

Language - The Trap of Psychiatry

by

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In this paper, the male pronoun will apply to either gender. The plural pronoun will apply to both authors. The nominal pronoun will apply to the first author.

Language is a paradigm.

This is to say that it is a blueprint that determines our thinking and our being because we use the implicate rules in it to formulate our speech and writing. It is similar to the body of rules that we have that we use when we drive on our roads and highways. These rules determine our relationship with other drivers when we are on the road.

It is imprinted into our body language and typeset into our mind. As a function of its typesets¹ into our minds it determines how we think. Its imprints into our body language determines the form of our way of being. When a person thinks in one language, his body language will be one way and when he thinks in another language, his body language will be another way. These differences can be seen and distinguished by any alert observer. The late Prime Minister of Canada, Pierre Elliot Trudeau, was perfectly bilingual in English and French. When he shifted in his speech from one to the other, his body language followed en suite and apropos for one language and then the other. People in Europe can identify speakers of the various linguistic groups e.g. English, French and Italian.

We propose to demonstrate this by asking for a bilingual volunteer to help us on this.

Demonstration:

We ask the speaker to think in on a given event of significance in his life. He is to do on in one language. In doing so, everyone in the domain of that experience speak and write in the same language. The audience is to see and read him as he does so. This act of seeing and reading is known formally as calibrating and adumbrating. And then to mark it. When the speaker has completed thinking of that the entire experience he will then be asked to go over in his mind the same event but in the other language. The audience calibrates and adumbrates him.

When it is done the audience will compare the two times. This task very

¹ Typeset is a printer's alphabet or icon or glyph that is used to print the word on the paper.

simple to do and the reading will be quite simple and will speak to the witness of what we are indexing here.

From this demonstration, we see that the power and impact of the paradigm of the spoken language on the body language is entirely unconscious. We also see that we are mesa² to the paradigm of the spoken language, this is to say that we are entirely WITHIN the frame of the spoken language

If there are any anomalies, if they are grammatical, syntactic or semantic, in the spoken language system, we shall never know what they are. As a result, these anomalies act as an analogical trap. An analogical trap is a self-created and self-endorsed snare. It is one in which one lives it, thinks and feels it and one is part of the structure of the trap. As a result a person is completely unaware of it. He will not realize what is going on, nor will he ever want to get out of it, and, if he knew what was going on, he would not be able to find the way out. One is simply unaware of the illogicality and irrationality of the trap. And one remains caught and mired in its illogical and irrational paradoxes.

An example of an analogical trap was the universal belief held by humankind that the earth was flat. Now, there is recorded an ocean going expedition by the ancient Egyptians around Africa. This expedition recorded that at the beginning, the sun rose from their left and set on their right. This of course would happen if one sailed south by way of the Red Sea. To their astonishment, the expedition then recorded that one day the sun rose from the right and set on their left. This would happen when they sailed north upon rounding the Cape of Good Hope. Now, they could not work out how this was so.

Another is the problem that concerns the presupposition that God is infinitely good. If this is so, then how is it possible for God to permit evil on this earth. Many learned men and women have sought to find the answer to this question. They have all failed to do so. And they have failed (until only recently) because, they have not seen the analogical trap they are in.

There was this other analogical trap in the phrase, “the dictatorship of the proletariat.” It had a nice enlightened libertarian semantic ring to it. However, no one realized that for such a dictatorship to actually exist it had to be done through one man. Then it became the dictatorship of one man. And each man, from Stalin of USSR to Mao of China to Kim of North Korea in all communist countries were totally corrupted by the absolute power they held. In turned they wreaked nothing but pain, suffering, poverty and death upon their peoples.

² mesa is a Greek word meaning “to within the frame or environment of a domain of consideration.” You are mesa when you are actively and passionately involved in a debate or argument. The converse is meta. This when you are a dispassionate observer who is on the outside of the argument.

How then is language an analogical trap?

