"Everyone thinks of changing the world, but no one thinks of changing himself." -- Tolstoy
Researchers at the University of Virginia were recently amazed to discover that many people would rather self-administer painful shocks than sit quietly with their own thoughts for 15 minutes. They also found that men were significantly more likely to shock themselves than women.
THE ART AND SCIENCE OF HEALING

• In 11 studies, the participants typically did not enjoy spending 6 to 15 minutes in a room by themselves with nothing to do but think. They enjoyed doing mundane external activities much more, and that many preferred to administer electric shocks to themselves instead of being left alone with their thoughts.
THE ART AND SCIENCE OF HEALING

• Most people seem to prefer to be doing something rather than nothing, even if that something is negative.
• Men tend to seek “sensations” more than women, which may explain why 67 percent of men self-administered shocks to the 25 percent of women who did.

Timothy Wilson et. al. *Just think: The challenges of the disengaged mind.*
Science 4 July 2014: Vol. 345 no. 6192 pp. 75-77. DOI: 10.1126/science.1250830
THE ART AND SCIENCE OF HEALING

PERSONAL GROWTH

SPIRITUAL GROWTH
A THERAPIST CANNOT TAKE A CLIENT ANY FURTHER THAN THEIR OWN SPIRITUAL AND PERSONAL EXPLORATION HAS TAKEN THEM.
THE ART AND SCIENCE OF HEALING

REFLECTION

CONTEMPLATION

SILENCE AND SOLITUDE

PERSONAL STUDY

MEDITATION
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PERSONAL “SPACE”
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WHAT IS YOUR WORLDVIEW?

HOW DOES YOUR WORLDVIEW IMPACT YOUR CLIENTS?
WHAT DO YOU SEE?
THE ART AND SCIENCE OF HEALING

“I HAVE WORKED WITH MANY PEOPLE WITH YOUR PARTICULAR PROBLEM AND JUST ABOUT ALL OF THEM HAVE GOTTEN MUCH BETTER. I EXPECT YOU TO GET BETTER ALSO.”
THE ART AND SCIENCE OF HEALING

• THE PLACEBO EFFECT DEPENDS ENTIRELY ON THE PATIENT’S STATE OF BELIEF

• THE MIND CAN CHANGE THE BIOLOGY OF THE BRAIN

• CLINICIANS SHOULD ALWAYS TAKE ADVANTAGE OF THE PLACEBO EFFECT
  – GREET EVERY PATIENT POSITIVELY
  – BE SUPPORTIVE
  – TELL PATIENT YOU EXPECT THEM TO GET BETTER (NEVER UNDERESTIMATE THE POWER OF HOPE)
THE ART AND SCIENCE OF HEALING

• Some investigators estimate the placebo effect may account for as much as 75% of the benefit of antidepressants (Kirsch I et al, *PLoS Med* 2008; 5(2):e45)

THE MIND IS THE TOOL THAT CHANGES NEUROBIOLOGY
THE ART AND SCIENCE OF HEALING

• COMMON MEDIATORS OF PLACEBO:
  – EXPECTANCY

  • Ego developmental psychology stress importance of early childhood experiences in the way we think about healing. Repeated nurturing interactions with mother important in shaping capacity to self-soothe. This modulates ANS arousal and future emotional well-being. Over time child learns to self-soothe. The healing power of mom is transferred to the therapist

  • DESIRE + BELIEFS + EXPECTANCY = HOPE
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– THERAPEUTIC RELATIONSHIP

• The most important component!
• Patients will “doctor shop” looking for good relationship
• Likeable and credible strengthens expectation
• The greater the empathy and the greater the amount of positive information shared by therapist to patient the greater the placebo effect
• Patients given a specific diagnosis and told they will get better usually do

– THE HEALING RITUAL
THE ART AND SCIENCE OF HEALING

• NONVERBAL (Right brain)
  – Eye Contact
  – Posture
  – Facial Expression
  – Touch
  – Dress
  – Professional Manner

• Communicate the therapists inner feelings, attitudes and values
THE ART AND SCIENCE OF HEALING

• NONVERBAL (Right brain) (continued)
  – Prosody-how something is said
    • Strongly influences the autonomic nervous system and hypothalamic-pituitary-adrenal axis through the limbic pathways
    • Regulates non-verbal healing responses
    • Patient has a desire to be listened to and understood
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“A GOOD DOCTOR TREATS THE DISEASE. A GREAT DOCTOR TREATS THE PERSON WHO HAS THE DISEASE.”

