

# Editor's Note on: The (IR) Relevance of psychiatric diagnoses in today's diversity and inclusivity world: Urgent need to update, upgrade and make mental health approaches Relevant to the rapidly changing and evolving global mental health landscape: Autism paves the way.

**Rajalakshmi Kandaswamy\***

Autism Expert and Consultant in Energy Medicine, Department of Energy Medicine, Sowjanya Centre for Holistic Healing, Chennai, India.

When a condition or diagnosis becomes a “trending” term, it signals the beginning of the end for the need for “professional authentication” for that condition or diagnosis and the beginning of the need for a complete rethink and re-evaluation of the cause for such a scenario to have come about and how to deal with the same as a “professional”.

Mental Health is one such example where the demand for professional evaluation may have seen an undeniable upswing globally but also, the very same people being diagnosed with a mental condition not necessarily seeking “conventional professional treatment” and choosing to explore the multitude of options that could restore their “sanity” in a way that is uniquely satisfying to them.

Once #MentalHealth became a trending term and gained a “destigmatised” foothold in the collective consciousness of the global netizens, the lines between different streams dealing with mental health such as psychiatry, psychology, clinical psychology and more, became blurred with less compartmentalisation and more “integration” into the collective human psyche under the umbrella term “Therapist”.

This further has “expanded” (from the POV of the common man/gen Z) or “diluted” (from the POV of the professionals) the “avatar” of the therapist to include multitude of people and resources that could offer any help that could help anyone dealing with any kind of mental health challenge, imagined or real. Mind, emotions, behavior, mental conditions all in the mix.

Dropping all judgement of the rightness or wrongness of such a situation, suffice to say that the only statement that is apt for this state of affairs is “deal with it”.

How?

This brings me to Autism paving the way to answer the “How”?

Well before Mental Health became a “trending” term, I was addressing the challenges in Autism in both children and adults applying my Applied Energy Medicine modality, Intent Healing(TM).

It was while working with adults on the spectrum who had additional mental health conditions such as schizophrenia, OCD and Depression that we discovered that the benefit of addressing autism and its challenging “limiting symptoms” on a case-by-case basis resulted in the (w)holistic wellbeing of the autistic individual being restored with the improvement and/or complete disappearance of the symptoms of the additional mental health conditions as well.

All this unfolding with Applied Energy Medicine and Applied Intentional Epigenetics being used as the modality in addressing the Autism in the first place.

This led to the fundamental shift in viewing and then defining the mental health conditions too as being fundamentally triggered by Energy disturbances in the “sensitive” individuals.

Sensitive in terms of being “Energy sensitive, that is. For definitions of terms such as energy sensitivity, energy medicine, Intent Healing(TM) - the modality that I apply, applied energy medicine, applied intentional epigenetics and more one can read the articles and scientific publications available on my website [authenticautismsolutions.com](http://authenticautismsolutions.com)

This brings me to the next point of that of the criteria being used to diagnose psychiatric disorders such as DSM, which needs to include the energy sensitivity and the energy basis component in the evaluation process so that the DSM does not fall short of and create confusion and hesitancy in the minds of those choosing to apply the same.

---

**Received:** 27-Oct-2023, Manuscript No: ijemhhr-23-ijemhhr-23-118746;

**Editor assigned:** 30-Oct-2023, Pre QC No. ijemhhr-23-118746(PQ);

**Reviewed:** 11-Nov-2023, QC No. ijemhhr-23-118746;

**Revised:** 17-Nov-2023, Manuscript No. ijemhhr-23-118746(R);

**Published:** 24-Nov-2023, DOI: 10.4172/1522-4821.1000605

\*Correspondence regarding this article should be directed to: [healautismnowfoundation@gmail.com](mailto:healautismnowfoundation@gmail.com)

Consider this article as an example of what I mean by this [situation](#).

Mental health care is at Crossroads now. Primarily because every individual is Unique and yet every one is connected and is ONE field fundamentally at the quantum level of quantum entanglement.

Which is why the same pill may not work for the “same ill”/ diagnosis in different human beings.

Autism represents the case in point and also paves way for the solution. As autism is a spectrum disorder with each individual being unique on the spectrum and the EBM(Evidence Based Medicine) in autism is already [redefined](#).

Secondly, in the context of this article concerning mental health, almost 75% of autistic people are diagnosed with an additional [Mental Health Condition](#). Autism revolution and Mental Health: The Great Global Reset.

Therefore, autism holds the solution in addressing mental health issues as the root cause of mental health challenges too, with or without autism is “Energy Disturbance”.