It is an analogical trap because what we do linguistically, we do so in an unconscious, self-endorsing and self-affirming manner. It will not occur to us to contradict or critique what we do.

Let us take this example. It is known in the field of English Transformation Grammar as Nominalization. Nominalization is the name appended to a linguistic transformation process in which a human being converts a process into a thing. When we do this, then this thing or reification³ is completely real to us. It exists! It does so because it is a creation of our mind. We automatically assume it has actuality-in-fact. It is simple for you to understand this sentence, “I was standing by the beach in Oahu, Hawaii and I suddenly saw this incredibly magnificent wave of the ocean.”

The problem with the sentence is that there is no such thing as “WAVE.” In real life there is no such a thing as an ocean wave or waves. There is, however, such an ocean processing as waving.

Have you ever seen a “wave”? No you have not!

You have never seen the ocean water at the edge of a beach rise up, crest and then hold still and remain so for a whole hour? Now, such a thing would be a wave! You have never seen a thing like that. You only see such a representation in a painting, not in real life. Yet we all take it for a fact that there is such a thing as a wave (or waves) exist. Are we sane or insane?

In the United States are an Indian people called the Hopi. They have a language that has a closer fit to reality. Thus, they do not have such a word as “wave.” Instead the word for them is “waving.” It may sound odd but it follows that it is more accurate to say, “I was standing by the beach in Oahu, Hawaii and I suddenly saw this incredible magnificent waving of the ocean.”

All nominalizations are, therefore, fictions and are thus UNREAL-TO-FACT. This is true for such words from Anxiety to Depression, Phobia, Schizophrenia and Suicide to the more recent inventions such as Road Rage. All these terms are nominalizations of processes. However, like the case of the “wave” we cannot but take it to be “real and actual-to-fact.” Once we do this, we are on an illogical and irrational track.

With “the thing” e.g., Depression, we will need to find the anti-thing. This is of course the anti-depressant. We are now set on a the track, looking for drugs. In doing this we have now spawned the pharmaceutical industry. Since it is our creation, we automatically give it our imprimatur for all that they do and along with it all the power and money. It is not possible for us to criminalize what the drug industry does. To do so would be to discount ourselves because it us who have given it its legitimacy.

Today this industry controls the entire psychiatric profession. It underpins all clinical trials and by its grace and favour it underwrites all teaching rounds, workshops, conferences and

³ reification comes from the Latin word res meaning things. To reify is to “thing-i-fy” a mental item of consideration.

congresses. There is no activity or endeavour, niche or corner of the psychiatric profession in which a drug company is not critically involved. The syntax of analogical trap is create the nominalization and you will need the anti-nominalization be it the anti-depressant, the anti-anxiety, the anti-schizophrenic, the sleeping pills and for this you need a drug company.

However, at the same time, we all know that there is such a thing as “feeling depressed.” We know this is REAL. So, we now face a choice. Which is to be, which is actual-to-fact:

- a. the process implied in the phrase “feeling depressed”
- or
- b. the thing, created by the mind - Depression.

The answer is to be found in our living self-witness⁴ that we “feel depressed.” The condition is a feeling and it extends across time. It is Time that marks it out to be what it is - a process. This process it accurate-to-experience.

But, “Depression” is a linguistic creation of the mind. It is fiction, a linguistic fiction. It is, unreal-to-fact! It does not exist. The problem about the analogical trap is that it scams a person to believing that it is actually “real-to-life.” And today we have an entire drug industry whose hundreds of millions of dollars of research work, in a circular way, gives a super-legitimacy to our illogicality.

Now against this, we have a powerful background in which everyone thinks by Cause and Effect. In Law, because the nominalization is a deem a thing, it can be seen to be either the actual “cause” or the potential cause for any anomalous human behaviour. In Brazil was the first documented case in which a man killed his wife and his wife’s lover and he was found “Not Guilty” because it was successful argued that it was a “crime of passion.” This is to say that the man could not help himself.

