



# THE ART AND SCIENCE OF HEALING:

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# THE ART AND SCIENCE OF HEALING

***"Everyone thinks of changing the world, but no one thinks of changing himself." -- Tolstoy***



# THE ART AND SCIENCE OF HEALING



- 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

“FOR THE FIRST TIME IN THE HISTORY OF OUR SPECIES, WE ARE NEVER ALONE AND NEVER BORED. HAVE WE LOST SOMETHING FUNDAMENTAL ABOUT BEING HUMAN?”

Fischetti, M. “The Networked Primate”. *Scientific American*. September 2014, pgs. 83-85.



# THE ART AND SCIENCE OF HEALING

- 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



**THE ART AND SCIENCE OF HEALING**

***PERSONAL GROWTH***

***SPIRITUAL GROWTH***



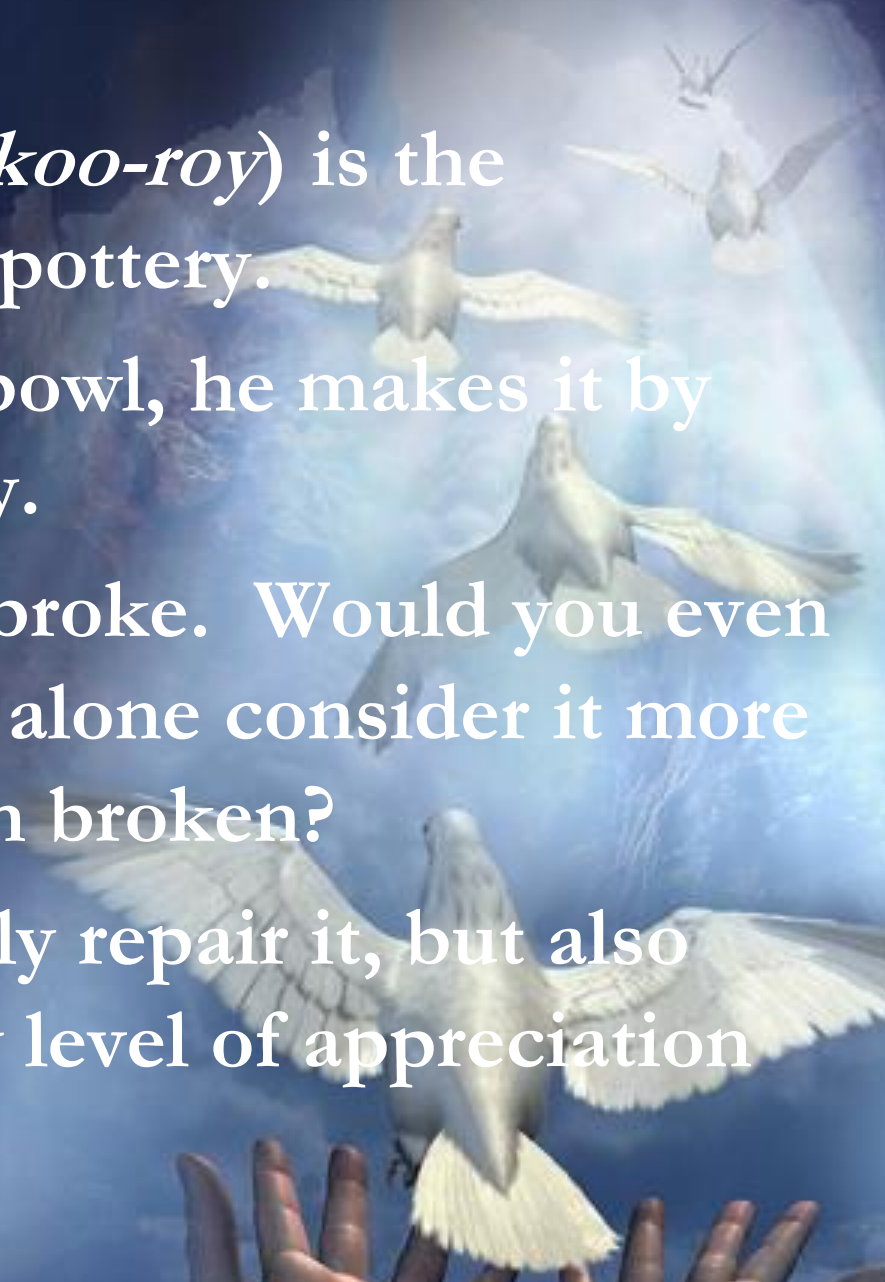




Lakeside Pottery

# 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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***GRATITUDE (LOVE)***