Neurodiversity has less to do with the brain and more to do with Energies and Energy Patterns that govern the brain and all other organ [systems](#).

The Truth about Neurodiversity: What makes you Unique is NOT your Brain.

A few basic steps that need to be taken in “deal with it”:

- Stop doing what does not work.
- Expand psychiatry and Psychology curriculum to include Energy Medicine, Quantum Physics and Energy Psychology.
- Attend to your mental health first.

This could well be an unusual editorial you have read in a professional parlance. This editorial could read more like a blog post and tips for upping your game and less like a sterile “professional editorial”.

Welcome to an era where trends and millennial thought streams dictates your ability to deconstruct “scientific” jargon and fancy sounding diagnoses to bytes of infotainment delivered like YouTube shorts so it actually reaches and engages those looking for “help”. Psychological and otherwise.

A point in example for this is the term neurodiversity and inclusivity that has suddenly taken over the collective consciousness sidelining conventional psychiatric approaches and diagnoses. The term neurodiversity is NOT a medical term and yet it is the norm in everyday conversation now.

Current scenarios dominating the trends relating to mental health is DEI or Diversity, Equity and Inclusivity. Professionals such as Psychiatrists and Psychologists may need to ask: Why neurodiversity and neurodivergent, which are not “medical terminologies” in the conventional sense, are dictating way of living and working even incorporates today, and not just limited to Gen Z jargon.

People globally are choosing to and have taken their mental health and well-being into their own hands and rightly so in many empowering ways.

Because you know only too well that pills are not the healthy solution to “stay sane” in the long run anyway.

So where does that leave trained psychiatrists, psychologists, clinical, psychotherapists and other “mental health professionals”?

Nervous and insecure and falling short in your own eyes!

It is time to change this for your own good first!

By making the fundamental shift in your attitude towards your entire professional conditioning and experience that no longer delivers results that are satisfying. At least not satisfying to Gen Z and woke population globally.

You may need to up your game by updating and upgrading yourselves with ‘Evolve with Autism’ webinar/program.

Followed by learning about the latest scientific discoveries and confirmations of the same with practical daily application in your practice

Most important step would of course be daily self-healing for yourself first so:

- You can be in the right state of being that serves you and your client/patient.
- You can access wisdom and solutions that are a Custom Fit on a case-by-case basis for your clients/patients.
- You can break free from paradigms that do not work and you can stop “one pill for each ill” model and conditioning.
- You can be Pliable, Alive, Awake and Vibrant so your very Presence is healing for your client/patient.

What works and delivers results is what matters. Suicide rate among psychiatrists does not give any confidence as it is a reflection of the fact they already think they “ know” that there is no pill for every ill, especially that concerning the mind!

Fundamental Psychological Revolution in MAN is underway now.

We are now living in those exciting times.

Why ‘Evolve with Autism’?

Well, because it is the next stage in human evolution.

It is setting the stage for the transformation in mental health domain as at least 75 percent of autistic people have additional mental illness.

And psychiatrists and psychologists are clueless how to handle the entire spectrum feeling inadequate and lost and angry at themselves and the “condition” itself. Because medical school training and conventional medical training does not equip the average psychiatrists and medical professional with anything that truly works in the realm of autism anyway.

No wonder euthanasia has become a “valid” option in autism in some countries.

If you are reading this, you have already taken a step forward in the direction of changing these scenarios for yourself and your clients on the spectrum and other “Neurotypical” patients too.

You can know more about the Energy Basis of Mental Health and “psychiatric disorders” by [reading this](#) Suicide: The refreshing Autism Perspective that sparks the joy of living and fuels the life force in today’s Diversity and Inclusivity world

Let me leave you with this perspective:

My DEFINITION of a “Therapist” and ALL these professions dealing with mental health and any others that I might have missed naming among “professions” in the context of Mental Well-being of Humanity, comes under the Therapist umbrella is UPDATED as below:

“Definition of a Therapist is Any being, animate or seemingly inanimate, that helps a person, by their very Presence, Being and/or other tools / techniques/”medicines”, to restore the energetic balance and harmony in an individual and system addressing all aspects of that individual/system’s “reality” in an empowering manner that facilitates leading a satisfactory/fulfilling life at the least and an expanded and ecstatic life at its best”

This definition is a working definition, I feel, and is likely to evolve further as Human Beings discover, embrace and start living their lives as Multidimensional beings in harmony and peace within themselves first.

State of Being, which is the Energy Frequency that one is on, relative to any aspect under examination, is key to making this “Inclusive shift” in addressing mental health from the “professional” standpoint.