SIR WILLIAM OSLER
THE ART AND SCIENCE OF HEALING

• “Psychotherapy research suggests that all bona fide psychotherapies have equivalent efficacy, regardless of the claims of their specific technique touted by partisan practitioners.” (Nyak and Pankaj. “Enhancing Placebo Effects in Clinical Practice.” Psychiatric annals 44:2, February 2014, pg.94.)
THE ART AND SCIENCE OF HEALING

• “The psychotherapy research literature reveals the equivalence paradox (i.e. all bona fide psychotherapies regardless of their specific treatment techniques have equally efficacious global outcomes), and that effective therapists behave similarly in conducting therapy irrespective of their theoretical orientation.”

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• In an oft-cited study (Strupp and Hadley. “Specific versus Nonspecific Factors in Psychotherapy. A Controlled Study of Outcome. Arch Gen Psychiatry. 1979; 36(10):1125-1136) university professors with renowned reputations for warmth and trustworthiness but no previous therapy experience as therapists could produce good outcomes comparable to those of therapists with 20 years’ experience
THE ART AND SCIENCE OF HEALING

• 112 patients treated by 18 psychiatrists (50% in a drug arm and 50% in a placebo arm) from the NIMH depression collaborative research program revealed the therapeutic alliance as the largest contributor to improvement in depression. The placebo-enhancing psychiatrists had better outcomes with inert pills than others had with drugs.

THE ART AND SCIENCE OF HEALING

  – Caring, empathy and sensitivity
  – Ability to adapt medical care goals to patient’s needs and values
  – Encouraging patient to participate fully in decision-making
  – Confidence, enthusiasm, and affability
  – Perception as warm and friendly, trustworthy and reliable
The Art and Science of Healing

Can you remember an experience when someone (a client, friend or child) came to you with an unsolvable problem and in your presence came up with the solution without you saying a word?
THE ART AND SCIENCE OF HEALING

• ENTRAINMENT
• COHERENCE
• SEEING THE LOVE AND BEAUTY INSIDE ONE WHO CANNOT SEE IT INSIDE OF HIM/HER SELF
THE ART AND SCIENCE OF HEALING

COHERENCE

• Any object (piece of wood, bone, electron, molecule, etc.) has a certain natural or resonant frequency

• When two objects have similar natural frequencies, they can interact without touching; their vibrations can become coupled or entrained

• For electromagnetic interactions between molecules the word “resonance” is used more often than entrainment
THE ART AND SCIENCE OF HEALING

• If a piano and a guitar were both tuned and a G cord was played on the piano, the G string on the guitar would also vibrate

• Entrainment allows two similarly tuned systems to align their movement and energy so they match in rhythm and phase

• When two systems are oscillating at different frequencies there is an impelling force called resonance that causes the two to transfer energy from one to the other
THE ART AND SCIENCE OF HEALING

• When two similarly tuned systems vibrate at different frequencies there is another aspect of this energy called *entrainment* which causes them to line up and to vibrate at the same frequency

• *LOVE IS THE UNIVERSAL VIBRATION THAT ALLOWS PEOPLE TO TRANSFER HEALING ENERGY FROM ONE TO ANOTHER*
THE ART AND SCIENCE OF HEALING

• ONE DOES NOT HEAL ANOTHER
• THAT IS ARROGANCE!
• ALL ONE DOES IS PROVIDE THE RESONANT ENERGY TO ALLOW OTHERS TO HEAL THEMSELVES
THE ART AND SCIENCE OF HEALING

DOES TOUCH MAKE A DIFFERENCE?
THE ART AND SCIENCE OF HEALING

• We have an innate ability to decode emotions by touch alone

• Matthew Hertenstein, DePauw University, 2009
  – Have the ability to send and receive emotional signals through touch
  – Participants communicated eight distinct emotions-anger fear, disgust, love, gratitude, sympathy, happiness and sadness at 78% accuracy (chance would have been around 25%)
THE ART AND SCIENCE OF HEALING

• We feel more connected to someone if they touch us although the context is important
• Touch strengthens relationships and is a marker of closeness
• *When you stimulate the pressure receptors in the skin you lower stress hormones and at the same time stimulate the release of oxytocin which enhances trust and attachment*
• Even self-massage can slow heart rate and reduce cortisol levels
THE ART AND SCIENCE OF HEALING

• The person touching gets the same benefits
• Peter Andersen, San Diego State University and author of *Nonverbal Communication: Forms and Functions*
  – The most important things we reveal through touch are probably our degree of dominance or our degree of intimacy
  – A limp handshake signifies uncertainty, low enthusiasm and introversion
  – A vice-like grip is a sign of domination
  – Doctors, teachers, etc. who are more touch-oriented get higher ratings
• **PERFECT LISTENING**
  
