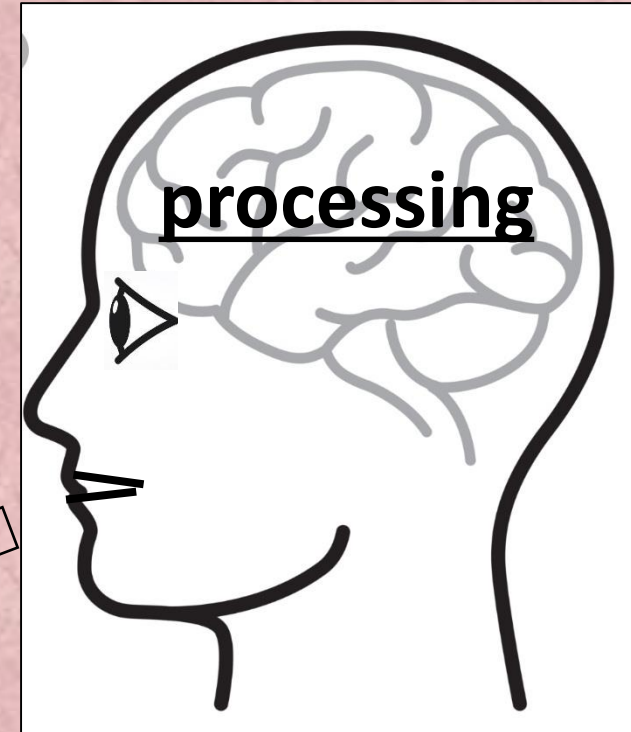


The main function of Brain

Receiving inputs

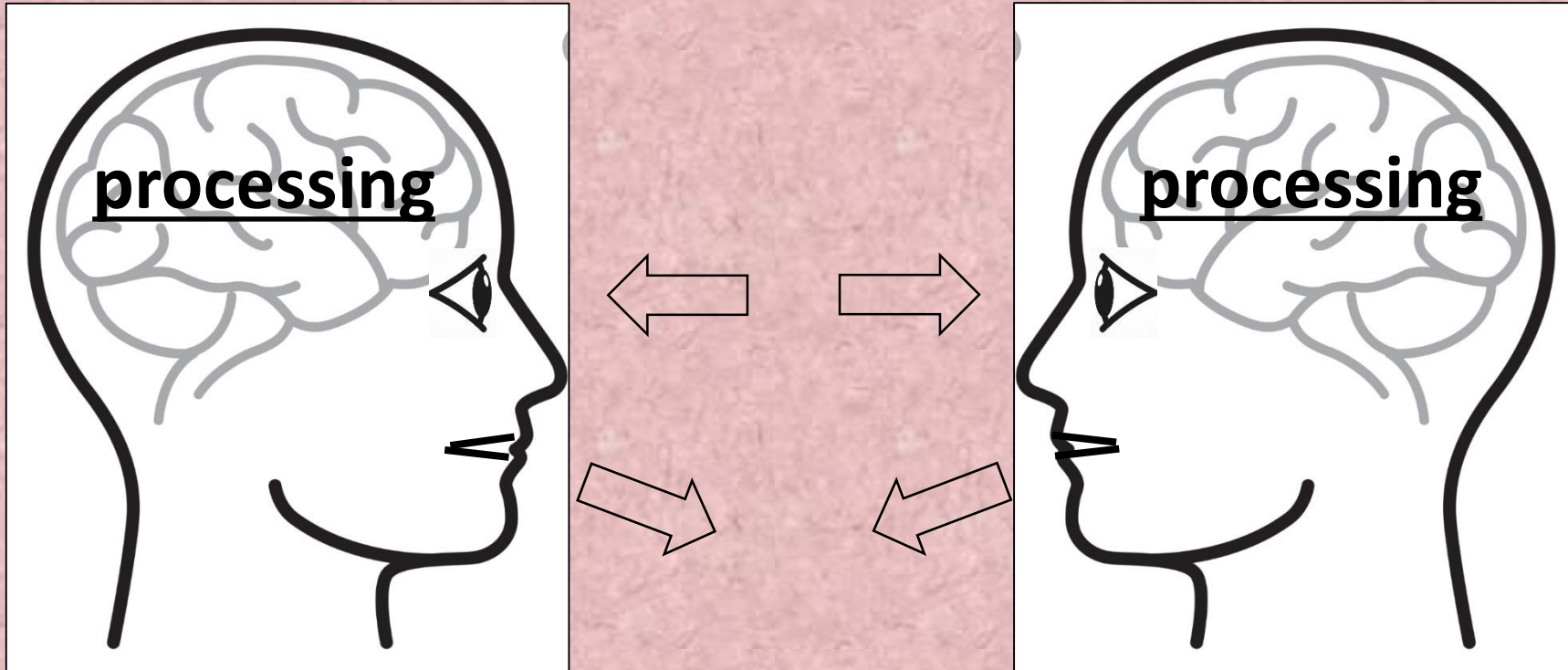


Producing outputs



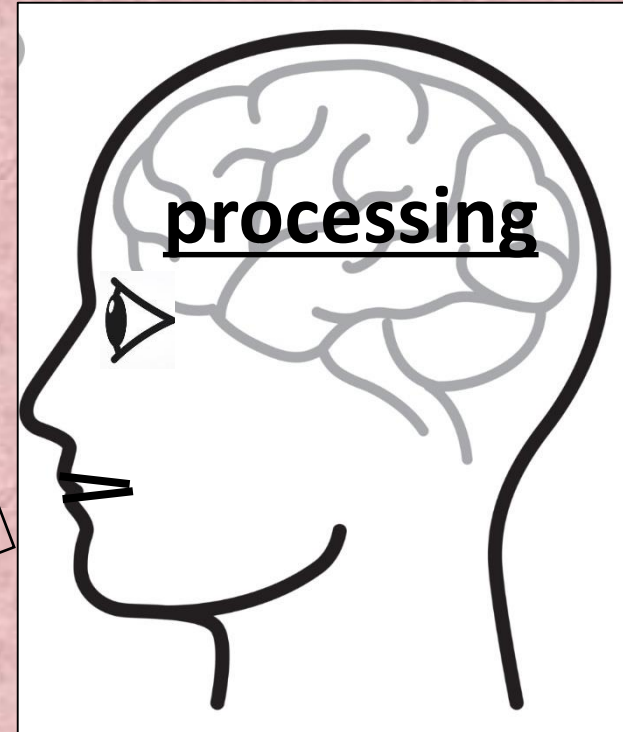
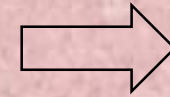
Is this Brain function
'biological' or 'non-biological'?

Conversation or Psychotherapy = 2 brains performing their functions

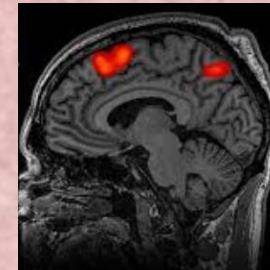


Is this Brain function
'biological' or 'non-biological'?

- Cognitions, emotions
- Psychosocial aetio. factors (e.g. trauma)
- Psychotherapies



These are neurobiological events
leading to neuroplastic changes



Conclusion:

- **Higher Functions /Cognitions + Emotions (Mind) are neurobiological**
- **Psychological is Biological**
- **The term “Biological Psychiatry” is a misnomer.**
- **There is nothing “non-biological” in Psychiatry.**

References:

- ~ Bakhle, Shrirang, *“4-Level, 5-Part Theory: a new framework for describing mind – brain relationship”*, presented at Annual National Conference of Indian Psychiatric Society, Bengaluru, 2013
- ~ Bakhle Shrirang, *“Identifying conceptual differences between Psychiatric Disorders and Neurological Disorders although both are disorders of brain”*. Psychology Research, May 2016, Vol. 6, No. 6, 259-269, doi: 10.17265/2150-5542/2016.05.001
- ~ Bakhle Shrirang, *“Are Behavioural Disorders a separate category of disorders?”*, Indian Journal of Mental Health, 2015; 2 (3), 249-253
- ~ Bakhle Shrirang, *“What mind means to me”*, Indian Journal of Mental Health, 2015; 2(1), 85-87
- ~ Bakhle Shrirang, *“Study of Psychiatrists’ perceptions about ‘mind’ and its position in Psychiatry today”*, Indian Journal of Mental Health, 2015; 2(1): 70-73
- ~ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)* Arlington, VA