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***The Paradigm Shift from Treatment to Healing.
An evolutionary roadmap for medicine***

**Zmiana Paradygmatu z Leczenia na Zdrowienie.
Ewolucyjna mapa dla medycyny**

Key words: wellness, health coaching, wellness coaching, evolution of medicine, doctor-patient relationship, holistic health, healing team, the role of disease, evolution of consciousness

Słowa kluczowe: wellness, coaching zdrowia, coaching wellness, rozwój medycyny, relacja lekarz-pacjent, zespół leczący, zdrowie, holistyczne podejście do zdrowia, rola choroby, rozwój świadomości

INTRODUCTION

The medical paradigm which implies using treatment as a major way of addressing disease is prevalent in our culture and reflects its values of fragmentation and living from the outside in. Both the treatment and the wellness paradigms are founding concepts of the wellness theory (see Fig. 1). As observed by John Travis the wellness paradigm is not here to replace the treatment paradigm, but to work in harmony with it. The goal is to move the Patient further to the right side of the continuum towards high level wellness [16] so that she could thrive instead of just surviving while being stuck in the neutral point of no discernable illness or wellness. Interestingly the founding concepts of the wellness theory seem to be entering mainstream medicine in Poland as according to oncologist Janusz Meder a “holistic (integrated) approach towards an ill human being (not an ill organ) should be (...) respected by every single physician independent of their knowledge, specialization, experience, working place or level of sensitivity to human pain” [9]. Based on 40 years of scientific study and clinical work, the author concludes that the transformation of the healthcare systems in Western European countries, the United States and Canada has led to creating a model based on partnership and conscious participation of the patient which “took

many years and was more like an evolution” [9]. Indeed, re-known clinics like Mayo or Cleveland, Prof. Herzog’ Fachklinik in Germany, but also the Integrative Medical Centre in Wroclaw, Poland offer a holistic approach to health including complementary treatments in addition to conventional medical services. In contrast traditional hospitals often provide an experience where the “patient, who is lying down on a hospital bed, surrounded by complicated equipment, connected to different wires, tubes, drips, among an increasing number of other patients, stressed out and panic-stricken to breaking point, has a day-by-day greater feeling of being an object in an irrevocably moving assembly line in a big factory rather than in an actual hospital” [9]. As observed by Siegel the “word “hospital” comes from the Latin for “guest”, but seldom is the institution truly hospitable. Little attention is given to caring or healing, as opposed to medicating.” [13]. In this article we will trace some possible evolutionary developments in shifting the medical paradigm from treatment to healing. These developments will include profiles of an evolutionary Medical Doctor, that of an evolutionary Patient and the role of the relationship between them. We will also present our model of a Healing Team, where the patient is in the center supported by a Health & Wellness Coach and relates to the expertise of several external health consultants, one of whom the Medical Doctor.

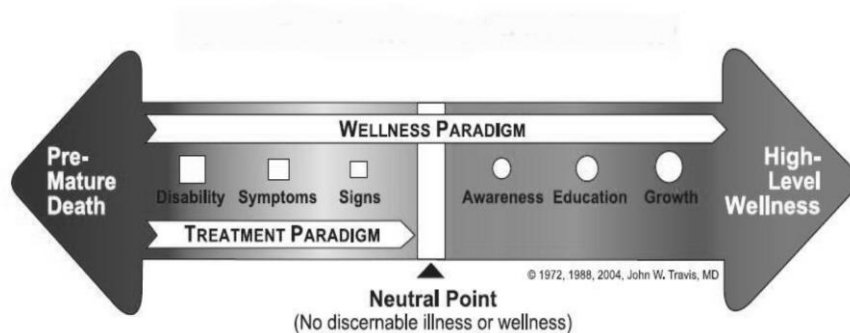


Fig. 1 Illness / Wellness Continuum by John Travis

DEFINING HEALING

The healing process is „one of medicine’s great mysteries” [2]. To heal means to become whole, and “each of us is our own best healer” [7]. The notion of healing is derived from the evolved paradigm of living from the inside-out. As observed by Tolle, “a profound transformation (...) is taking place in the collective consciousness of the planet and beyond: the awakening of the consciousness from the dream of matter, form, separation” [15]. Marx Hubbard further explains that “only in our generation have we gained the actual powers of co-creation – the ability to become an integral part of the creative process of evolution” [8]. If we can co-create the world, how would