**A CHANGE IN WORLDVIEW**

***GRANDIOSITY (CHARACTER DEFECTS)***



# THE ART AND SCIENCE OF HEALING

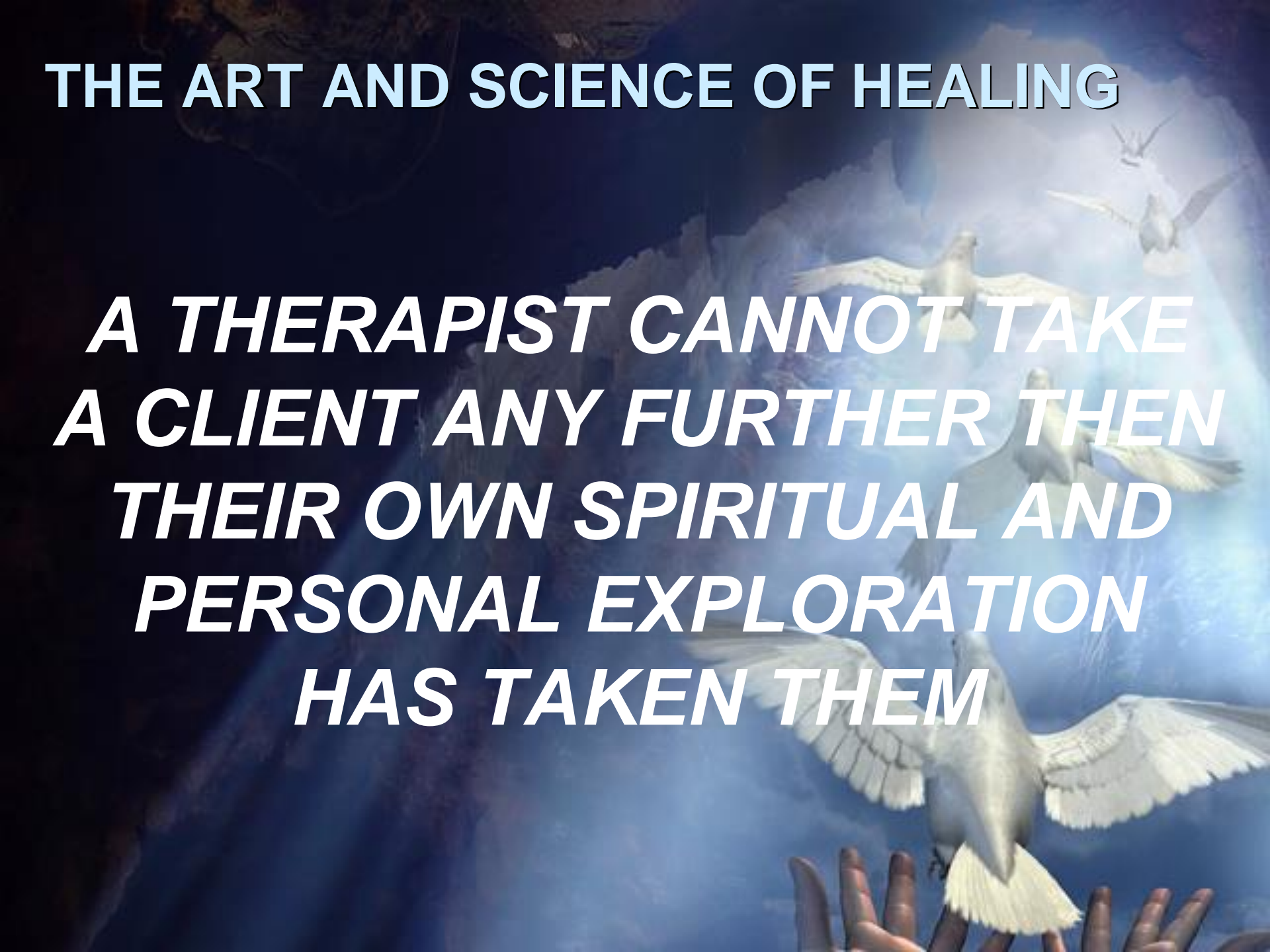


- ***WORLDVIEW OF THE EGO***
- **Some things psychology and pharmacology cannot effectively treat**
- ***Narcissism is such a problem***
- **All character defects come from the narcissistic self-image of the ego**



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***A THERAPIST CANNOT TAKE  
A CLIENT ANY FURTHER THEN  
THEIR OWN SPIRITUAL AND  
PERSONAL EXPLORATION  
HAS TAKEN THEM***



