THE ART AND SCIENCE OF HEALING

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KINTSUKUROI

• Kintsukuroi (*keen-tsoo-koo-roy*) is the Japanese art of repaired pottery.
• When a potter makes a bowl, he makes it by hand with malleable clay.
• Now, let's say the bowl broke. Would you even consider repairing it, let alone consider it *more beautiful for having been broken?*
• But others would not only repair it, but also elevate it to a whole new level of appreciation.
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• **CONDITIONS**
  – Silence and solitude
  – Meditation and contemplation
  – Honesty and humility

• **PROCESS**
  – Change from ego operating system toward Self operating system

• **CHANGE IN WORLDVIEW**
  – Change from grandiosity of the narcissistic ego toward gratitude and unconditional regard of the Self
A WOUNDED HEALER

A THERAPIST CANNOT TAKE A CLIENT ANY FURTHER THEN THEIR OWN SPIRITUAL AND PERSONAL EXPLORATION HAS TAKEN THEM
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.
• 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
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- A tremendous lack of tolerance for being alone
- Instead of spending time looking inward we are constantly looking outward
- Personal and/or spiritual growth requires solitude
- *Solitude is the precondition for having a conversation with yourself*
SILENCE

• Florence Nightingale, the 19th century British nurse and social activist, once wrote that “Unnecessary noise is the most cruel absence of care that can be inflicted on sick or well.”

• Noise pollution has been found to lead to high blood pressure and heart attacks, as well as impairing hearing and overall health.
SILENCE

• Loud noises raise stress levels by activating the brain’s amygdala and causing the release of the stress hormone cortisol

• An unpublished 2004 paper by environmental psychologist Dr. Craig Zimring suggests that higher noise levels in neonatal intensive care units led to elevated blood pressure, increased heart rates and disrupted patient sleep patterns
SILENCE

• A 2006 study published in the journal *Heart* found two minutes of silence to be more relaxing than listening to “relaxing” music, based on changes in blood pressure and blood circulation in the brain.

• *The ceaseless attentional demands of modern life put a significant burden on the prefrontal cortex of the brain.*
SILENCE

• When those attention resources are depleted, we become distracted and mentally fatigued, and may struggle to focus, solve problems and come up with new ideas.

• According to attention restoration theory, the brain can restore its finite cognitive resources when we’re in environments with lower levels of sensory input.
SILENCE

• The *default mode network* of the brain is activated when we engage in “self-generated” cognition such as daydreaming, meditating, fantasizing about the future or just letting our minds wander (FLOW STATE).

• Engaging this network helps us to make meaning out of our experiences, empathize with others, be more creative and reflect on our own mental and emotional states.
SILENCE

• A 2013 study of mice published in the journal *Brain, Structure, and Function*, compared the effects of ambient noise, white noise, pup calls and silence on the rodents’ brains.

• They found that two hours of silence daily led to the development of new cells in the hippocampus, a key brain region associated with learning, memory and emotion.
SMARTPHONES REDUCE COGNITIVE CAPACITY

- *Experiments with nearly 800 smartphone users in an attempt to measure how well people can complete tasks when they have their smartphones nearby even when they're not using them*

- The tests were geared to measure participants' *available cognitive capacity* —that is, the brain's ability to hold and process data at any given time.
SMARTPHONES REDUCE COGNITIVE CAPACITY

• Before beginning, participants were randomly instructed to place their smartphones either on the desk face down, in their pocket or personal bag, or in another room. Participants were instructed to turn their phones to silent.

• Asked study participants to sit at a computer and take a series of tests that required full concentration in order to score well
Participants with their phones in another room significantly outperformed those with their phones on the desk.

Findings suggest that the mere presence of one's smartphone reduces available cognitive capacity and impairs cognitive functioning, even though people feel they're giving their full attention and focus to the task at hand.
SMARTPHONES REDUCE COGNITIVE CAPACITY

• As the smartphone becomes more noticeable, participants' available cognitive capacity decreases. Your conscious mind isn't thinking about your smartphone, but that process—the process of requiring yourself to not think about something—uses up some of your limited cognitive resources.