Ewa Stelmasiak
The Paradigm Shift from Treatment to Healing.
An evolutionary roadmap for medicine

we not be able to create our own health and well-being? After all, every global change consists of numerous individual shifts in consciousness. According to Marie Manuchehri who writes about intuitive self-healing “truly, everyone has the power to change their reality and create a vital, fulfilling, and healthy life. Self-awareness is the key to making the changes” [7] and a continuous raising of own consciousness also means being on a journey of self-growth toward self-actualization. Growing self-awareness includes emotional work on self since emotions “form patterns in your body based on feelings you have expressed or repressed throughout your lifetime. Even if you are not aware of your feelings, they circulate within your body creating health, happiness, abundance, or the lack of these things.” [7] and happiness is the best preventive medicine [10]. When we are happy, the mind and body are in a relaxed state “so the self-repair mechanisms of the body can best do their job” [10]. If disease disrupted the balance within the body, its “own potential for healing must be restored” [5]. Bernie Siegel questions the nature of healing with the following words “is healing liver transplant or cure of an illness, or is it getting people to have peace of mind and live life to the fullest?” [13]. In the words of James Gordon, healing should be viewed as “a journey through illness and a process of transformation” [5] while illness is an “invitation to move more deeply into our lives” [5], it may be seen as an “escape from meaningless life” [13]. Healing therefore takes place at all levels of a human being: the body, the mind and the spirit. The body itself may well be treated through external intervention as understood by the biomedical model, but also through a conscious effort to eat healthy, move by making the time for proper exercise and avoid toxic exposure, as well as clear up emotional waste and become open to spiritual surrender. The key is not to stop the healing process at the physical level, but expand it over the mind and the spirit since “because an illness manifests in a physical way doesn’t mean that its origin is or its treatment ought to be (...) physical” [5]. The mind-body connection has so far been acknowledged by both psychology and health professionals, studied among others by Herbert Benson [13] and it is “the cornerstone of Hippocratic medicine”. [5]. According to Hippocrates the natural healing force within each one of us is the greatest force in getting well [17]. As defined by the University of Maryland Medical Center “mind-body medicine uses the power of thoughts and emotions to influence physical health” [17]. In the words of Siegel “the state of mind changes the state of the body by working through the central nervous system, the endocrine system, and the immune system. Peace of mind sends the body a “live” message, while depression, fear, and unresolved conflict give it a “die” message.” [13]. Lissa Rankin who also explores mind body connections called the healing process a “crossover between the mystical and the physiological”, and further explained that “the common ground that connects the two is the great and powerful mind” [10]. The level of spirit may also be an important realm of healing. Siegel defines spirituality as “the ability to find peace and happiness in an imperfect world, and to feel that one’s personality is imperfect but acceptable” [13]. Yet most importantly healing at the spiritual level is related to “the ability to give and accept unconditional love”, as “unconditional love is the most powerful known stimulant of the immune system” [13]. Manuchehri addi-

tionally writes about discovering the “natural sensitivity” to the body’s powerful energy, which then opens us to a “vastness inside (...) filled with loving energy” [7] and Eckhart Tolle advocates that we “offer no resistance to life – to allow life to live through you” while “the alternatives are pain and suffering, a greatly restricted flow of energy, and in many cases physical disease” [15]. Interestingly, “even when physical recovery is or seems impossible, the most profound kind of emotional, mental and spiritual healing is possible” [5], which fully corresponds to John Travis’ Illness-Wellness continuum, and the continuum as a pathway models (see Fig. 2). According to this model healing does not entirely depend on the physicality of health. In the words of John Travis a “person whose body is handicapped physically or mentally, can still have a genuinely positive outlook, be cultivating love instead of fear and, consequently, be facing to the right, in the direction of high-level wellness” [16].