The problem with Cause and Effect is that it is illogical and irrational to think by it. The argument that it is illogical and irrational was delineated in this quote:

We have generalized the notion of semantic ill-formedness to include sentences such as:

My husband makes me mad.

The therapist can identify this sentence as having the form:

Some person causes some person to have some emotion.

When the first person, the one doing the causing, is different from the person experiencing the anger, the sentence is said to be semantically ill-formed and

⁴ living self-witness is also known as sensory based information. This is information that your senses validate to you. Therefore, you have to see it, hear it, feel it, taste it and smell it as the information comes to you from the external world. It is not sensory based if you do them in your imagination or fantasy.

unacceptable. The semantic ill-formedness of sentences of this type arises because, it, literally, is not possible for one human being to create an emotion in another human being - thus, we reject sentences of this form. Sentences of this type, in fact, identify situations in which one person does some act and a second person *responds* by feeling a certain way. The point here is that, although the two events occur one after another, there is no necessary connection between the act of one person and the response of the other. Therefore, sentences of this type identify a model in which the client assigns responsibility for his emotion; rather, the emotion is a response generated from the model in which the client takes no responsibility for experiences which he *could* control.

Richard Bandler & John Grinder: *The Structure of Magic* Science and Behaviour Books Inc. 1975 pages 51 - 52.

By Cause and Effect, one person can represent that another has made him so angry or so hurt. If this is so, he could kill the other person and claim that he did so because the other person had “made him so angry” that he could not help himself.

Psychiatry is, therefore, ensnared by Nominalization and Cause and Effect. As a result it has done no research in the fields of Applied Epistemology or Applied Ontology. Instead it has surfed on the crest of the research work of the drug companies. It is a silly pretentious game when drug companies index specific psychiatrist to hand out their drugs to patients in the clinical trials of new drugs. Any high school girl can do this. And as for the assessment of the consequences of taking the new drug, any sentient man can note down whether the pill gives a headache or not, or any other side effect. You do not need a person who has spent 4 years to get a B.Sc., the 4 years to get an M.D. and then another 5 years to get a FRCP. This is a total of 13 years to produce a psychiatrist. It is such a waste of his time and expertise to be part of a clinical trial of a new drug. And it so demeaning to be nothing but a paid servitor or puppet of a drug company. But that is the way things are. Is this sane or insane?

What we have described here is only a small portion of the analogical trap. The trap is a composite of other snares. All of them are as illogical and irrational as nominalization and Cause and Effect. These snares are to be found in DSM IV as they are embodied this document. To examine this we have to determine if the Scriptural position is true-to-life:

⁵*As a man thinketh in his heart so is he.*

⁵ *As a man thinketh* . . . , if this is true, then it logically follows that, if one changes the way a man thinks, then, his ontology will change. In the field of Neuro-Linguistic Programming (NLP) there is an algorithm known as the SIX MINUTE PHOBIA CURE which entails changing the phobic’s way of thinking with the permanent remission of his problem. This algorithm can be applied to such phobias such as

This has become necessary because of the modern position that posits anomalies in human ontology as functions of ⁶chemical imbalances. (In another day and age, there were other propositions to explicate human behaviour. They included “the work of the devil.” “sin,” “temptation,” “possession by the devil,” “weakness of the flesh” and so forth.?) The one thing that they have in common is that they impute human sentiency, consistency and coherency to some external variable other than the person. In the chemical case being human is attributed to varying chemical titres. If there is a significant homeostatic deviation, then *violá* . . . However, if these titres were in balance then there would be normalcy.

In this paper, we would like to suggest a third alternative. It is related to an ancient axiom:

We are all trapped in the world of our words.

In Neurology, it has been established that the functions of the left brain are dominant in a right handed individual. Left brain functions are temporal. The temporal function par excellence is spoken (or written) word. In any string of words that comprise a sentence, each word is articulated according to its grammatical syntax *across Time*. The expression of the string is a function of Time. It is a function of pre-eminence in our lives. It is so because:

Without interpretation we do not understand anything.

