

The Mvo-p Psych Model: Symptoms Re-Thought

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Here I want to touch on symptoms, and how they would be considered, in an mvo-p psych model.

The Mvo-p Psych Model

Symptoms would be re-thought of in this way: the psych professional would dialogue with the individual, involve him or her as participant, and take observations themselves and from other sources, and come up with a description in terms of:

Mental events and their features; physical events and their features; domains of life (the mental, the existential, the social, the societal, the experiential, the physical), descriptions, and features, including the noumenal, the phenomenal, and the interconnected; dilemma, no dilemma, challenges, helpfuls and usefuls, descriptions, and their features; thought-relational, philosophic-relational, social-relational, world-space, and their features; matter, feeling, thinking, enaction, consciousness, and their features; the situation and its context (including but not limited to environment, speech, and action), standpoint (of the individual, person A, person B), merit (of this or that, the individual, person A, person B), and relevant history; and mental states, emotive states, intentional states, and physical states ... this in totality then gives a snapshot and dimension read to the individual and the situation. This is the totality-snapshot-and-dimension-read.

To these, tag keywords like problematic, at-ease, positive, a challenge, helpful and useful, dilemma, no dilemma could be assigned.

It would mean an entirely different approach than the DSM, and would replace it. It would lend itself to natural-language terms, using some technical terms with specific meaning (that could be described in natural-language and visual terms, readily accessible, and real-world), and a concrete, navigable basis for further unfolding action that recognizes the value of the abstract (in their fusion, the fusion of the abstract and the concrete).

It would give *both* the professional and the individual and others meaningful, tractable material to work with.