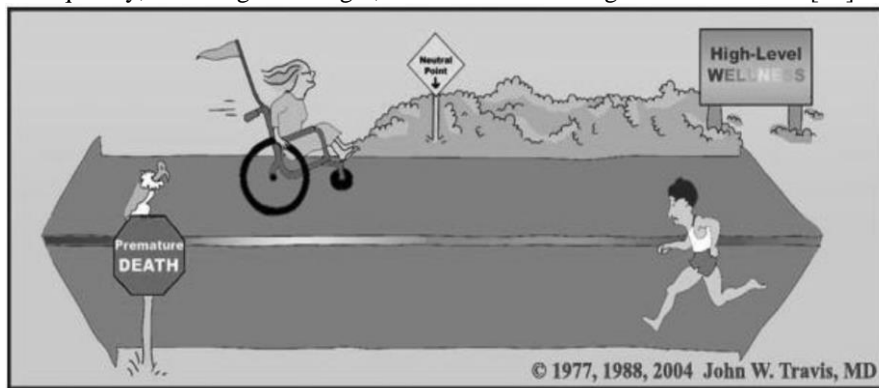


Fig. 2 Illness-Wellness Continuum as a pathway by John Travis

THE HEALING MINDSET

There are considerable differences between healing and therapeutic relationships. Treatment being associated with external, therapeutic interventions is characterized by a readiness to give away personal power and accept the authority of an external expert in areas of physical and psychological health of a Patient. Patients’ willingness to get easy fixes may make proof of an inner disconnect in their psychic lives which makes them assume that health is a reality which exists separately, does not depend on them and can easily get out of their control without understanding why. While they are not aware of tools or means to influence their health and fail to see the connection between the root causes and their manifestations in the form of physical disease or malfunctioning, they seek external help. Even if they intuitively know they have the power to positively influence their own health, they habitually choose to see a doctor or therapist, so that they would solve their problem from the outside-in. This may give them a possibility to feel that they’re taking action without nevertheless taking full responsibility for their own role in the process of getting well. They want to have

Ewa Stelmasiak
The Paradigm Shift from Treatment to Healing.
An evolutionary roadmap for medicine

problems solved just as they would fix a technical device that went out-of-order in their house by a competent service man. In a fast-paced world, they treat problems arising in their bodies as obstacles in being performant and productive. They would often resist digging deeper, as they tend to preserve the status quo and continue living their lives just as before the disease appeared. They may also fail to acknowledge the signals provided by their disease and make no effort to understand them. Functioning in the models prevalent in western culture, they often think they cannot afford change and revolutionize their life by making a conscious effort, which may be what disease is actually calling them to do. This denial of own power to live a life of meaning and happiness, of self-empowerment and recognition of self-healing capacities may lead to curing one disease through external treatment and having another one re-emerge as a renewed invitation to change with often graver symptoms, so that the urge for change becomes even more prominent. There is a limitless wisdom in our being's ability to self-regulate and heal, and disease shall be in the first place considered as information from the subconscious to the conscious about some issue to take care of or resolve. Interestingly, the place or the organ where a particular problem arises is a vital part of the message, as observed by authors like Louise Hay [6] or Deb Shapiro [12] who write about connections between malfunctioning organs or systems with their possible counterparts in psychic lives of a person. In an evolutionary vision for medicine Patients are called to recognize and acknowledge their own role in self-healing. They also need to approach Medical Doctors with a different mindset which consists of understanding that prior or simultaneously to going to see a doctor, they need to address their own life as a whole and look for root causes of their disease. Are they happy? Are they peaceful? Are they on track with life purpose? They need not assume a self-blaming attitude for being responsible for our own health problems, rather self-compassionately acknowledge the role of disease in their lives, and what it is inviting or even urging them to do. They need not resign from all available cures and means to get well, but incorporate them into a wider journey of self-discovery, learn about all possible methods to get well, consciously choose which ones to adopt with the support of external experts. They also need to enter dialogue with the body with self-love and compassion.

