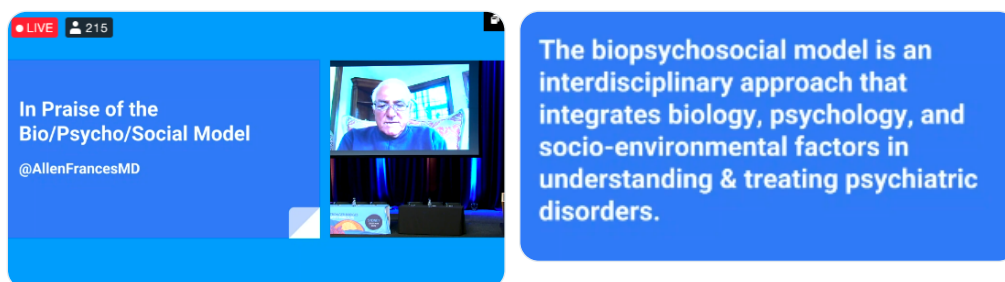




Amy Coopes @coopesdetat

May 15 · 23 tweets · [coopesdetat/status/1525976710608748544](https://twitter.com/coopesdetat/status/1525976710608748544)

Starting a new thread for our first keynote, [@AllenFrancesMD](#),
In Praise of the Biopsychosocial Model [#RANZCP2022](#)



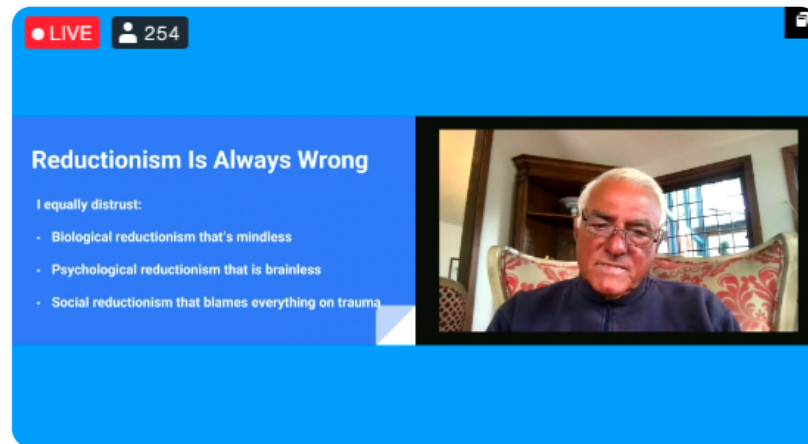
Frances says the opposite of the biopsychosocial model are reductionist approaches, which he describes as a 'disaster' for the patient, with psychiatry models (of which there have been >50 described) tending to compete rather than seeing a person 'in the round'
[#RANZCP2022](#)

Frances says Darwin a singularly influential figure in the field, famously stating it was more instructive to study baboons than philosophy in understanding human nature 'the single greatest insight in the history'. First person to recognise human emotions universal
[#ranzcp2022](#)

Sexual selection was key in the evolution of humans, and empathy, those with the ability to make someone laugh more likely to secure a mate, says Frances. Human traits do not occur in a vacuum - they are geared towards our survival [#RANZCP2022](#)

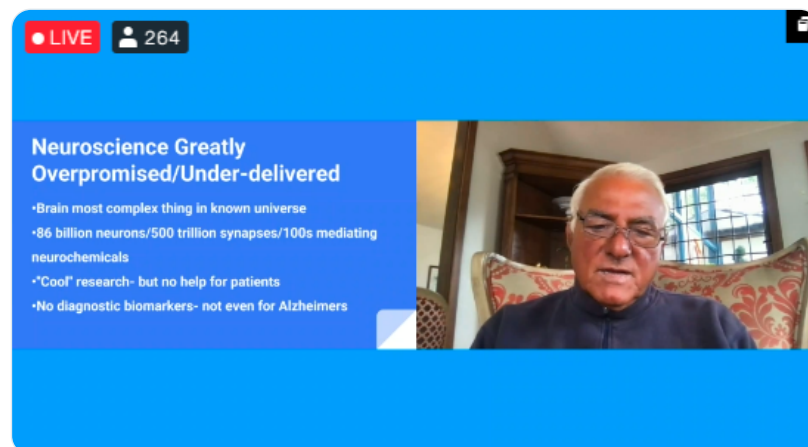
Competing with this understanding is biological reductionism, which Frances describes as the biggest problem in psychiatry for the past 40 years. Sackler brothers, three psychiatrists, did more damage than any other doctors in history. Started valium/xanax epidemics
[#RANZCP2022](#)