  – PERFECT LISTENING IS LISTENING NOT SO MUCH TO OTHERS AS TO ONESELF
  
  – PERFECT SIGHT IS SEEING NOT OTHERS SO MUCH AS ONESELF
  
  – FOR THEY FAIL TO UNDERSTAND THE OTHER WHO HAVE NOT HEARD THEMSELVES; AND THEY ARE BLIND TO THE REALITY OF OTHERS WHO HAVE NOT PROBED THEMSELVES. THE PERFECT LISTENER HEARS YOU EVEN WHEN YOU SAY NOTHING
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“WHEN OUR LIFE CEASES TO BE INWARD AND PRIVATE, CONVERSATON DEGENERATES INTO MERE GOSSIP....IN PROPORTION AS OUR INWARD LIFE FAILS, WE GO MORE CONSTANTLY AND DESPARATELY TO THE POST OFFICE. YOU MAY DEPEND ON IT, THAT THE POOR FELLOW WHO WALKS AWAY WITH THE GREATEST NUMBER OF LETTERS PROUD OF HIS EXTENSIVE CORRESPONDENCE HAS NOT HEARD FROM HIMSELF THIS LONG WHILE.”

THOREAU, WALDEN AND OTHER WRITINGS. BANTAM BOOKS, LONDON, 1950, PPG723-4.
THE ART AND SCIENCE OF HEALING

RELIVE A TIME WHEN YOU TOTALLY RESONATED WITH A CLIENT OR A CHILD

WHAT WAS THE EXPERIENCE LIKE?
THE ART AND SCIENCE OF HEALING

• ONE UNCONSCIOUS MIND COMMUNICATES WITH ANOTHER UNCONSCIOUS MIND
• RIGHT HEMISPHERE (RH) RESPONDS QUICKLY TO ALL STIMULI
• IMPLICIT LEVEL OF THE THERAPEUTIC ALLIANCE (BENEATH THE EXPLICIT COGNITIONS AND LANGUAGE) ARE THE CORE OF THE CHANGE MECHANISM AT THE UNCONSCIOUS LEVEL
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• INVOLVES CO-CREATION OF AN INTERSUBJECTIVE CONTEXT THAT FACILITATES THE PROCESS OF CHANGE (ATTACHMENT COMMUNICATION)

• ATTACHMENT COMMUNICATION REPRESENTS RH TO RH TRANSACTION THAT FACILITATE THE EXPERIENCE DEPENDENT MATURATION OF RH
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• THERAPEUTIC ALLIANCE
  – THERAPIST’S FACILITATING BEHAVIORS COMBINE WITH THE PATIENTS CAPACITY FOR ATTACHMENT TO PERMIT DEVELOPMENT OF ALLIANCE (PRIMARY COMPONENT OF EMOTIONAL BOND)
  – THERAPIST MUST BE EMOTIONALLY AVAILABLE
THE ART AND SCIENCE OF HEALING

• CARL ROGERS (1986)
  “AS A THERAPIST, I FIND THAT WHEN I AM CLOSEST TO MY INNER, INSTINCTIVE SELF, WHEN I AM SOMEHOW IN TOUCH WITH THE UNKNOWN IN ME, WHEN PERHAPS I AM IN A SLIGHTLY ALTERED STATE OF CONSCIOUSNESS IN THE RELATIONSHIP, THEN WHATEVER I DO SEEMS FULL OF HEALING.”
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WHEN YOU WORK WITH SOMEONE WHAT IS YOUR INTENTION?
THE ART AND SCIENCE OF HEALING

• INTENTION CHANGES OUTCOME
  – HEISENBERG PRINCIPLE
  – VON NEUMANN FORMULA

• LOVE AND BEAUTY

• INTEGRITY

• TO HELP PEOPLE SEE THE TRUTH IN THEMSELVES

• LIGHT
THE ART AND SCIENCE OF HEALING

• REMEMBER...
  – Your mind (thoughts) can directly influence the rate of growth of bacteria, fungi and plants
  – Depending upon whether the clinician focuses thought using calming or activating imagery, they can create a greater sense of relaxation or anxiety in the patient

THE ART AND SCIENCE OF HEALING

THE CLIENT CAN FEEL YOUR ANXIETIES AND FEARS JUST AS YOU CAN FEEL THEIRS
THE ART AND SCIENCE OF HEALING

• WHEN THERE IS UNCONDITIONAL LOVE AND BEAUTY WHATEVER YOU DO IS RIGHT

• UNCONDITIONAL LOVE WILL SOLVE ALL PROBLEMS

• UNCONDITIONAL LOVE IS PASSION WITHOUT MOTIVE

• A MIND THAT IS SEEKING IS NOT A PASSIONATE MIND AND TO COME UPON LOVE WITHOUT SEEKING IS THE ONLY WAY TO FIND IT
THE ART AND SCIENCE OF HEALING

“THE CURIOUS PARADOX IS THAT WHEN I ACCEPT MYSELF AS I AM, THEN I CAN CHANGE”...CARL ROGERS