This approach is not habitual in our culture of rational-linear consciousness which "emphasizes the specialized tendencies of the left hemisphere of the brain (causality, linearity, logic, reason) at the expense of trans-rational forms of knowing such as intuition" [14] and where the Cartesian mind-body split is still prevalent making the body an external, objective reality rather than an integral part of the consciousness of the body-mind-spirit triad. Steve Sisgold calls for developing a somatic intelligence he names whole-body consciousness [14] which stands for a connectedness with the entire body in every moment of life. The cultural scientific-rational paradigm we are immersed in, the high social status of rational intelligence, makes us involuntarily live our lives from the place of our heads, and our beings are so often overrun by compulsive thinking in disconnect from the body. As a society we need to make a conscious effort to drop our attention deeper into our bodies in order to live a life of peace, health and wellness. In the view of Eckhart Tolle "the more consciousness you bring into the

body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing. Most illnesses creep in when you're not present in the body. If the master is not present in the house, all kinds of shady characters will take up residence here. When you inhabit your body, it will be hard for unwanted guests to enter" [15] – concludes the author.

FROM DOCTOR-PATIENT RELATIONSHIP TO HEALING CONNECTION

That we have the power to heal ourselves does not mean that services of Medical Doctors and therapists are to be made redundant. On the contrary they are an extremely valuable support for every human being. By fixing people quickly they provide the time necessary for doing self-healing in the longer run. While their gifts should be fully acknowledged, the reductionist implication of the process should not be taken for granted. Traditional roles of Medical Doctors can be described by four metaphors: Mechanic, Warrior, Magician (also known as Pill Fairy) and Medical Deity (see Fig. 3).

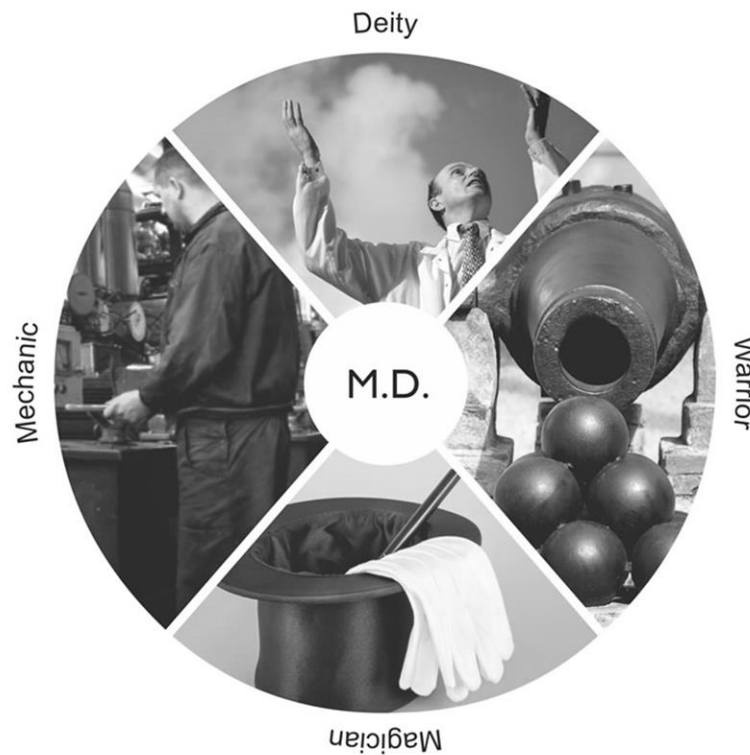
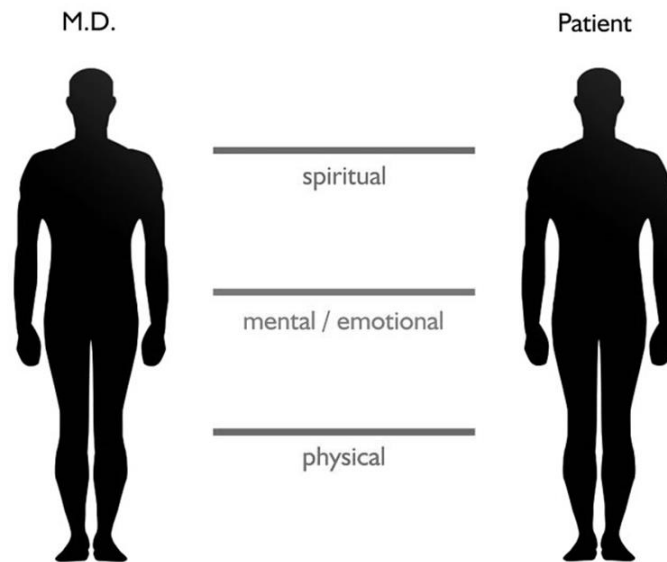