# **THE ART AND SCIENCE OF HEALING**

***REFLECTION***

***CONTEMPLATION***

***SILENCE AND SOLITUDE***

***PERSONAL STUDY***

***MEDITATION***



**THE ART AND SCIENCE OF HEALING**

***PERSONAL “SPACE”***



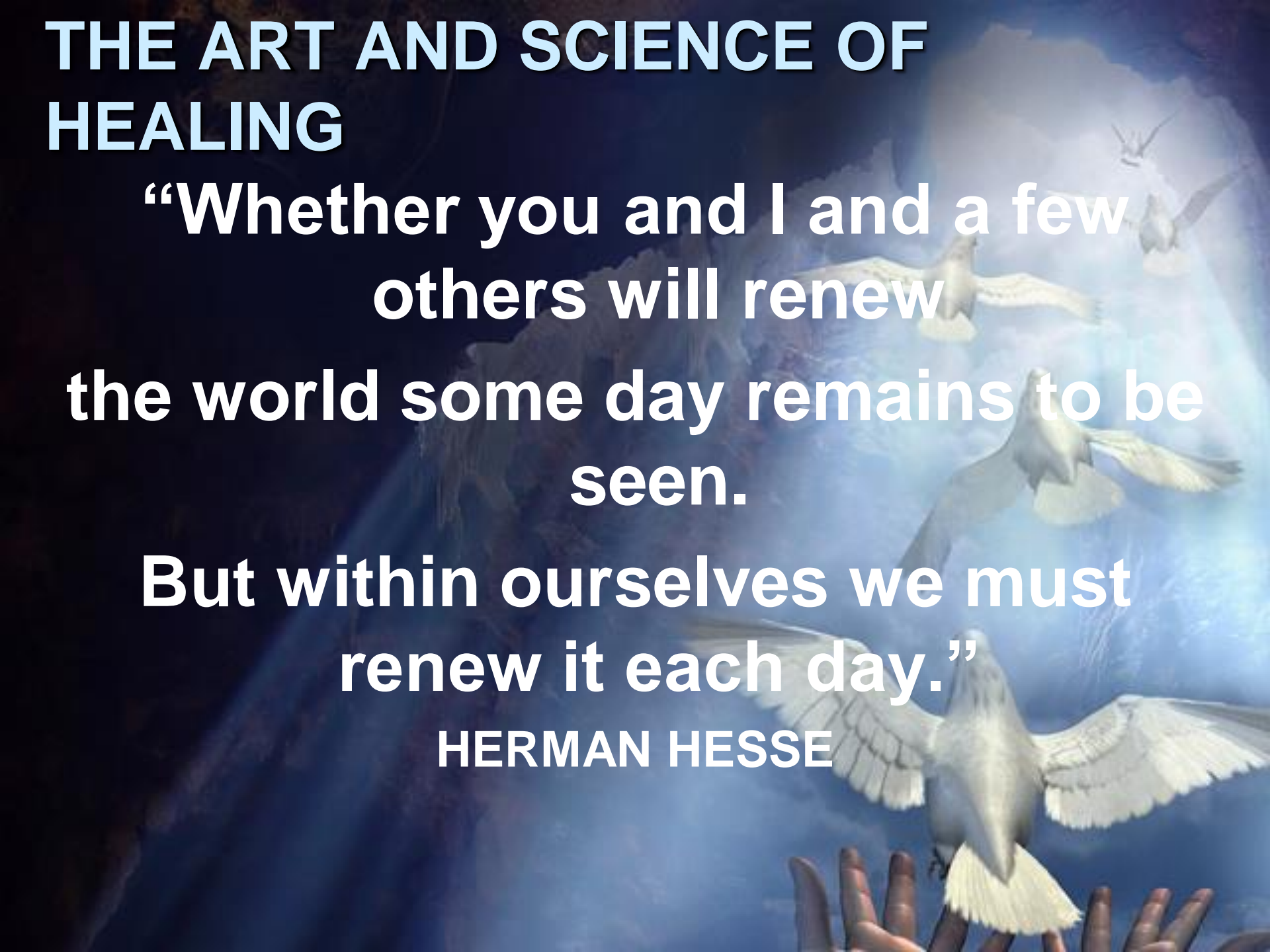


# THE ART AND SCIENCE OF HEALING

**“Whether you and I and a few others will renew the world some day remains to be seen.**

**But within ourselves we must renew it each day.”**

**HERMAN HESSE**



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***WHAT IS YOUR  
WORLDVIEW?***

***HOW DOES YOUR  
WORLDVIEW IMPACT YOUR  
CLIENTS?***

# WHAT DO YOU SEE?



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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.”***