Uta Ranke-Heinemann: *Putting Away Childish Things* HarperSnaFrancisco 1994 page 99.

The activity of interpretation is by words. It is words that create the fabric of our understand of ourselves, other, and the world that we live in. And at every moment of life, we unconsciously understand all that we do by words. However, what we now have come to understand is that it is not the words as such but the structure of language that determines how we understand ourselves and the world we live in. The proof of this, as we shall demonstrate is to be found in DSM IV.

With his work, culminating in *Syntactic Structures*, ⁷Noam Chomsky of MIT, gave to Linguistics the precision and rigour that Science had. From him emerged the field of English

flying, insects, snakes *et alia*.

⁶ **Chemical imbalance** is an idea that to this day is not supported by the critical information as to what are the specific titres of what specific chemicals that are greater or lesser than specific titres of opposing chemicals.

⁷ **Noam Chomsky** is a man who belongs to a unique group. The group consists of men who have founded disciplines that stand in their own right such as Norbert Weiner who founded Cybernetics, Alfred Korzybski who founded General Semantics, Richard Bandler and John Grinder who founded Neuro-Linguistic Programming. Noam Chomsky is the founder of English Transformational Grammar.

Transformational Grammar (ETG). It is ETG that underpins DSM IV.

DSM IV, as a document, is a metaphor for these following transformational grammarian processes or steps:

1. Classification
2. Application of nomenclature
3. Classification of nomenclatures
4. Substitution of nomenclatures
5. Identification

DSM IV begins with the classification of a patient's complaints into designated classes. Once these classes have been indexed, the next step takes place.

Let us cite an example. A person attends his physician and sets out before him the following complaints:

- i. I feel so tired and exhausted.
- ii. I just do not feel I have energy for anything.
- iii. I have not felt any drive to do anything.
- iv. I have noticed I am feeling more irritable at things.
- v. I get angry more quickly and at the slightest thing.
- vi. I don't seem to have an appetite for food.
- vii. My sleep is poor.
- viii. I wake up with a headache.
- ix. I have started to cry for no reason at all.
- x. I think people are against me at the office.
- xi. Once or twice I thought I heard voices and no one was around.

This distribution of complaints calls for some form of organization by which to bring coherency to them in order to understand them. This is an act of interpretation. DSM IV does this by taking the first step of Classification.

1 ⁸Classification

⁸ **Classification** as a scientific process has worked in wonderfully productive ways in Zoology, Botany, Paleology and Evolutionary Theory. However, the processes of classification in these domains were appended to real life things. In DSM IV, it is approximated to subjective symptomatology. In this respect, it is interesting to discover that the sensory based replies to the question, "How do you feel when you are depressed/anxious/worried/etc," is uniquely different in different respondents. This, in our view, totally undermines the logical basis of classification process in DSM VI.

Now there are established scientific criteria that are used to determine how to class these eleven symptoms. Thus, i to vi fall into a common class. These established scientific criteria do not allow the symptom “I think people are against me at the office” to be classed with i to vi. These same established scientific criteria determine that the symptom, “My sleep is poor” is to be in a special class of its own. Finally, by these same scientific criteria, x and xi are indexed into the class of their own.

2. ⁹**Application of nomenclature:**

From the preceding we have three classes of symptoms. To these classes of symptoms are applied their specific nomenclatures.

Thus, i to vi are appended the nomenclature of **Depression**. vii and viii fall into the class **Sleep Disturbance** and no where else. Scientifically, ix is designated as a **Depressive** feature. Now, x and xi are indexed into the class of **Schizophrenia**.

It is in this scientific way that the picture of the case is classified.

3. ¹⁰**Classification of nomenclatures:**

In the case cited above, we are dealing with three nomenclatures. However, in certain clinical cases there may five, six, seven or even more nomenclatures.