Fig. 3 Roles traditionally adopted by Medical Doctors

Ewa Stelmasiak
The Paradigm Shift from Treatment to Healing.
An evolutionary roadmap for medicine

Traditionally the Medical Doctor is an expert treatment provider and his reason-to-be is to „fix” the patient. He relates to the physical symptoms of illness and sources authority in science-based knowledge. Seeing mainly the disease in the patient, as opposed to seeing the Patient as a whole, he repairs the broken parts in the patient’s body like a mechanic repairs a car. In the metaphor of a warrior he pulls out bullets and incites a war with the disease. Sayings like “fighting with” or “winning with” a disease that are present in our social consciousness prove the existence of this mindset. Often the Medical Doctor seems to act as a master of life and death, playing God by predicting the length of a patient’s life based on statistics or taking it as a personal failure when the patient dies. This presumed power over a Patient’s life and death gave Medical Doctors undue authority as Medical Deities, who hide behind their labels instead of being open to Patients as real people [13]. Because of their authority, unconscious patients go to see Medical Doctors as magicians who pull out drugs or pills and the patient’s problem magically disappears. Instead of sourcing power within, they rely on external treatment with blind faith in the doctor’s competence. Interestingly, in the era of internet, this latter medical role has been disappearing while being pushed away by patients who are educating themselves by searching for medical information in the web. In the words of journalist Elizabeth Cohen they assumed the role of Medical Detectives or Internet MDs, while internet became a “scary place for America’s doctors” [3]. After long years of being kept in a position of a child relating to an almighty parent, patients grew up and became teenagers who contest doctors’ decisions and have their own say even if they don’t have enough knowledge or experience. Patients who began to educate themselves from Doctor Google and other sources gained informational counter-power. Simultaneously no development happened at the level of their consciousness which resulted in their new approach towards the medical profession being that of a teenager who contests adults’ behaviors or decisions and unmask signs of lack of transparency or integrity. Their newly gained power used with no full maturity simply contributes to conflict and misunderstanding between the two sides and consequently does not serve the purpose of healing. Patients need to raise their own level of consciousness, enter a journey of self-healing and begin to interact with Medical Doctors as adults and partners, which also requires a mindset shift in doctors themselves. So what does an evolutionary doctor-patient relationship look like? The Patient is empowered and takes full responsibility for her health and wellness journey of self-growth. The doctor and the patient form a trustful, adult-to-adult partnership. Both view health as holistic (body-mind-spirit) and multidimensional (dimensions of wellness). Both refer to healing, while treatment may be its necessary component. Together they create a Healing Connection based on trust, appreciation and nurturing care (see Fig. 4)