# THE ART AND SCIENCE OF HEALING

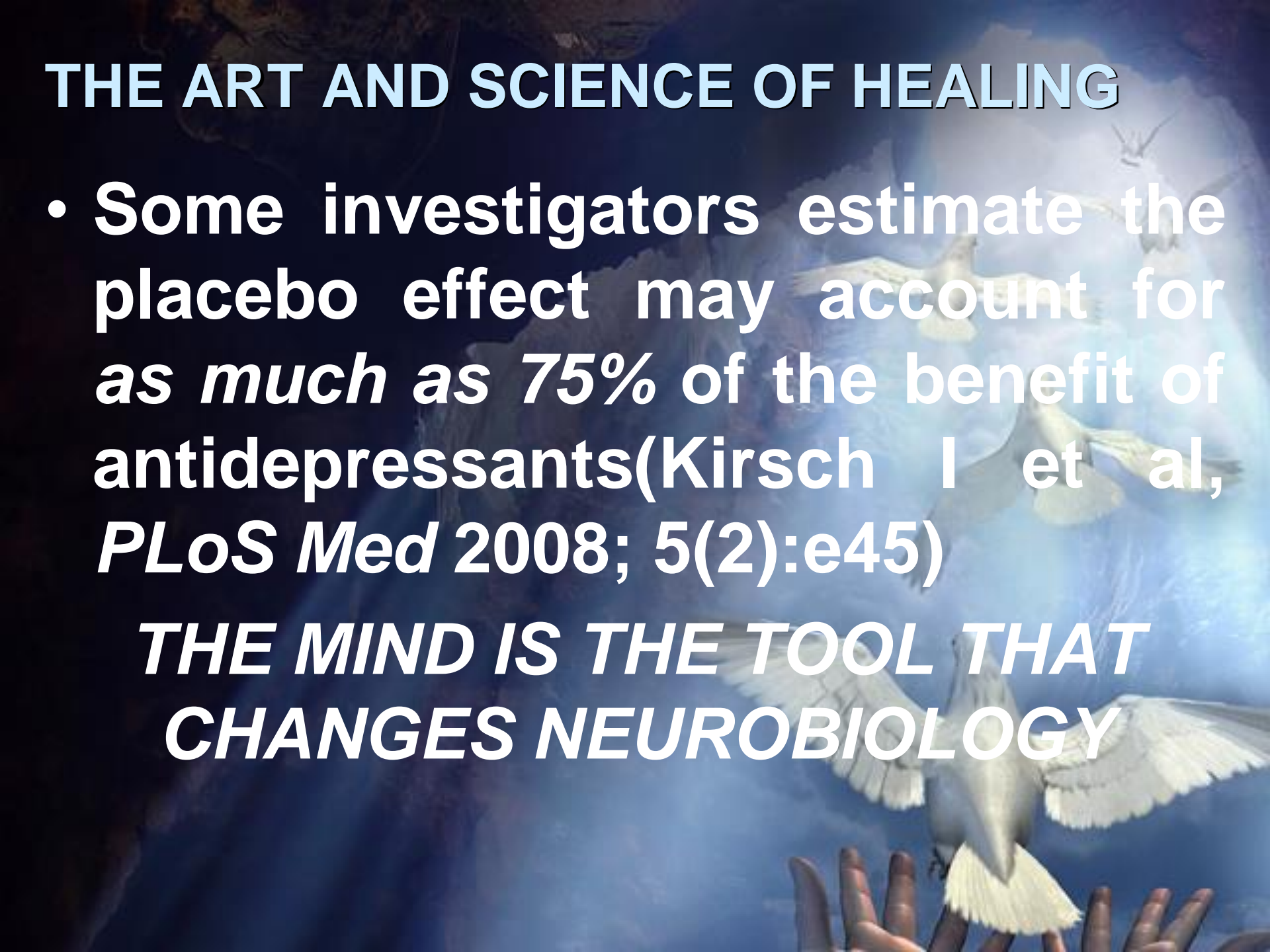


- ***THE PLACEBO EFFECT DEPENDS ENTIRELY ON THE PATIENT'S STATE OF BELIEF***
- ***THE MIND CAN CHANGE THE BIOLOGY OF THE BRAIN***
- ***CLINICIANS SHOULD ALWAYS TAKE ADVANTAGE OF THE PLACEBO EFFECT***
  - ***GREET EVERY PATIENT POSITIVELY***
  - ***BE SUPPORTIVE***
  - ***TELL PATIENT YOU EXPECT THEM TO GET BETTER (NEVER UNDERESTIMATE THE POWER OF HOPE)***

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- 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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- ***“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.”***

Wampold, Mondin and Moody. “A meta-analysis of outcome studies comparing bona fide psychotherapies. *Psychological Bulletin*. 1997; 122(3):203-215.



# THE ART AND SCIENCE OF HEALING



- 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 depressive 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***

McKay, Imel and Wampold. "Psychiatrist Effects in the Psychopharmacological Treatment of Depression". *J Affect Disord*, 2006;92(2-3):287-290

