HEALING THE HEALERS

Richard Groves. Sacred Art of Living Institute
Jim Diegel. St Charles Health System
Bend, Oregon USA

PRESENTER DISCLOSURE

Presenters for this Workshop:
Richard Groves. Sacred Art of Living Institute
Jim Diegel. St Charles Health System

HAVE NOTHING TO DISCLOSE
WORKSHOP OBJECTIVES

✓ To learn about the integral relationship between CLINICIAN SELF AWARENESS and STRESS MANAGEMENT in the workplace.
✓ To experience a tool and best practice for measuring PSYCHO-SPIRITUAL WELLNESS & SUFFERING
✓ To motivate both organizations and professionals in re-defining their VISION, MISSION & VALUES in light of the Soul & Science of Caregiving

Sacred Art of Living
Institute for Spiritual Formation

Reconnecting the Soul & Science of Health Care
and
The Soul & Role of Health Care Professionals

Richard & Mary Groves

Founded in 1996
Bend, Oregon USA
OUR VISION
Creating America’s healthiest community, together.

OUR MISSION
In the spirit of love and compassion—better health, better care, better value.

OUR VALUES
Accountability
Caring
Teamwork

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WHAT IS THE QUALITY OF MY LIFE?

WHAT IS THE QUALITY OF MY PRESENCE?
RE-CONNECTING SOUL & ROLE IN THE WORKPLACE

Inviting the soul to work... Living a divided life no more

HEALING HEALTH CARE
IMAGINATION IN MEDICINE

WHAT IS MEDICINE?
It is more important to know what sort of person has a disease than to know what sort of disease a person has.

Hippocrates
470 BC

Your body’s ability to heal is greater than anyone has permitted you to believe.

Hippocrates
470 BC
THE PHYSICAL UNIVERSE IS ENERGY

SOUL OF MEDICINE

Intuition is as important than science because knowledge is limited to perceptible data whereas imagination embraces the entire universe of unseen possibility.

-Albert Einstein
IMAGINATION IN MEDICINE

“To be a good doctor one also needs to be a good psychic.”

-Johannes Salk

NEWTONIAN
Nature is predictable
Clockwork Universe
Assembly line, org charts, students in rows
Particle OR Wave
Doctor - Patient relationship

QUANTUM
Chaos, statistical probabilities
Relational Universe
Teams, pods, interdisciplinary systems
Particle AND Wave
Impossible to isolate Observer from the Observed
Medline search shows that spiritual terms are seldom made in medical literature, and then, mostly in a religious or historical context or in reference to psychological concerns.

Within most science-based medicine the word soul does not compute.

While no one can give a precise definition of the soul, we all experience what it feels like. It is the sense of something greater than our individual self...

Dr. Albert Schweitzer
SPIRITUALITY VS. RELIGION

WESTERN MEDICAL MODEL

The Scientific Method

Observation -> Theory -> Prediction -> Evidence

- Observation: Collect data
- Theory: Make sense of the data
- Prediction: Use theory to make predictions
- Evidence: Test predictions

Truth is what you can measure and quantify
3rd Millennium Health Care Revolution

is being led by institutions and caregivers who are willing to go beyond psychosomatic medicine and initiate research and therapies that foster a synthesis of humanities, depth psychology, quantum physics and spirituality.

The Soul of Bioethics,
C.D. Bessinger, MD

Observing Soul in Clinical Research
A Proposed Self-Awareness Based Model of Self-Care

Preventing vicarious traumatization of mental health therapists: Identifying protective practices. Westwood/Harrison

EXQUISITE EMPATHY

Highly present, sensitively attuned, well-boundried, heartfelt empathic engagement. Caregivers with exquisite empathy are invigorated rather than depleted by their intimate professional connections with traumatized patients and protected against compassion fatigue and burnout. JAMA. 2009;301(11):1155-1164
If we are serious about enriching the patient experience and building loyalty, we have to start from the inside out. Research clearly demonstrates that employee engagement is closely correlated with patient satisfaction. And yet many healthcare leaders are still applying a traditional model that puts the financial bottom line and efficiency standards ahead of even some of the most basic employee needs.