Multi-Level Connection of M.D. with Patient

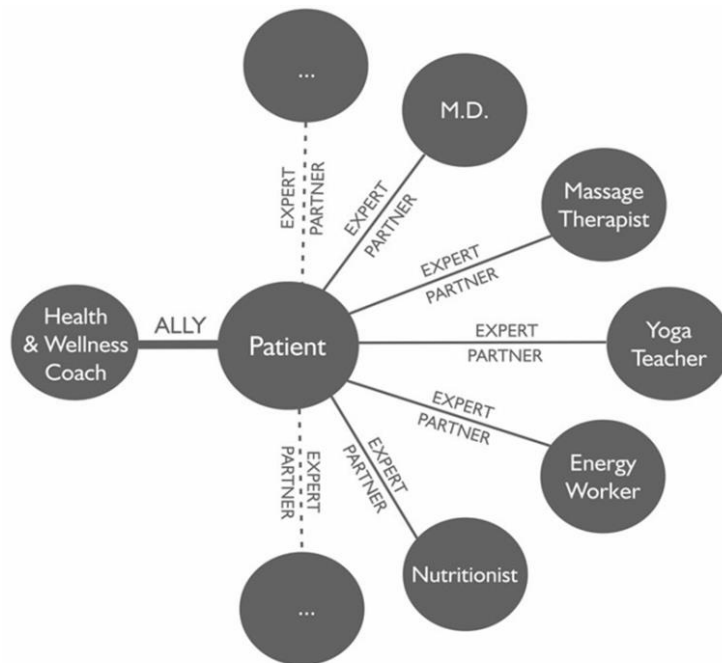
Fig. 4 The Healing Connection

A major characteristic of a Healing Connection is that the two persons, i.e. the Medical Doctor and the Patient relate at all levels of their beings. While administering therapy, the evolutionary doctor sees the patient as a whole, connects with her emotionally inspiring hope and optimism, and adopts an optic of maximizing the patient's capacity for self-healing and minimizing harmful side-effects [5]. The development of an evolutionary Medical Doctor's mindset goes from asking herself: "How can I treat or cure the patient?" through "How can I provide both my expertise and a healing relationship to the patient?" to the ultimate level of asking: "How can I support the patient in understanding the meaning of her illness and mobilize her self-healing capacities?". James Gordon advocates that Medical Doctors become "at home with and competent in conventional biomedicine, committed to a healing partnership, open to and conversant with a variety of alternative therapies, and dedicated to creating a larger synthesis that includes both biomedicine and the alternatives" [5] so that the healing plan for the Patient would take advantage of the "precision and power of biomedicine and the wisdom of other healing traditions" [5]. "It would be best" – argues the author – "if that person used some of these approaches – at a minimum, he or she should be experienced in strategies for self-awareness, relaxation therapies and meditation, nutritional interventions, and physical exercise – and could intelligently refer you to other practitioners" [5]. Bernie Siegel advocates that doctors become ones who inspire hope, give with the heart, keep ego in the background, share major decisions

and act out of love [14]. Lissa Rankin shares her experience in the following way: “As a physician, here’s what I learned: somewhere in the intersection of hope, optimism, nurturing care, and full partnership with the empowered patient, a recipe for healing lies” [10]. Evolutionary doctors unanimously make it clear that practicing medicine is so much more than the mere reductionist treatment of physical symptoms. Here is what they have to say: “I see myself primarily as a healer and guide” [5], “I often joke that I practice love, with a little medicine on the side [10], “I consider medicine a spiritual practice” [10], “My job as a physician is not only to find the right treatment but to help the patient find an inner reason for living, resolve conflicts, and free healing energy” [13]. The evolutionary Medical Doctor makes therefore a commitment to her own wellness journey towards self-actualization and conscious living, connects with the Patient as a whole person in all of her dimensions and sees healing as a creative process while remaining open and curious. Being always mindful of the patient’s intuitive knowing, she mobilizes the Patient’s positive qualities and strengths, and supports her in achieving her full potential. She also sources joy in a trustful partnership with the Patient and therefore becomes a co-creator of a new face of medicine. What is on the other hand the evolutionary roadmap for Patients? Are they ready for this level of connection and interaction? An evolved patient is one who takes ownership of her health and wellness, loves herself fully and is self-compassionate, is highly conscious and makes conscious choices, actively seeks information about healing options and tries them out, is open to anything that can help and allows herself to be guided by intuition. As a person dedicated to cultivating her own awareness and growing open-mindedness, she listens to her body and inner guidance and is on a journey toward self-actualization. Bernie Siegel calls these patients “exceptional” since they “refuse to be victims. They educate themselves and become specialists in their own care. They question the doctor because they want to understand their treatment and participate in it.” [13], “they are doctors of their own case” [13].