# 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



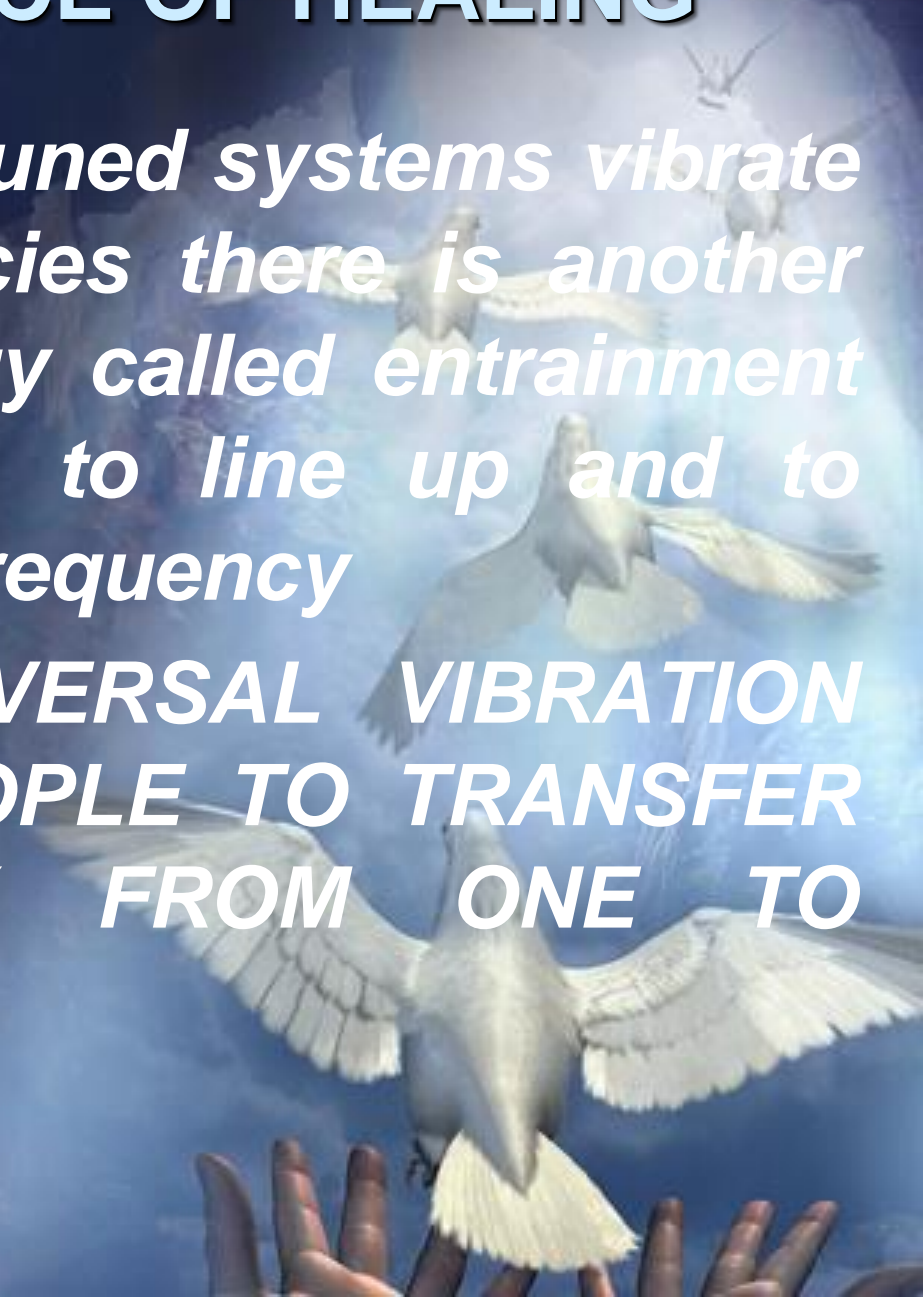
# THE ART AND SCIENCE OF HEALING



- 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**



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- **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**