Reductionism is always wrong says Frances, not just biological. Psychological, social. All are important but should be considered in sum [#RANZCP2022](#)



Virtually none of the research done since the resurgent interest in psychotherapy in the 1980s has benefited patients, says Frances. Describes neuroscience as a discipline that vastly overpromised and underdelivered. Fascinating intellectually, little clinical benefit [#RANZCP2022](#)

Very skeptical of biomarkers in psychiatry - after 130 years, many billons in research we are no closer to promising results. Similar situation w genetics - 100, 200 or more genes are typically associated w psychiatric conditions, tens of thousands of permutations [#RANZCP2022](#)



Frances describes polygenic risk factors as 'fudge factor' - no more effective than asking about family history. The biological model of mental illness has been confirmed over and over again in a simple way... but don't explain disorders at a group level [#RANZCP2022](#)

Frances says trauma-informed therapy and other psychological reductionisms equally as damaging in consideration of human beings, who are incredibly complex. Does not just boil down to what has been 'done to you' [#RANZCP2022](#)

'Our society definitely is crazy, no doubt about that, but it doesn't take away from the fact that many individuals we see have their own personal mental problems & disorders, we can't just assume that they are seers with a monopoly on truth' [@AllenFrancesMD](#) [#RANZCP2022](#)

Social reductionism is just as simple-minded and dangerous and we have to try and defeat all three and try to join them together in a radiant harmonic unified theory of biopsychosocial model of mental health and its treatment, Frances says [#RANZCP2022](#)

Frances says 80% of mental illness risk and treatment response is due to socioeconomic factors. Cites Hippocrates 'knowing the patient who has the disease is just as important as knowing the disease the patient has' - never more true than today [#RANZCP2022](#)

Frances says president-day US the worst place and moment in human history to experience mental illness. 600,000 patients in jail or homeless 'treated like outcasts'. By contrast, Trieste in Italy a best-practice biopsychosocial model in action [#RANZCP2022](#)

Meds overused in people who don't need them, and underused in those who do, [@AllenFrancesMD](#) says. Never sufficient in isolation, needs a healing relationship with a clinician. Most unwell end up on the streets and in prison. Doctors should not just be pill-pushers [#RANZCP2022](#)

None of the solutions are easy or likely to happen, Frances says. Need to redress balance in research funding - studies should be on how we get people out of prisons, improve patient lives, not the biological magic bullet which has 'failed miserably' [#RANZCP2022](#)

Not about the time you spend with a patient but the quality of what you say, which at any point can trigger a corrective emotional response, virtuous instead of vicious cycles to help them understand their own lives, says Frances [#RANZCP2022](#)

It's about helping people find more meaning in their lives, addressing isolation through social connection. Integrating the CBT and recovery models, adding a spiritual dimension, has been fantastic in work with schizophrenic patients says Frances [#RANZCP2022](#)

We should grapple with the question of causality but Frances says much more important is psychiatry's remit to help people where they are [#RANZCP2022](#)

Laughs for [@ralf_ilchef](#) who concludes Frances' presentation by thanking him and his 'family' of forerunners [#RANZCP2022](#)

New thread upcoming for Stan Grant, who will be speaking on the determinants of Aboriginal and Torres Strait Islander mental health [#RANZCP2022](#)

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