



LETTER TO THE EDITOR

Dear editor,

I wanted to thank you for your comments in your January 2018 editorial.

I completely agree with the importance of helping the patient with their sense of “loneliness, disconnection and hopelessness”.

I have no doubt that you also say this to include the importance of meaning, which Viktor Frankl has talked about.

And this has been formalized in the First Nations Mental Wellness Framework, in that the elements of wellness are a sense of: 1) belonging; 2) purpose; 3) hope; and, 4) meaning.

Diagnosis is important, because you don't want to miss some issue with attachment, sensory/motor system, psychosis, bipolar episode, etc. But if we make a diagnosis without addressing that which truly matters (i.e. belonging, purpose, hope and meaning), then I think we have missed the mark.

Sincerely,

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