# THE ART AND SCIENCE OF HEALING

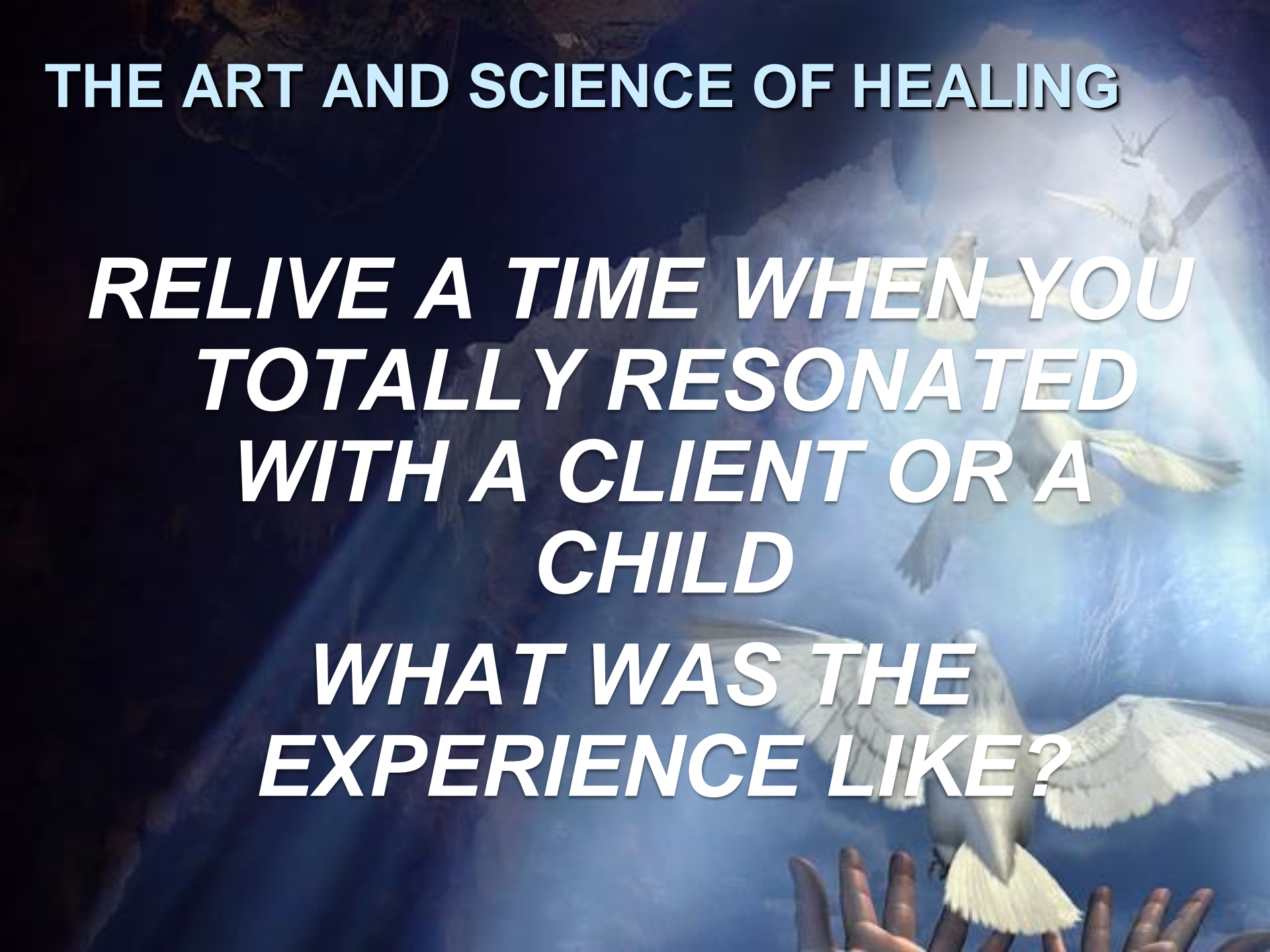
“WHEN OUR LIFE CEASES TO BE INWARD AND PRIVATE, CONVERSATION DEGENERATES INTO MERE GOSSIP...IN PROPORTION AS OUR INWARD LIFE FAILS, WE GO MORE CONSTANTLY AND DESPERATELY TO THE POST OFFICE. YOU MAY DEPEND ON IT, THAT THE POOR FELLOW WHO WALKS AWAY WITH THE GREATEST NUMBER OF LETTERS PROUD OF HIS EXTENSIVE 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

The background of the slide features a close-up of a person's face, likely a therapist, with their hands raised and holding several white doves. The doves are in flight, with their wings spread, against a soft, blue, ethereal light. The overall mood is peaceful and 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



