

Poetry

Theory of a Well Mind

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Abstract

Description

In psychiatry residency, we have a didactic within our curriculum that focuses on psychotherapy. This subject culminates in our third year when our program's psychotherapy supervisor asks each of us to create our own personal theory. It allowed us to explore and apply what we had learned up until this point and formulate our own understanding of why people are the way that they are, how people change, and how to facilitate that growth through our theory. Each of us chose to represent our theory in unique ways, reflective of our personalities. One tech-savvy resident used AI and images. Another used a relevant case involving themes of feminism and cultural competency. I represented my theory through poetry. This theory has elements of emotion-focused therapy, attachment theory, and cognitive behavior therapy. Engaging in this style of learning left me with fulfillment and a newfound satisfaction for what I had learned.

Keywords

humanities; medicine in the arts; wellness; psychiatry; psychotherapy; poetry

Theory of a Well Mind

To be well, to be whole, that is the goal
Why so elusive? Why can't everyone access this
keyhole?

Many have pondered, many have thought
The key to happiness, is hidden beneath, within
your thoughts

After hours on a couch, years in the making
you may still be sad and still waiting

But, Freud was misattuned
Of course, there's more to life than sex and poo!

Dreams may have some clues
But don't put all your money in those shoes

Further advancement would reveal
Something that could be real

__Thoughts change feelings
___Feelings drive action
_____Actions create thoughts

Round and round we go
Where it begins and ends, no one may know

Life can be broken down to pieces
Person, emotion, places

If the past predicts the future
Could there ever be change?

Tune oneself when one cannot think
Think when one cannot tune

Remember the past, but do not dwell
This life no longer has to be Hell

Power oneself with knowledge of self
Of where you began, are, and will be

Recall the bonds, distant and near
How else do they appear?

Break through the cement that binds
No matter how small, one piece at a time

Turning the tides may feel like opposing gravity
Have faith and bravery

For when the mind fails, the heart remembers
Become your inner companion that will never
fail you

Conflicts of Interest

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