Clearly, just as it is true for a set of complaints or symptoms, DSM IV again applies a scientific method to bring some coherency to the set of nomenclatures. It does so by classifying the nomenclatures of **Depression, Schizophrenia** and **Sleep Disturbance**. It is possible to see that DSM IV is an exercise in bringing about a scientific coherency to the myriad of nomenclatures for the vast number of possible complaints that patients can have.

4. ¹¹**Substitution:**

This is a step or process in which a meta nomenclature is used to subsume two or more discreet classes of nomenclatures. This process is known as substitution. In this case, the first meta-nomenclature will be **Schizoid Depressive** - see below.

⁹ **Application of Nomenclature** as a process is an entirely idiosyncratic and fictional activity. This is something that one would be wise to bear in mind.

¹⁰ **Classification of Nomenclatures**, where it appertains to human subjective complaints is necessarily a very arbitrary and eccentric exercise. There is nothing rational or scientific about it.

¹¹ **Substitution**, where it appertains to human subjective complaints is a very capricious and individual process. There are no scientific criteria to determine the process.

5. Identification:

This is a process that is abbreviated to:

X is Y.

Therefore, you can say:

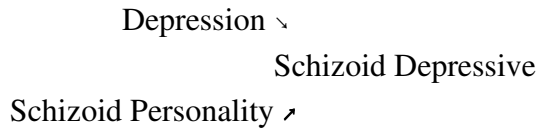
He, i.e. X, is an idiot, i.e. Y.

or

This '87 Oldsmobile i.e., X, is a '97 Toyota

In a scientific way, the person is now identified with this meta nomenclature:

He is a Schizoid Depressive.



However, in this instance there is a meta-meta-nomenclature, i.e., **Schizoid Depressive with a Sleep Disturbance.**

The above process completes the identification in this example. With this scientific imprimatur, it is clear that Psychiatry and the Pharmaceutical industry must now find the drugs for the above meta^N-nomenclatures which, we, from now on, shall designate as **THE DIAGNOSIS.**

He is a Schizoid Depress with a Sleep Disturbance



From what we have indexed here, what is clear is that the ontological determinations of DSM IV are functions of transformational grammarian processes to which, in an unconscious way, the medical profession as a whole has given to it a weight of credibility of 1!

The question now is whether this weight of credibility as an act of interpretation is valid-to-actuality? This question has to be posed because the entire process apropos to DSM IV is clearly series of interpretative manipulations of nominalizations. All nominalizations are fictions. Is the entire document nothing but a game of fiction?

IN 1999 an eminent American resigned from the American Psychiatric Association. In his

letter of resignation to the then president, Dr. Rodrigo Munoz he wrote:

The issue is what do the categories tell us? Do they in fact accurately represent the person with a problem? They don't, and can't, because there are no external validating criteria for psychiatric diagnoses. There is neither a blood test nor specific anatomic lesions for any major psychiatric disorder. So, where are we?

It is very interesting that the native linguistic intuitions of the author warn the author that all the word manipulations in DSM IV represent nothing. They do not because they are English linguistic transformations and hence they are fictions. If they are, how on earth is it possible for any “**blood test nor specific anatomic lesions for any major psychiatric disorder.**” And this is language trap Psychiatry is in.

Endnotes:

1. Typeset is a printer's alphabet or icon or glyph that is used to print the word on the paper.
2. mesa is a Greek word meaning “to within the frame or environment of a domain of consideration.” You are mesa when you are actively and passionately involved in a debate or argument. The converse is meta. This when you are a dispassionate observer who is on the outside of the argument.
3. reification comes from the Latin word res meaning things. To reify is to “thing-i-fy” a mental item of consideration.

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Endnotes:

1. *As a man thinketh . . .*, if this is true, then it logically follows that, if one changes the way a man thinks, then, his ontology will change. In the field of Neuro-Linguistic Programming (NLP) there is an algorithm known as the SIX MINUTE PHOBIA CURE which entails changing the phobic's way of thinking with the permanent remission of his problem. This algorithm can be applied to such phobias such as flying, insects, snakes *et alia*.