HEADING OWN HEALING TEAM WITH FULL SELF-RESPONSIBILITY

Many Patients feel insecure and lost when they navigate the roads of the healthcare system. They often adopt a blaming mindset, as though mere looking for flaws in the work of Medical Doctors alleviated their levels of stress related to disease. Unfortunately this mindset does not help healing as it is a relaxed state full of loving peace that best serves the organism and mobilizes self-repairing capacities. As observed by Marx Hubbard: “if in your heart you have generated peace, compassion, loving kindness, then that’s exactly what others experience when they are in your presence. You create in the world what you hold in your heart.” [8]. Support in a Patient’s process of getting well is provided by the Health & Wellness Coach, member of the Healing Team (see Fig. 5) and the Patient’s devoted ally.



Example of a Healing Team

Fig. 5 The Healing Team

The idea of healing teams has so far been mostly used in oncology which is the medical specialization where pioneers like the Simontons worked their way through proving the value of complementary therapies in a holistic approach to health. Lissa Rankin advocates for a healing round-table, where the Patient is president [10]. The Patient is indeed in the center of the model, but she's not alone in her striving. The thick line as depicted in Fig. 5 illustrates a very special kind of Healing Connection, where the Health and Wellness Coach serves as a support coordinator and overall support person who "sees" the Patient and believes in her fully. Sourcing from humanistic psychology, their relationship is characterized by "genuineness and transparency, warm acceptance and prizing of the other person as a separate individual, and a sensitive ability to see the world of the other person as she sees it" [11]. The role of the coach is to become a trusted ally in a Patient's health and wellness journey, support the natural healing force within the Patient, inspire change through powerful questioning, relate to the Patient as a whole person with respect and loving attention, and support the Patient in self-responsible decision-making relative to health and wellness, in navigating the pressures and contradictory information included in her healing journey. The Medical Doctor in this model becomes a resource, a Medical Consultant,

Ewa Stelmasiak
The Paradigm Shift from Treatment to Healing.
An evolutionary roadmap for medicine

who acts upon the physical body and – if evolved – provides a Healing Connection to the Patient. The Patient plays the role of an empowered king or queen in the kingdom of her conscious healing, and is surrounded by trusted experts and supported by a trusted ally. The relationships between the Patient and the external treatment providers is double-folded: on the one hand it is a relationship with an expert in their field - whether scientific, experiential, manual or other, on the other hand it is a partnership where both are equal adults working for the same goal with full respect and mutual trust. The Patient who holds an ultimate responsibility for her health co-creates an Integrated Health & Wellness Plan with her Health and Wellness Coach. The plan provides cohesion and transparency within the Healing Team. The role of this document available and co-created by all members is to facilitate communication within the team, so that all prescriptions and recommendations are aligned towards the goal of healing, and no counter-productive actions derived from mutually contradictory prescriptions are carried out by the Patient. The plan helps the Patient in managing her health and wellness journey by setting goals and tracking them with the support of the coach. Traditional health and wellness coaching can be defined as “the application of the principles and processes of professional life coaching to the goals of lifestyle improvement for higher levels of wellness” [1]. The Evolutionary Health and Wellness Coach takes it to the next level, as her major goal is to support the Patient in reaching deeper into the subconscious through powerful questioning and supporting the natural self-healing capacities within her. Here are examples of the Socratean method used by enlightened Medical Doctors which could equally be used by a Health and Wellness Coach in a coaching process: “What do you think might lie at the root of your illness?, What does your body need in order to heal?” [10] or “What does the illness mean to you?” and what purpose in your life does the illness serve? [4]. Evolutionary wellness coaching can therefore be defined as the application of the principles and processes of professional life coaching to the goal of discovering and supporting self-healing capacities for higher levels of health and wellness. In this model wellness is defined as becoming fully alive and expressed in and for the world and encompasses the body as a vessel necessary for following the vocation of the soul on earth.

