

# **SLOW THOUGHT, SLOW PSYCHIATRY: A SOCIAL PSYCHIATRY MANIFESTO**

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**Background:** A critical issue for socio-cultural psychiatry is how to define contemporary Social Psychiatry.

**Issues of Focus:** Advances in Social Psychiatry include: (1) epidemiologic studies (social determinants of health, Adverse Childhood Events Study); (2) relational therapies (couple, family and group therapy); and (3) community psychiatry and public health. Global Mental Health has integrated many social psychiatric concerns which challenges Social Psychiatry to respond to current social changes.

**Methods/Proposition:** I translate this task into three major questions for Social Psychiatry and conclude with a call for action, a manifesto for 21st century Social Psychiatry: (1) What is “social” about psychiatry? Definitional problems such as binary thinking (social/biological) and the need for a common language are addressed. (2) What are the theory and practice of Social Psychiatry? Issues include Social Psychiatry’s core principles, values, and operational criteria; the challenge of the Global Mental Health Movement; and the need for translational research. This review establishes the minimal criteria for a coherent theory of Social Psychiatry and the view of persons that emerges from such a theory—the social self. (3) Why the time has come for a manifesto for Social Psychiatry.

**Results:** The parameters of a theory of Social Psychiatry are outlined, based on the social self and the social determinants of health, to offer an inclusive social definition of health, concluding with a call for action, a manifesto for 21st century Social Psychiatry. Distinctions are drawn between current psychiatric practice characterized as “fast psychiatry,” contrasted with a call for “slow thought” and “slow psychiatry” (Di Nicola, 2018, 2019).

**Discussion/Implications:** The implications of a comprehensive theory of Social Psychiatry include the social self, problems with Western/Northern epistemologies based on binary oppositions, and the need to translate the durable findings of Social Psychiatry to teaching, practice and healthcare policy (Ventriglio, et al., 2016).

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### Learning Objectives:

1) Describe at least three major achievements of Social Psychiatry (e.g., social determinants of health, community psychiatric care, family therapy).

2) Discuss Social Psychiatry's contribution to a redefinition of the subject of psychiatry (the social self) and the focus of intervention (intimate and social relationships).

### References

Di Nicola V. Take your time: The seven pillars of a slow thought manifesto. *Aeon Magazine* 27 Feb 2018. Available from: <https://aeon.co/essays/take-your-time-the-seven-pillars-of-a-slow-thought-manifesto>. [Last accessed on 2019 Jun 01].

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