



# “Thinking in Other Categories” G. A. “Bob” Young, an Alternative Psychiatrist

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## Abstract

An unusual psychiatrist is described. He was the “guru” of the Midwest. The author discovered him over 50 years ago. A number of theories and strategies are discussed that were new back then. Now they are commonplace. A discussion emerges.

## Introduction

Dr. G.A. Bob Young along with brother and their father brought their psychiatric theories and strategies to Nebraska from England. At the time, Freudian Analysis and Skinner’s behaviorism were common in practices. Young turned to an alternative or a third way and it became popular. Freud meant empty hours of free association and Skinner’s behaviorism was very manipulative.

## Discussion

Young was probably a Libertarian and a Transcendental Deist. All else presented here is organized but not in a strict order. Thus, we begin.

- a) Humans live in a stimulus-stimulus world. One slips on the ice. Ultimately, it is not the ice, but the individual that together promote the “slip.” One needs to search oneself to find information about one’s own mental growth.
- b) Thus, one does not work against an opposing opinion, but rather time is spent thinking in terms of other options. The most wasted energy is indirect acceptance. Chasing after approval is exhausting. Nor is it nourishing.
- c) The Freudian Defense mechanism “projection” is probably the most helpful of the various mechanisms. One’s divisions in the self is projected onto others.
- d) Chasing after beating one over the other is exhausting and depressing. One overlooks the “counter attitude” of perception.

The great humanitarian must recognize the hidden bigot within one’s selves.

- e) Most are mad all the time and do not realize it. Mad can then turn sad and severe depression is ongoing. You are all the characters in your dreams. You do not make yourself happy. Happiness comes about when it is not pursued or forced.
- f) Take action and let out the clutch or a metaphor like it. Depression is like a sit-down strike.
- g) Sometimes you can decide not to decide.
- h) Everything should be held in moderation including virtue. This excludes false equivalency.
- i) Sometimes an individual is depressed because they are born too soon or too late. Recognizing that one is out of synch does not mean that one gives up their values. Are you sending out micro-neurons that are like a passive-aggressive velvet needle? Are you searching for victimhood? Would you rather be happy then sad because you know that you are right?
- j) What is your body language telling you? Not with standing “blaming the victim” you can begin to realize that you are causing many of your own problems.

There is more but that is a start in Dr. Young’s approach. If things are not as one wants, what can you do rather than sulk. Action can be taken. Medications become even more help and can complement psychotherapy. One must be cautious in the use of meds.



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