BRAIN 2021

SESSION 5: MIND-BODY DUALISM

What is consciousness? What makes us who we are? These are the oldest human questions – and centuries of religious, philosophical, and early medical thinking coalesced into one answer: that mind and body were separate. (It wasn't until the 17th century that general scientific consensus localized consciousness and cognition to the brain, and until the 19th century when a specific brain area was first correctly associated with a specific cognitive function.)

Despite vast data to the contrary – one might say the entire neuroscience revolution – the legacy of mind-body dualism remains a pervasive and pernicious plague on psychiatry, neurology, and all of medicine. In many ways, it forms the foundation of anti-psychiatry stigma.

Today, we happily say: enough of this nonsense. For our Mind-Body Dualism session, we take a deep dive into issues long thought psychological, "all in the head," or even malingered. From chronic pain, to psychomotor syndromes, to functional neurological disorders, to the placebo effect – it's time to get real with the science. Dig in to this week's resources to view each of these challenging conditions through a modern neurobiological lens.

Or as a wise wizard once said: "Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?"

Watch:

How I Learned to Stop Worrying and Love the Placebo Effect

Watch or Read:

Clinical Neuroscience Conversations, Functional Neurological Disorder or **What's All the Hysteria About? A Modern Perspective on Functional Neurological Disorders**

Your System Has Been Hijacked: **This 'Stuff' is Really Cool** or **Clinical Commentary**

Read:

"Not Dead Yet!" - Confronting the Legacy of Dualism in Modern Psychiatry (if you didn't already read in Session 1)

COVID-19 Catatonia - Would We Even Know?

With Your Pod (Or on Your Own)

Progressive Case Conference - A Case of Agitation

Assessment

At the end of Session 5, you should be able to do/answer the following:

1. **Describe how you would respond to someone who says the placebo effect is "all in the head."**
2. **Explain the diagnosis of a functional neurological disorder to a patient.**
3. **Describe at least 4 neurobiological processes that may contribute to chronic pain.**
4. **What tools can help diagnose catatonia? What is the standard of care for treating it?**

→ **When you're ready, click here to submit your responses.**

Fun Extras!

Watch or Read:

TSIRC: "Old Syndromes, New Eyes"
or
Clinical Commentary: Schizophrenia, A Homecoming

Watch:

Expert Video on the Placebo Effect with Jon Kar Zubieta

Do:

Find It, Draw It, Know It: Pain Circuitry
NITM: Foreign Accent Syndrome