# THE ART AND SCIENCE OF HEALING



- **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.”**

**THE ART AND SCIENCE OF HEALING**

***WHEN YOU WORK WITH  
SOMEONE WHAT IS YOUR  
INTENTION?***



# THE ART AND SCIENCE OF HEALING

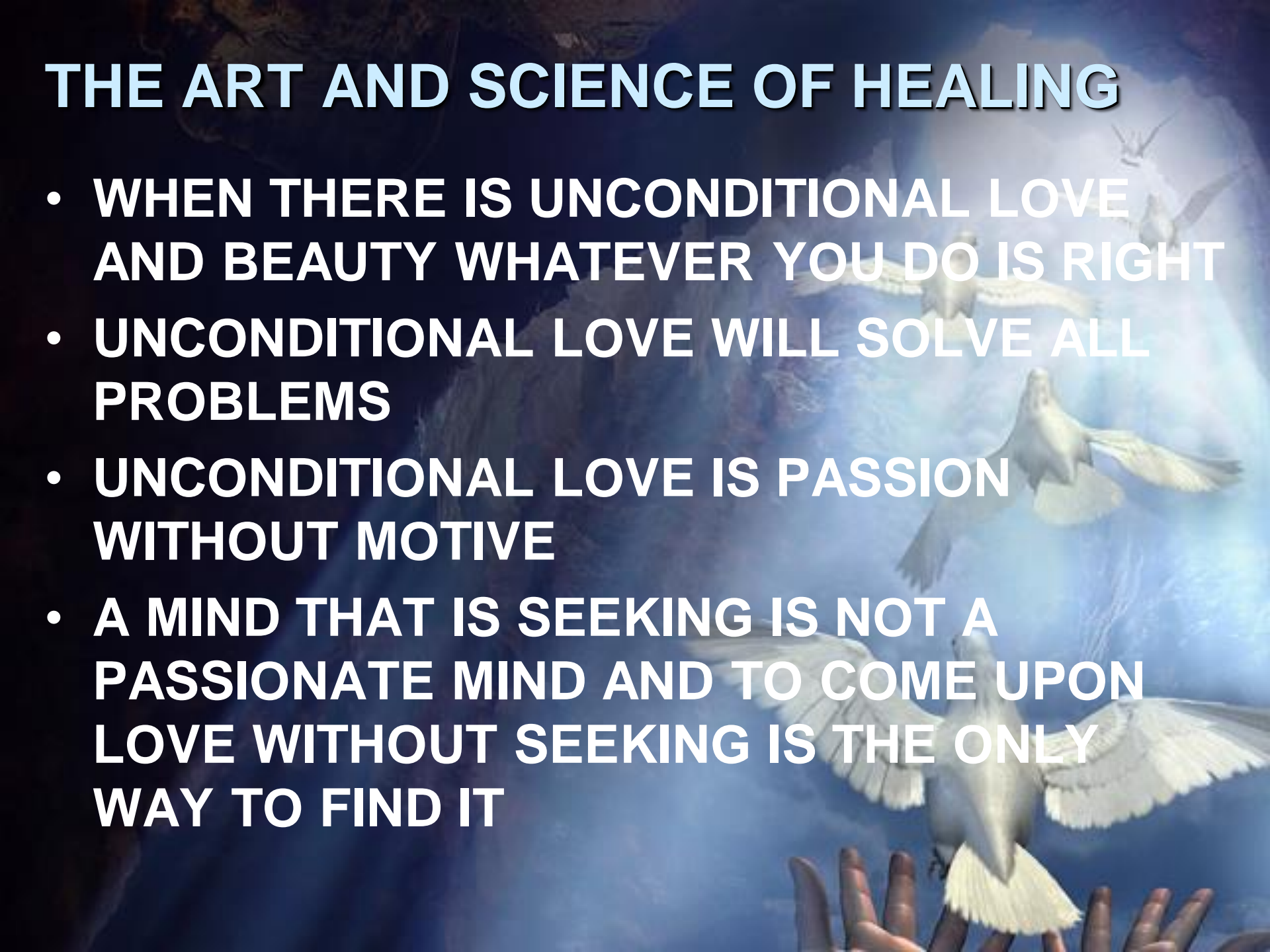


- **INTENTION CHANGES OUTCOME**
  - HEISENBERG PRINCIPLE
  - VON NEUMANN FORMULA
- **LOVE AND BEAUTY**
- **INTEGRITY**
- **TO HELP PEOPLE SEE THE TRUTH IN THEMSELVES**
- **LIGHT**



# THE ART AND SCIENCE OF HEALING

- **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**

