

IMPROVED TARGET & TREATMENT  
MIND-CARE SOLUTIONS FOR  
CHILD, ADOLESCENT & BEYOND

## THINKING ABOUT THINKING

CHARLES PARKER, DO

PARKER 2021

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### OBJECTIVES

TO INCLUDE  
THINKING TARGETS WITH IMPROVED  
TREATMENT STRATEGIES &  
ADD ACCURACY TO ANY  
RECOVERY PROCESS

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## WHY? - TARGET RECOGNITION

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WHY?  
YOU CAN'T TAKE  
OWNERSHIP  
IF YOU DON'T KNOW WHAT  
YOU OWN

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ADAPTATION  
- OR NOT??

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LEARN OR  
GET STUCK?

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# GROW OR REGRESS?

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# EMOTIONS, BELIEFS, -OR THINKING?

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# TODAY “COPING”

- IS ACTIVE VS. PASSIVE
- ACTIVE IS LEARNING
- PASSIVE IS STRUGGLING

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BECAUSE - GET THIS -  
WE ARE...  
NOT SYSTEMATICALLY  
THINKING  
ABOUT THINKING

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BUT THINKING IS THE  
FOUNDATION FOR  
HUMANKIND'S  
DEVELOPMENT AS A  
SPECIES

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# THINKING: STRATEGIES

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THINKING TARGETS:  
CONTENT IS WHAT  
PROCESS IS HOW  
SYNCHRONIZATION  
REQUIRES BOTH  
TARGETS AND TIMING

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TODAY OUR "ADHD" TARGET  
THINKING, FAR TOO OFTEN,  
IS FOCUSED ON  
CONTENT/LABELS,  
OVER-SIMPLIFIES VISUAL  
BEHAVIORAL TARGETS

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- AND ENTIRELY MISSES  
FUNCTIONAL PROCESS,  
TIMING, AND EVOLVED  
SELF-MANAGEMENT

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TODAY MIND TARGETS  
REQUIRE  
REDEFINITION FOR  
IMPROVED ACCURACY

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OUR MIND  
EVOLUTION MUST  
NOW PRESS  
FORWARD

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WHAT WE OBSERVE IS NOT NATURE  
ITSELF, BUT NATURE EXPOSED TO OUR  
METHOD OF QUESTIONING.

~WERNER HEISENBERG  
NOBEL PRIZE - 1932  
FIELD THEORY: TIME/UNCERTAINTY PRINCIPLE

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THE MAP IS NOT THE TERRITORY.

THERE ARE TWO WAYS TO SLIDE THROUGH LIFE:  
TO BELIEVE EVERYTHING OR  
TO DOUBT EVERYTHING;  
BOTH WAYS SAVE US FROM THINKING.

~ ALFRED KORZYBSKI  
SCIENCE & SANITY - 1933

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## WHY THINKING?

THINK: WHAT CLINICAL MIND-  
PROBLEM TARGETS ARE MOST  
FREQUENTLY OVERLOOKED?

—  
ADAPTIVE THINKING [!]

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## WHY TARGET THINKING?

NOT-THINKING CAN CONTRIBUTE TO  
DEPRESSION/SUICIDE, ANGER/  
HOMICIDE, FAILURE, RIOTS, WAR

SELF-MANAGEMENT REQUIRES  
THINKING IN TIME AND SPACE

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## THINKING IS THE BASIS FOR: SELF-MANAGEMENT

—  
ADAPTIVE THINKING: GOOD TIMING &  
ADJUSTMENTS TO EVER-CHANGING  
REALITY - THE BASIS OF  
SELF-ESTEEM

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YOU CAN'T STICK YOUR  
FOOT IN THE SAME RIVER  
TWICE.

~ HERACLITUS - 500BC

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HERACLITUS: TIME IS  
AN UNDENIABLE  
ADAPTIVE REALITY

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ADJUSTMENTS  
ARE MANDATORY  
- NOT **MAYBE**

**ADHD** = EXECUTIVE  
FUNCTION - DA/PFC  
THINKING & ACTING:  
**DESYNCHRONIZED?**

EXECUTIVE FUNCTION  
IS MANDATORY FOR  
INDIVIDUALS, FAMILIES,  
OCCUPATIONS - AND  
NATIONS

EXECUTIVE FUNCTION  
IS OUR ESSENTIAL  
ATTRIBUTE TO ADVANCE  
THE EVOLUTION OF  
HUMANKIND

TREATMENT FAILURE:  
BASED ON **MAYBES**,  
TOO OFTEN IGNORES  
EXECUTIVE FUNCTION

IT'S OBVIOUS:  
THINKING IS NOT  
A **STATIC LABEL** - BUT  
AN **INVISIBLE**  
PROCESS - ...ASK!