To learn more about how to participate go to: www.soulandscience.org
**THE THREAD**

There is a thread you follow
it goes among things that change.
But it doesn't change.
People wonder about things you are pursuing.
You have to explain about the thread.
It is hard for others to see.
While you hold it, you can't get lost.
Tragedies happen; people get hurt or die,
and you suffer and grow old.
Nothing you do can stop times unfolding.
But you don't ever let go of the thread.

William Stafford

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**WHAT IS THE THREAD**

that connects both
your personal and professional lives?
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TREATING SUFFERING:
KEY TO HEALTH CARE REFORM

• Western Medicine has no model to help someone live through their suffering
• Most suffering is not fixable; healing is finding a way through the suffering
• If the suffering person even begins to attend to soul, soul responds a thousand-fold

JAMA, 2009;301(11):1155-1164

What can life offer me? LIFE?
PAIN VS SUFFERING

DEFINING PAIN

Pain is an unpleasant sensory experience associated with actual or potential tissue damage, or described in terms of such damage.

International Association for the Study of Pain, Geneva, 1998
DEFINING SUFFERING

Suffering occurs when we assign meaning to the experience of physical or emotional pain. We generate suffering from our thoughts of the stories we tell ourselves about our pain.

Jungian Institute, Zurich, 2011

SUFFERING

A unique human capacity to endure pain for the sake of another

Victor Frankl
Alleviation of suffering is good, but it is not the Ultimate Good

From time to time a person finds themselves better off because of tragedy

Hippocrates

Responsive to interventions in traditional medicine

Few interventions in the medical model
New Test Distinguishes Physical From Emotional Pain in Brain for First Time
Univ. of Colorado Boulder/ NEJM May, 2013

New research suggests physical pain have distinct brain signatures that distinguishes it from emotional hurt. The model accurately determined whether patients had been subjected to physical or social pain 93% of the time.

Δια Γνώσις

- To see through
- Get to the bottom of
- Know the origin of
DIAGNOSIS

- To see through
- Get to the bottom of
- Know the origin of

PHYSICAL PAIN SCALE

1 2 3 4 5 6 7 8 9 10

NO PAIN

VISUAL ANALOG SCALE

WORST PAIN
EMOTIONAL PAIN SCALE

HAPPY FACE - SAD FACE

SPIRITUAL SUFFERING SCALE

HOW ARE YOU WITHIN YOURSELF?

<table>
<thead>
<tr>
<th>COMPLETELY PEACEFUL</th>
<th>GENERAL WELL-BEING</th>
<th>EXTREME ANXIETY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
FOUR DIMENSIONS OF PSYCHO-SPIRITUAL SUFFERING

MEANING  RELATEDNESS

JUDGMENT  COMPASSION

HOPE  FORGIVENESS

PATTERNS OF SPIRITUAL PAIN IN ACUTE CARE

MEANING  HOPE  FORGIVENESS

19%  8%  53%

RELATEDNESS

20%

BASED ON PATIENT SELF EVALUATION AT 36 HOSPITALS IN 14 STATES
Statistics based on SALC 2850 patient database (2008-11)
WHY AM I HERE?

"It is pertinent that concerns about intimate areas of relationship, life and death decisions and ultimate human values can be asked, answered and recorded in the same way as questions about fluid balances, bowel functions and bodily chemistry."

Larry Dossey, MD
Meaningfulness Makes Us Well
Meaninglessness Makes Us Sick

Florence Nightengale

Meaning of Illness

If you have cancer and are fearful = Suffering
If you have cancer in a well self = You will thrive
SPIRITUAL HEALTH ASSESSMENT TOOL

CARE RECEIVER ___________________________
CAREGIVER ___________________________
DATE ___________________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE "HOW YOU ARE WITHIN YOURSELF" TODAY. FEEL FREE TO ADD A PERSONAL COMMENT.

MEANING PAIN SCALE

1  2  3  4  5

Life is filled with purpose and meaning.  I feel generally motivated.  Life has become meaningless.

"Placebo effect" is the term applied by researchers to the beneficial health benefits of a well-conducted fake pill. It is often the case that a patient's illness or pain can be relieved by a pill that has no effectiveness, yet the pill will do its thing. In the opposite effect, a patient's disease is made worse by an expectation of improvement.

THE NOCEBO EFFECT

"Nocebo effect" (Latin - "I will harm") can be measured in the same way as the placebo effect, except that instead of a pill, such as aemannage, an inert substance inserts a worsening of symptoms — a nocebo effect. The nocebo effect has a negative attitude towards the effectiveness of the substance prescribed.