IMPLICATIONS AND CONCLUSIONS

In this article we have named the roles currently performed by Medical Doctors and Patients. We have explored the way they relate and traced an evolutionary roadmap to a new model of medicine, where the Patient’s healing journey is in the center, where she’s in charge and supported by a Health and Wellness Coach. The Patient enters multi-level healing connections with members of the Healing Team and manages her health in a conscious and active way. The various elements of the paradigm shift are depicted in Fig. 6.

Treatment Paradigm	Creating Wellness
Treatment	Healing
Scientific-rational worldview	Integrative of various healing modalities
Patriarchal & hierarchical	Complements masculine & feminine values
M.D. - Medical Deity / Magician / Warrior / Mechanic	M.D. - Medical Consultant & Resource
Patient	Whole person
Giving away personal power	Self-empowerment
Dependence	Full responsibility for own health
Adult-Child/Adult-Teenager relationship	Adult-to-Adult trustful partnership
Intervention on physical body	Multi-level connection
Dispersed efforts to get better	Integrated Health & Wellness Plan
Isolated treatment / healing resources	The healing team

Fig. 6 Evolutionary development from the Treatment to the Healing Paradigm

Every change creates resistance and fear, nevertheless in our view the need for change is very urgent. High rates of non-compliance costing healthcare systems billions of dollars, numerous court trials initiated by angry patients and a growing disconnect in the communication between the two sides are issues which cannot be neglected. Old-school doctors talk about bureaucracy impeding the connection with Patients, others observe a fall of authority of the profession, many feel resignation and fail to openly address the issue with Patients for lack of time or trust in the possibility of finding a solution. These factors make it the right and high time for the paradigm to evolve. Altogether, at the level of our societies and humanity as a whole, we need to grow our awareness and evolve our healthcare systems as well. In order to achieve this both sides will need to make a commitment to their own wellness journey towards self-actualization and conscious living and see healing as a creative process while remaining open and curious. Both Medical Doctors and Patients need to be mindful of their intuitive knowing and work toward mobilizing positive qualities and strengths in the Patient. Both sides will also need to remain open to sourcing positive energy from a trustful partnership and become conscious co-creators within the field of health and healing. An important role will also belong to the Health and Wellness Coach who will be there to inspire and support the Patient, “see” her truly, while acting as motivator but also holding her accountable. The Patient will have the necessary support and will not be left alone, never treated as an object. Only with such commitment and understanding will a new face of medicine emerge for the benefit of all.

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ABSTRACT

The medical paradigm uses treatment as a major way of addressing disease. The author unmasks hidden assumptions relative to medicine embedded in the consciousness of Western societies. Moreover she provides an overview of the treatment paradigm as a reflection of the scientific-rational level of human consciousness. She advocates for evolving the paradigm from treatment to healing which may be inclusive of treatment, but takes the patient further towards higher levels of wellness. The author traces an evolutionary roadmap from the treatment to the healing paradigm. Part of her evolutionary vision for medicine are descriptions of evolutionary roles of patients, medical doctors and health & wellness coaches. The author also proposes a model of a healing team and advocates that both patients and medical doctors follow their own conscious journey toward self-actualization.

STRESZCZENIE

Paradygmat naukowo-racjonalny opiera się na leczeniu, które stanowi podstawową odpowiedź na powstanie choroby. Autorka ujawnia ukryte założenia tego paradygmatu zakorzenione w świadomości pacjentów żyjących w zachodnich społeczeństwach. Zachęca do tego, by paradygmat ten poddać świadomej ewolucji od leczenia ku zdrowieniu, które może zawierać leczenie, ale na nim się nie kończy prowadząc pacjenta dalej ku wysokiemu poziomowi dobrostanu. Autorka nakreśla ewolucyjną mapę od paradygmatu leczenia do zdrowienia. Jej ewolucyjna wizja medycyny zawiera opisy ewolucyjnych ról pacjentów, lekarzy oraz coachów zdrowia i wellness. Autorka proponuje również model zespołu wspomagającego zdrowienie i zaleca zarówno pacjentom, jak i lekarzom, by podążali drogą świadomego rozwoju ku samo-aktualizacji.

Artykuł zawiera 33080 znaków ze spacjami + grafika