Too Grumpy

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There's a lesson in the book "Just Java" by Peter van der Linden[1], where he gives a specific example of using the exception framework in Java to return a type of Grumpy, based on 'too hot' or 'too tired'. One could, instead of using an exception framework, define a class 'Grumpy' and return various states based on these factors – or even an 'EmotiveState' object, with 'Grumpy' as a class referenced. In this Grumpy object, one could have a return state based on 'too hot' or 'too tired' – or even 'another person' or 'another person A' is present! The Grumpy object would then have different qualities, that can then percolate to various circumstances – yielding an unfolding world.

Psych unit psychiatrists should look at these types of social-relational features, aspects to things, and consider them the domain of their purview – with possible ameliorative or mediation or renewal outcomes. That is, this type of thing might not point to a mental disorder, but to mental response vis-a-vis social-relational considerations, or inner states like 'too hot' or 'too tired'.

The psych unit psychiatrist could then develop unfolding-and-relational models of what the individual's joy, centeredness, dilemma, questions, and perspectives are – in the domains the mental, existential, social, societal, experiential, and physical; or, in the philosophical, the spiritual, the psychological, the understanding of how we think and why, the relational, and narrative. And beyond these categories, as might apply. That way the psychiatrist gets a total-dimensional picture of the individual and individual-and-unfolding-world, and can deeply represent the situation.

This is necessary for both healing, re-assessment, and orientation in case of dilemma and then treatment, and justice and fair adjudication where there is no dilemma and thus a deeper read to the situation is warranted. In the second case, the mental or social or societal dilemma may reside with another individual, even the individual reporting the situation as deficient! Or the overall situation may be a cause for experiential dilemma with the individual at hand, or for both – and factors like mediation may apply.

But the psych unit psychiatrist should seek to develop a deep and thorough understanding of each situation, and develop models of what the situation is, and the individual-and-the-world, and we-and-the-world, keeping in mind that it is worlds within worlds unfolding with other worlds, all one space.

The psych unit psychiatrist might use ideas like Grumpy, or Joy, or Expectation, or View, or Action to develop a deeper understanding and model of the situation. So in this way too, because a certain type of computer programming seeks to model the world-space in its domain, psych unit psychiatry can learn from computer programming.

Footnotes

1. Java is an object-oriented computer programming language.