*Text excerpted from the Wikipedia articles: Placebo and Nocebo. 16 Jan 2006 (known to use humor)
OPTIMISM vs. PESSIMISM
Attribution Coping Research
Herbert Benson, MD & Joan Borysenko, PhD
Harvard Medical School

Dr. Suzanne Kobasa
3 C's - Stress Hardiness
  Challenge
  Control
  Commitment

Stressful events challenge me to change and grow.

Dr. Martin Seligman
3 P's - Stress Helplessness
  Personal
  Pervasive
  Permanent

It’s my own fault. I mess up everything I do, and it’s the story of my life.

PDQs
PATIENT DIGNITY QUESTIONS
ASKING A COURAGEOUS QUESTION
Patient Dignity Question

What do I need to know about you as a person to give you the best care possible
EXPLORING THE TRAGIC GAP

A GAP BETWEEN THE WAY THINGS ARE AND THE WAY WE KNOW THEY MIGHT BE...

NAMING THE TRAGIC GAP

IN YOUR PROFESSIONAL LIFE, NAME WHERE YOU FIND YOURSELF STANDING IN A TRAGIC GAP—that place where there is a difference between the way things are and the way you know they could or wish they could be?
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OUR VALUES
- Accountability
- Caring
- Teamwork
HEALING OUR CULTURAL GAPS

WHAT IS ACCOUNTABILITY?

Webster’s Dictionary defines "accountable" as:

"Subject to having to report, to explain or to justify: being answerable, responsible and liable for one's actions."
Sure glad the hole isn’t at our end
A NEW DEFINITION OF ACCOUNTABILITY
From the American Society of Mechanical Engineers

"A personal choice to rise above one's circumstances and demonstrate the ownership necessary for achieving desired results—to See It, Own It, Solve It, and Do It."

Accountability = Empowerment = Blame

Empowerment = Accountability = Low Performance

Accountability + Empowerment = High Performance
FOUR DIMENSIONS OF PSYCHO-SPIRITUAL SUFFERING

MEANING

RELATEDNESS

JUDGMENT

COMPASSION

HOPE

FORGIVENESS

FORGIVENESS PAIN

WHAT DO I NEED TO LET GO OF?
FORGIVENESS THERAPY

Any attempt to access the human capacity for forgiveness is guaranteed to enhance the immune system, thereby enhancing a person's state of body-mind-spirit balance.

Joan Borysenko PhD

PATTERNS OF SPIRITUAL PAIN IN ACUTE CARE

MEANING

- HOPE: 8%
- FORGIVENESS: 53%
- RELATEDNESS: 20%

Statistics based on SALC 2850 patient database (2008-11)

BASED ON PATIENT SELF EVALUATION AT 36 HOSPITALS IN 14 STATES
GENDER AND FORGIVENESS

Patterns of Spiritual Pain by Gender

Based on the responses of 779 men between the ages of 45-65 in 27 communities representing various regions of the U.S.

Based on the responses of 822 women between the ages of 45-65 in 27 communities representing various regions of the U.S.
COMBAT VETS WITH CHRONIC ILLNESS

Based on the responses of 622 men who served in the armed forces and were engaged in active combat (ages 35-82) from all branches of the military service.

FORGIVENESS AFTER ABUSE

93% of emotionally abused women after relationship ends experienced PTSD and affective disorders. 2000 women were assigned to either forgiveness training or an alternative training in anger validation, assertiveness and interpersonal skill building.

Reed, GL et al Enright RD. J. Consult and Clinical Psych. Oct 2006/08
97% of women in the forgiveness intervention group had significantly greater improvement in depression, trait anxiety, PTSD symptoms, self-esteem, forgiveness, environmental mastery, and finding meaning in suffering including the ability for future healthy relationships.

Reed, GL et al. Enright RD. J. Consult and Clinical Psych. Oct 2006/08
As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”

- Nelson Mandela

In the practice of forgiveness
One’s enemy is the best teacher

Dalai Lama

Nelson Mandala & Science of Forgiveness
Forgiveness can make us a better person but does it make a better employee? What is the alternative? As Gandhi said, “An eye for an eye for an eye for an eye...ends in making everyone blind.” The knee-jerk reaction of too many people in leadership positions when they feel wronged is righteous indignation and the urge for revenge. Great leaders know the art of reconciliation. And employees are acutely aware of the cost of workplace animosity. The only business model that will work in the future realizes the havoc that is created by an unforgiving environment where holding grudges holds people back and stifles creativity.