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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?
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• ENTRAINMENT
• COHERENCE
• SEEING THE LOVE AND BEAUTY INSIDE ONE WHO CANNOT SEE IT INSIDE OF HIM/HER SELF
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• 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
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• 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.**
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• 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
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RELIVE A TIME WHEN YOU TOTALLY RESONATED WITH A CLIENT OR A CHILD
WHAT WAS THE EXPERIENCE LIKE?
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- Research since the 1970’s has found one factor consistently associated with positive outcome in therapy—*the therapeutic relationship* (strength of the relationship between client and therapist) (Butler and Strupp, 1986; Horvath and Symonds, 1991; Martin, Garske & Davis, 2000)

- The therapeutic conditions consisted of increased levels of *empathy, unconditional regard and acceptance* (Rogers, 1961)

- Largely fostered through nonverbal communication of *respect, acceptance and affective attunement* (D’Elia, 2001)
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• Therapist as a secondary attachment figure promoting healthy neurological functioning and development of an adaptive stress response system

• Nonenriched (stressful) environments induce the adrenal-medullary system (SAM) to secrete epinephrine and norepinephrine (rapid and short-lived preparation of body to meet the challenge) and hypothalamic-pituitary-adrenal (HPA) axis to release cortisol (also prepares body but slower in onset and longer acting)
• Altered activity of HPA associated with both affective and disruptive behavior disorders (Van Goozen, et. al., 2000)

• Some clients have difficulty managing response to stressful situations while others have problems inhibiting aggressive and reactive tendencies (McEwen, 2002a)

• The secondary attachment figure can help correct this negative neurological effects associated with nonenriched environments (Hertzman, 1999)

• Enriched environments can downregulate the stress system
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- Neurological effects of secure attachment impact right Orbitofrontal Cortex (rOFC) which can regulate the Autonomic Nervous System (ANS) by pushing down the emotional “clutch” that disengages the sympathetic “accelerator” while activating the parasympathetic “brakes” (Siegel, 1999)
- An attuned relationship can influence neurobiology by releasing oxytocin which also down regulates and soothes the stress system (Panksepp, 1998). This effect can last for several days (McEwen, 2002b)
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• The rOFC can serve the function of what has been theoretically referred to as an “internalized object”
• The internalization of the therapist serves as a biological regulator of the client’s ANS
• Implicit representations of the supportive experience allow for future self-soothing and are stored as memories (Cozolino, 2002)
• Over time the client their own functional connections allowing for self-soothing
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• A “selfobject” represents an experience of another as part of self (Kohut, 1977)
• A “selfobject” provides basic psychological needs of soothing, support and acknowledgment
• Rooted in empathic attunement or resonance between client and therapist where therapist utilizes nonverbal attending skills
• By development of the rOFC the client internalizes the functions of the “selfobject”
1. Clients present with their unique histories of distress and manifestation of symptoms. Such difficulties can reflect dysregulated neurological functioning and structure associated with a particular disorder.

2. The therapist works to convey an appreciation of the content discussed and the manner in which the client presents the information and themselves. Part of this experience is mediated through right orbitofrontal lobe activity.
3. As the therapist accurately and empathetically reflects an appreciation of the client’s experience through verbal and nonverbal communication, the client experiences the therapist as supportive, non-judgmental, and empathic. This attunement leads to an affective synchronicity, which resonates between attending right orbitofrontal lobes.

4. Such resonance promotes the soothing effects of oxytocin experienced within the supportive therapeutic relationship.
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5. Oxytocin and the experience of support from a caring and attentive individual down regulates activity of the HPA axis and the limbic system.

6. Following the experience of relief, the therapist attends to that which needs to be supported and reinforced. With depression this may be the experience of success in a social situation that promotes the self-esteem. With externalizing disorders this may be related to the client successfully managed a reactive impulse. The cycle is then repeated again as clients express further distress or dysregulation.
A type of heart-rhythm synchronization can occur in interactions between people and also between people and their pets.

The top of the graph shows the dog’s (Mabel) heart rhythm shift when the boy (Josh, shown in the lower part of the graph) entered the room, sat down and proceeded to consciously experience feelings of love towards Mabel.
When Josh consciously felt feelings of love and care towards his pet, his heart rhythms became more coherent, and this change appears to have influenced Mabel’s heart rhythms, which then also became more coherent. There was no physical contact between them.
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A Boy and His Dog

Heart Rhythms

Mabel (The Dog)

Josh and Mabel in separate rooms

Josh enters room and loves Mabel

Josh leaves room Mabel wants Josh to stay

Heart Rate (bpm)

Josh (The Boy)

Heart Rate (bpm)

TIME (Minutes)
The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.
Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart’s magnetic field, which energetically affects those in our environment whether or not we are conscious of it.
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WHAT IS YOUR WORLDVIEW?

