

Abstract by Dr Pat Bracken

Thinking about the 'Mental' in Mental Health and Mental Illness

In all our discussions about mental health and mental illness, we often just assume that we know what we are referring to when we talk about the 'mind'.

But do we?

In this talk, I will interrogate our easy use of the words: 'mind' and 'mental'. I will argue that we make a grave error when we just assume that the mind is another thing within the world. However, this is exactly the assumption upon which a great deal of modern and psychiatry and psychology is built. I will point to some of the problematic consequences of this.