LABELS LIVE AS  
OVERSIMPLIFIED  
MANIFESTATIONS OF  
MULTIPLE COMPLEX  
PROCESSES

THEY ARE STATIC &  
TIME-BOUND,  
THEREFORE  
REDUCTIONISTIC &  
REPRESENTATIONAL

TODAY:  
DIMINISHED  
ACCURACY  
IS BUILT-IN

NOT-THINKING BIAS  
TRADITIONAL?  
FUNCTIONAL?  
~ COMPREHENSIVE

MOST OF THE MISTAKES IN THINKING  
ARE INADEQUACIES  
OF PERCEPTION RATHER THAN  
MISTAKES OF LOGIC

~ EDWARD DE BONO  
SIX THINKING HATS

TODAY WE LIVE IN A  
GALILEO [~1640]  
MIND-MOMENT,  
BEYOND APPEARANCES

BEYOND WHAT YOU SEE -  
MIND TARGETS ARE  
DRIVEN BY DATA...  
- BEYOND EMOTIONAL  
BELIEFS ABOUT  
APPEARANCES

THE SUN IS NOT  
ROTATING AROUND  
THE EARTH, EVEN  
THOUGH IT LOOKS  
LIKE IT IS

#### MY TECH SUMMARY - 50YR

- 1969 KORZYBSKI, TIME/PROCESS/LABELS - INTERNSHIP
- 1969 PSYCH: MINIMAL BRAIN DYSFUNCTION - "HYPER"
- 1980 ADHD - ADD, ADDED - BY APPEARANCES
- 1996 NEUROTRANSMITTERS & CYP450\*
- 2003 SPECT FUNCTIONAL BRAIN - BLOOD FLOW
- 2006 IMMUNITY, CELLULAR PHYSIOLOGY
- 2016 NEUROPHYSIOLOGY, METHYLATION, PYRROLES
- TODAY: MOLECULAR PHYSIOLOGY ASSOCIATED WITH THE GUT AND THE MICROBIOME
- TODAY: WE'RE FAR BEYOND APPEARANCES - BUT THEY REMAIN THE STANDARD OF CARE

\*STEPHEN STAHL UCSD -'96

SCIENTIFIC  
RIGOR  
REQUIRES  
ACCURACY

NOT-THINKING  
ABOUT THINKING  
MISSES THE  
COMPLEXITY OF  
THE MIND

"ADHD"  
DIMINISHED  
ACCURACY  
IS BUILT-IN

ADHD STIGMA  
SHAME: IS BASED ON  
SELF-MANAGEMENT  
CHALLENGES

SELF-MANAGEMENT  
REQUIRES THINKING, TIMING &  
PRECISE ACTION - IS A  
SPECIFIC PROCESS - CONTEXT

DIMINISHED ACCURACY  
CONTRIBUTES TO  
TREATMENT FAILURE  
AND STIGMA FOR BOTH  
TX PROCESS & PATIENT

WHAT IS  
- EXECUTIVE FUNCTION?

EXECUTIVE FUNCTION:  
1. ACTING  
WITHOUT THINKING  
OBVIOUS/APPEARANCE

EXECUTIVE FUNCTION:  
2. THINKING  
WITHOUT ACTING  
COGNITIVE ANXIETY

EXECUTIVE FUNCTION:  
3. NOT-THINKING  
NOT-ACTING  
AVOIDANT

DETAILS  
MATTER

HOW...

THINKING - LINKS  
START HERE:

PDF: [HTTP://COREPSYCH.COM/HOW](http://corepsych.com/how)

MORE HOW

VID: [HTTP://COREPSYCH.COM/DIAGNOSIS](http://corepsych.com/diagnosis)  
VID: [HTTP://COREPSYCH.COM/TARGETS](http://corepsych.com/targets)  
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HOW - VIDEOS

[HTTP://COREPSYCH.COM/BALANCE](http://corepsych.com/balance)  
[HTTP://COREPSYCH.COM/2D6-VIDEOS](http://corepsych.com/2d6-videos)  
[HTTP://COREPSYCH.COM/DOE](http://corepsych.com/DOE)

TRANSIT TIME PDF:  
[HTTP://COREPSYCH.COM/TTT](http://corepsych.com/TTT)

# OFFICE HOW - PODCAST COREBRAIN JOURNAL

ITUNES LINK:  
[HTTP://COREPSYCH.COM/CBJ](http://corepsych.com/cbj)

## YOUR PERSONAL VIDEO PLAYLIST RECOMMENDATION

### SELF-MANAGEMENT FROM THE MASTERS

VIDEOS: [HTTP://COREPSYCH.COM/PATH](http://corepsych.com/path)  
BOOKS: [HTTP://COREPSYCH.COM/READ](http://corepsych.com/read)

## THANKS - LET'S STAY CONNECTED:

[HTTP://COREPSYCH.COM/YOUTUBE](http://corepsych.com/youtube)

SLIDES: [HTTP://COREPSYCH.COM/TORONTO](http://corepsych.com/toronto)  
ADHD MED RULES: [HTTP://COREPSYCH.COM/BOOK](http://corepsych.com/book)