HOW DOES YOUR WORLDVIEW IMPACT YOUR CLIENTS?
WHAT DO YOU SEE?
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• **WORLDVIEW**
  – Your philosophy of life based upon all the experiences that make you uniquely who you are
  – Examples:
    • **GRANDIOSITY**- Ego (false self), Ego Operating System
    • **GRATITUDE**- Self (true self), Self Operating System
  – As the ego is reduced via honesty and humility, the worldview of the Self shines through
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• WORLDVIEW OF THE EGO-GRANDIOSITY
  – Some things psychology and pharmacology cannot effectively treat
  – Narcissism is such a problem
  – All character defects come from the narcissistic self-image of the ego
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• EGO...
  – Ego is primarily developed between the age 2-10
  – During this time the ego develops unconscious programs for happiness
  – As we get older upwards of 90% of our decisions influenced this unconscious programming
  – Introspection (self-honesty) and humility necessary to achieve spiritual movement and realize a state of well-being
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• EGO…
  – Resistant to letting go of negative programs despite suffering
  – Source of resistance is the secondary payoff the ego gets from negativity
  – Ego derives pleasure from resentments, blame, self-pity, getting even, being the victim, feeling guilty etc.
Pride, shame, and guilt all activate similar neural circuits, including the dorsomedial prefrontal cortex, amygdala, insula and the nucleus accumbens. Interestingly, pride is the most powerful of these emotions at triggering activity in these regions — except in the nucleus accumbens, where guilt and shame win out. This explains why it can be so appealing to heap guilt and shame on ourselves — they’re activating the brain’s reward center.
• You know what the antidepressant Wellbutrin does? Boosts the neurotransmitter dopamine. So does gratitude.

• The benefits of gratitude start with the dopamine system, because feeling grateful activates the brain stem region that produces dopamine. …
Additionally, gratitude toward others increases activity in social dopamine circuits, which makes social interactions *more enjoyable and subjectively beneficial*
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• Know what Prozac does? Boosts the neurotransmitter serotonin. So does gratitude.

• **Think of things you are grateful for forces you to focus on the positive aspects of your life. This simple act increases serotonin production in the anterior cingulate cortex.**
It’s not finding gratitude that matters most; it’s remembering to look in the first place. Remembering to be grateful is a form of emotional intelligence (EI).

• Gratitude can enhance neuron density in the ventromedial and lateral prefrontal cortex increasing EI.

• With higher EI, it simply takes less effort to be grateful.

NOTE: EI allows one to recognize, understand and influence the emotions of others.
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“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.”
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• **EXPECTATION**

• A sample of alcohol-dependent patients received naltrexone, acamprosate or placebo
  – No difference in outcomes
  – Those who believed they were taking an active medication consumed fewer alcoholic drinks and reported less craving
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*
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- 80 patients with irritable bowel syndrome
- One group of participants got no treatment. The other group was given inert pills, clearly labeled "placebo pills," and told the medications were fake. But the researchers also explained that patients often experience benefit from placebos. To everyone's surprise, this group reported twice as much improvement as the untreated control group.
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• Find people in pain.
• Enroll them in a study.
• Admit you can't do much to help.
• Give them a fake pill.
• Tell them that's exactly what you are doing.

But here's the crazy thing: It works.

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• “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.
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• 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.

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WHEN YOU WORK WITH SOMEONE
WHAT IS YOUR INTENTION?
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• INTENTION CHANGES OUTCOME

• If one works with the intention of doing the best they can with integrity unconditional regard…

• Whatever you do will be right
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• 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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• “THE CURIOUS PARADOX IS THAT WHEN I ACCEPT MYSELF AS I AM, THEN I CAN CHANGE”...CARL ROGERS

• AS WE HEIGHTEN OUR AWARENESS OF OURSELVES WE....

ELEVATE OUR PRACTICE
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