

MIND PROBLEMS CREATE IMPROVED SOLUTIONS

WHY, HOW & WHAT: TO IMPROVE SOLUTIONS FOR THE EVOLUTION OF APPLIED MIND-SCIENCE
DR. CHARLES PARKER

WHY – OVERVIEW

1. Cognition, thinking effectively and accurately, is the elemental basis for the advancement of humankind for millennia – and sets each of us up for both opportunities and multiple challenges in the context of ever-changing reality.
2. Too many treat thinking without specifically thinking about thinking. Current diagnostic standards are based upon *behavioral appearances*, not mind-science, avoiding the details of understanding and effectively treating cognitive imbalance. <https://corebrainjournal.com/mission>
3. Today Measurable Cognition/Thinking office details become an additional, imperative objective - and create new improvement opportunities not previously appreciated.
 - Affect, feelings, remain the predominant, almost exclusive target-focus of mind-care.
 - Cognition in contemporary mental health practice does focus on macro presentations: Alzheimer's, Stroke, TBI - and yet too often misses the application of nuanced executive function challenges – how the brain works to manage everyday life.
 - Frustration with 'unpredictable' medical treatments/interventions for the dynamic thinking process, focus, concentration, organization, completion - is pandemic and undeniable.
 - Both providers and patients suffer with ongoing consternation, denial and misinformation. Multiple Critical Thinkers agree - <https://www.corebrainjournal.com/critical>
 - Fact: As a consequence of this imprecision abuse of focusing/executive function medications has become seriously problematic and leads to many additional problems that result in treatment failure, 'unpredictable' regressions, developmental arrest and, at times, suicide. [[CDC notes](#)¹ an *increase in deaths* of 37% - over 10,000 people - from stimulant use/abuse – only compared with the previous year.]
 - In addition, *brain & body functional somatic science* is not systematically applied as the standard of comprehensive biomedical care - and is, in fact, often denied for both treatment objectives and medication management in mind-science applications.
 - Associated impediments that arise from the denial of ongoing [measurable somatic imbalances](#)² directly interfere with Cognitive activities on a measurable molecular level.
 - Cognitive – thinking - relevance is found in multiple essential human activities:
 - Cognitive activity provides the foundation for the advancement of science.
 - Cognitive activity promotes affect management in both individuals and societies.
 - Unbalanced affect, and impulsivity in leaders directly contributes to social unrest.
 - Negotiations, conflict resolution, depends upon balanced cognitive skills.
 - Self-management, self-mastery, interpersonal skills with both individuals and groups is based on both cognitive processes and affect management.
 - Denial of *diminished self-awareness of thinking relevance* contributes to individual and collective/group/societal affect mismanagement.
 - Cognitive denial builds maladaptive coping patters that become amplified in individuals and societies over lifetimes – and beg for informed intervention.
 - Treatment Failure arises from unbalanced cognitive contributions in the following presentations:
 - Depression, Apathy, Overwhelm, PTSD, Cutting, Suicide, Homicide
 - Anxiety – Cognitive Anxiety Differentiated from Affective Anxiety³
 - Substance Abuse, Eating disorders
 - Impulsivity – Indecision – Leadership Challenges
 - Developmental Arrest – Incomplete tasks
 - Sexual acting out – Compulsivity - Promiscuity
 - Sexual abuse - Sadism – masochism
 - Workplace MeToo mismanagement

HOW

- Identify the brain and biomedical details by precise targeting⁴ in each initial interview.
- Correct the several underlying causes of Treatment Failure.
- Balance medication use – prevent existing, pervasive drug interactions.^{5,6}
- Use objective, cognitive criteria in partnership with the patient to improve interpersonal skills as a means of retargeting medication and other forms of self-management.
- Understand and accept that brain activity is a primary cognitive treatment objective.
- Assess biomedical, somatic, impediments at the outset that encourage treatment failure with impediments amplified by somatic challenges listed below.

WHAT

- Introduce Numbers to the office evaluation process for improved, specific communication.⁷
 - Numbers increase patient skill at self-evaluation and observation of brain function.
 - Numbers encourage treatment accuracy at every level of intervention.
 - Numbers facilitate the ongoing re-identification of treatment objectives over time.
 - Numbers help understand the nuances of associated affect management.
 - Laboratory numbers more easily measure roadblocks to treatment predictability:
 - For example, immune and hormonal dysregulation - identification
 - Correct identified impediments medically
 - Measure influences on synaptic function:² kryptopyrrole, methylation, copper
- Correct basic, commonplace drug interactions.^{5,6}
- Correct neurotransmitter interaction issues that predictably amplify treatment failure.
- Dosing strategies must be set to create effective objectives.
- Use side effects to further identify accuracy options at each medical review:
 - How to measure/identify the Therapeutic Window – precise dosing vs. imprecise.
 - Clear Therapeutic Window markers for not enough.
 - Atypical, predictable reactions as a consequence of measured genetics.
- Interpersonal Reality: Relationship Impediments – Advanced Self Mastery
 - Partner Denial
 - Awareness of brain and biomedical science
 - Awareness of treatment objectives
 - Team feedback encouraged, facilitated
 - Affect management connected to cognitive objectives
 - Parental denial – Formally address counterproductive fear
 - Medical Team Education - objections to medications
 - Denial regarding various associated health impediments
 - Overall nonsupport as counter productive
 - Teamwork vs authority = team contribution
 - Group/Peer/Teachers/Workplace Management
 - Use care to select participants/associations
 - Value of silence
 - Leadership – Team management – Mediation skills
 - Managing teasing and abuse
 - Boundary Management – Cognitive Discrimination – Social Networking
 - Trust, emotional intimacy & boundary awareness

¹ <https://www.cdc.gov/drugoverdose/data/otherdrugs.html>

² Walsh: <https://www.corebrainjournal.com/115>

³ Cognitive Anxiety Video: <https://youtu.be/fu0mN68rkEs>

⁴ Expert Commentary: <https://corebrainjournal.com/testing>

⁵ Serotonin & Dopamine Interactions: <http://youtu.be/Wsj219F9M2Q>

⁶ Antidepressants Interact with Stimulants: <https://youtu.be/xB5dZd1ucdE>

⁷ Training: <https://www.corebrainacademy.com>