

Letter: A Reply to Mashour

From TOP (Theory of Psychiagenia) to TOE (Theory of Everything)

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I thank Dr. Mashour for his thoughtful comments, in particular for emphasizing the importance of the concept of a common root to both mind and brain. This is to me the key to the theory of psychiagenia (TOP).

Dr. Mashour objects to the choice of string theory as a possible solution for the mind-brain problem. He stresses that this theory is still unproven – which is true, but this was already discussed in my paper (Godfroid, 2003). Moreover, the fact that string theory might take TOP “out of the realm of neutral monism” is uncertain, as the nature of the elementary string significantly differs from particles. I appreciate fully that Dr. Mashour has difficulties with the idea of counterintuitive extra-dimensions, but I assume that this is necessary to offer a new perspective to our debate. TOP surely needs experimentation, and this is my priority (Godfroid, 2003; Legros, 2003). As already stated, the placebo effect, because of its intriguing similarities with the quantum theory (e.g., unpredictability, poor reproducibility, statistics-based predictions), is an option (Godfroid, 2003; 2003b; 2003c).

Finally, Dr Mashour questions the fact that in TOP psychiagenia is “the investigating consciousness itself”. Let me put it another way. According to TOP we only perceive a truncated image of the real nature of our world: a ‘coherent’ world (CW) ruled by string physics (Godfroid, 2003c). Our senses, as well as any technical device we may build, are braking the coherence of CW. Psychiagenia is simply the name given to the part of CW implicated in consciousness (and this means that there is no quantum computation in the brain itself (Godfroid, 2003d): only psychiagenia has this capacity). Thus if we ever find *the* theory of everything (TOE), this theory should apply to CW, a “united psycho-physical world” – and we might even name CW: *Unus Mundus*, as a tribute to C.G. Jung (Godfroid, 2003e).

From TOP to TOE... just a good word? Let me take a last example. I am currently working on a practical implication of TOP: the “Unified Psychotherapy”. If the mind and the brain have a common root, this explains why either psychotherapy alone or pharmacotherapy alone is less effective than a combination of both in the treatment of mental disorders. The effectiveness of current strategies in the treatment of depression and

many other psychiatric diseases is indeed clearly disappointing: up to 30 % of cases are treatment-resistant. From another point of view, all kinds of psychotherapy have the same common basis: the patient, the therapist, and the therapeutic alliance between them (Godfroid, 2003b). As a matter of fact, this is also the basis of the placebo effect, because the placebo effect is simply part of all sorts of treatment. TOP predicts the emergence of a new kind of treatment – the Unified Psychotherapy (UP). UP should be pragmatic, rapidly effective, well characterized (unlike “eclectic” psychotherapy), intended for the majority of mental disorders, *and* should include pharmacotherapy. Of course I need much more place to discuss the presentation of UP, but this example shows that TOP is not purely a theoretical matter.

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