Many organizations today which claim to be transformative are more like gulags. People are anxious, there’s a lot of paranoia because so much is indeed at stake. [But] what should be remembered is that people who don’t make any mistakes don’t do anything. They’re too busy covering their backs. They’re not going to try anything new and consequently the entire business culture will follow rather than lead.
SPIRITUAL HEALTH ASSESSMENT TOOL

PATIENT _______________________
CAREGIVER _______________________
DATE _______________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE “HOW YOU ARE WITHIN YOURSELF” TODAY. PLEASE FEEL FREE TO ADD A MORE PERSONAL COMMENT AFTER EACH SCALE.

FORGIVENESS SCALE

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
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<tbody>
<tr>
<td>I feel a deep sense of reconciliation towards myself and others.</td>
<td>There are no outstanding areas that are calling for forgiveness in my life.</td>
<td>I feel a strong sense of unforgiveness towards myself and/or another.</td>
<td></td>
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3 KINDS OF MEDICINE
ALLOPATHIC  ILLNESS
ALTERNATIVE  PATIENT
INTEGRAL  CAREGIVER

INTEGRAL VISION OF HEALTH & HEALING
MIRRORING: NEUROBIOLOGY OF EMPATHY

• Mirror neurons: A mirror neuron is a neuron that fires both when an animal acts and when the animal observes the same action performed by another.

• “... these same anterior cingulate neurons that respond to my thumb being poked will also fire when I watch you being poked.”

RELATEDNESS PAIN

® WHAT AM I COMMITTED TO IN LIFE AND DEATH?
TOWARDS A QUANTUM ETHIC

Because there is no differentiation in the energetic field between healer and healee, there is a huge responsibility to be clean...

- Dolores Krieger, PhD

SPIRITUAL HEALTH ASSESSMENT TOOL

CARE RECEIVER: _______________________
CAREGIVER: _______________________
DATE: _______________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE “HOW YOU ARE WITHIN YOURSELF” TODAY. PLEASE FEEL FREE TO ADD A MORE PERSONAL COMMENT AFTER EACH SCALE.

RELATEDNESS SCALE

1 2 3 4 5
I feel a strong sense of connection with the persons and things that matter most to me. Most important areas of my life seem balanced. I feel seriously alienated from someone/thing that is important to me.

PERSONAL COMMENTS:

_____________________________________________________________
JOB DESCRIPTION FOR HEALERS

Preparing and holding the space where the miraculous may happen

Hippocrates
WHAT DOES THE FUTURE HOLD FOR ME?
HOPE THERAPY

The degree to which hope plays a role in dealing with cancer is undeniable yet there is a reluctance to admit its influence when the health care system focuses exclusively on the physiology of cancer.

O. Carl Simonton MD

THE BEST WAY OUT IS ALWAYS THROUGH

Robert Frost
SPIRITUAL HEALTH ASSESSMENT TOOL

CARE RECEIVER ________________________
CAREGIVER ________________________
DATE ________________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE “HOW YOU ARE WITHIN YOURSELF” TODAY. PLEASE FEEL FREE TO ADD A MORE PERSONAL COMMENT AFTER EACH SCALE.

## HOPE PAIN SCALE

<table>
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<tbody>
<tr>
<td></td>
<td>I feel hope-filled and optimistic.</td>
<td>I generally trust what the future holds for me.</td>
<td>I am experiencing deep depression and hopelessness.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PERSONAL COMMENTS: ________________________________________________________________

PHYSICIAN KNOW THYSELF!
PHYSICIAN HEAL THYSELF!

CHLOE: A CAREGIVER’S STORY
AROLD PALMER CHILDREN'S HOSPITAL
VIDEO TESTIMONY
DOCTOR–PATIENT RELATIONSHIP

For more information on the
SOUL & SCIENCE OF CAREGIVING PROJECT

Visit our website:
www.soulandscience.org

Submit your contact information on-line
if you would like to be contacted
about how you or your organization can partner with us