INTEGRATIVE HOLISTIC HEALTH, HEALING, AND TRANSFORMATION
INTEGRATIVE HOLISTIC HEALTH, HEALING, AND TRANSFORMATION

A Guide for Practitioners, Consultants, and Administrators

By

PENNY LEWIS, Ph.D., ADTR, RDT-BCT, OTR, LMHC, NCC, CAMP

Charles C Thomas
PUBLISHER • LTD.
SPRINGFIELD • ILLINOIS • U.S.A.
CONTRIBUTORS

Ed Bauman, Ph.D., is a Board Certified Clinical Nutritionist, Founder and Director of Partners in Health, a natural health care clinic and The Institute for Education and Therapy’s Nutrition Consultant Training Program. He is co-author of Holistic Health Handbook, Holistic Health Lifebook, Eating for Health Cookbook, Confronting Cancer in Our Community, author of Nutrition and Your Health, and editor of the quarterly newsletter, Nutrition Watch. He is a researcher, consultant and an Associate Dean and faculty member of the University of Natural Medicine in Santa Fe, New Mexico, which offers bachelors, masters and doctoral programs in clinical nutrition and natural medicine.

Christine Caldwell, Ph.D., LPC, ADTR, CMT is Founder and Director of the Somatic Psychology Department at Naropa University in Boulder, Colorado. She lectures and trains internationally, and has authored two books: Getting Our Bodies Back and Getting In Touch. She offers trainings in somatic evolution (the Moving Cycle), with specializations in addictions, play, movement sequencing, therapist training, and birth and death.

Olivia Cheever, Ph.D., is a licensed psychotherapist, is a certified Feldenkrais practitioner. She is on the faculty of the Mind-Body Program for Performers at Longy School of Music and a holistic health practitioner at Wellspace Holistic Health Center.

Charlotte Green, BFA, is a Usui-Tibetan Reiki Master and Teacher; Certified Medium; Commissioned Healer; documented medical intuitive and energy healer; and 15-year Past Board Member of the Massachusetts Federation of Spiritual Healers. She is a teacher of mediumship, spiritual attunement and healing for over 20 years. She is the Visiting Healer at Silverbirch Healing Sanctuary; author, artist, and has a private readings and healing practice in Kingston, New Hampshire.

Nick Hall, Ph.D., M.D., (hc), is the Director of the Wellness Center at Saddlebrook Resort, Wesley Chapel, Florida. He is author of more than 150
articles and book chapters, has appeared on 60 Minutes, NOVA, and Bill Moyers’ award-winning program, “Healing and The Mind.” He is an award-winning researcher in the mindbody biochemical connection and speaker and consultant in mindbody health and wellness with corporations, the FBI, NASA, and a large number of medical organizations.

**Penny Lewis, Ph.D., ADTR, RDT-BCT, LMHC, NCC, CAMP** (Board Certified Alternative Medicine Practitioner), is the Coordinator of Integrative Holistic Health Interdisciplinary Graduate Programs, Lesley University, Cambridge, Massachusetts. Founder and Senior Faculty: Antioch-New England Graduate School’s Dance-Movement Therapy MA Program; Director: Institute for Healing and Wellness, Inc.; Co-Director: Certificate in Transpersonal Drama Therapy. Author: *Creative Transformation: The Healing Power of the Arts, Theoretical Approaches in Dance-Movement Therapy* Vols. I & II, Co-author: *The Meaning of Movement* and Co-editor: *Current Approaches in Drama Therapy*. International lecturer, consultant and depth therapist in mindbody and spirit education, health, healing and transformation. She is the author and editor of this text.

**Wendyne Limber MA, LMFT** is Founder and Director of Solutions Center for Personal Growth, Creator of the Imagination Process, and Director of the BA and MA Degree Training at Solutions. She is the author of three workbooks: *Imagination, Transformation and Co-creation, Inspiration: Journey into Power*, and *Intuition: The Journey Deepens*; she is field faculty at Lesley University and Burlington College.

**Elaine McNulty, MEd, RPP** (Registered Polarity Practitioner), RCST (Certified Cranialsacral Therapist), is a Reiki Master; Certified NLP Practitioner, Certified EMF Balancing Practitioner and Trainer; Certified in Guided Self-Healing; Special Education Administrator; former faculty; Polarity Realization Institute and Revier College. She is a National Professional Trainer in Integrative Therapy and private practitioner.
PREFACE

The goal of this book is to begin to present the fundamental body of knowledge which informs current approaches in complimentary and alternative medicine and to explore the role of the new professions of integrative holistic health practitioner, consultant and administrator. This book is designed to compliment, enhance, deepen and broaden the reader’s existing expertise through an integrative approach which will improve his/her ability to consult, design programs and work in a variety of settings with various populations including those with medical and psychological conditions as well as those who wish to support their health and well-being.

This book provides the necessary conceptual foundational frameworks for exploring how practitioners in a field of alternative medicine/ holistic health know what they know in support of their work. These core ways of knowing gives them a foundation for evaluating their work, new advances in the field and affords them interrelated frames of knowledge for their continued research, expansion and integrative work in the field. Trained holistic health practitioners who may have applied one or more of these paradigms may now be able to expand their foundational and conceptual base thereby broadening their theory and techniques that are appropriate to their professional arenas.

Section I is designed to explore general ways of knowing and meaning making in holistic health: through for example, mindbody medicine, psychoneuroimmunology, molecular and central nervous system’s relationship to emotion and trauma, body posture and movement, nutrition, bioenergy and human energy fields, Eastern, Western and indigenous spiritual traditions and high sense intuition, soul wisdom, and distance intention.

Section I is inclusive of the shifts from the Newtonian Era I medicine to the mindbody Era II, the Einsteinian mind-body-energy paradigm, to Era III medicine with nonlocal consciousness. Various Eastern, Western and indigenous paradigms for experiencing the interconnection among the mind, body, and soul and holistic health are discussed and integrated with the fundamental principles of Western theories of stress, bimolecular research, neurophysiology and the influence of thought and the emotional links to the mind-body experience. Various ways of knowing energy systems such as the
chakras and human energy fields and their relationship to stress, the immune system, spiritual path and holistic health are explored. An understanding of the power of the imagination, the arts, embodied somatic experience, and consciousness in healing, health and well-being is addressed. Practitioners explore the various intuitive ways of assessing and healing, and finally the reader/practitioner is provided with an integrative body of knowledge from which to view a client or population and make programmatic or client-based interventions.

Section II is designed to offer the reader/practitioner methodology regarding the creation and implementation of holistic health centers, programs and integrated consultation practices. Examples of existing successful programs are offered. The authors discuss the genesis, philosophy and workings of the programs.

Finally, Section III offers examples of integrative holistic health clinicians who combine and synthesize a variety of holistic health approaches and paradigms into their practices as practitioners, healers, therapists and consultants.

PENNY LEWIS
CONTENTS

Preface ................................................................................................................... vii

SECTION I: WAYS OF KNOWING

Chapter

1. WAYS OF KNOWING: PARADIGMS IN HOLISTIC HEALTH . . .5
   Two Shifts in the Way Medicine, Health and Healing
   is Viewed in the West ......................................................... .6

2. MINDBODY MEDICINE: ADVANCES IN WESTERN
   MEDICINE AND SCIENCE ............................................ .9
   Introduction and History ..................................................... .9
   Psychoneuroimmunology ...................................................10
   The effects of life stressors and social support ................. .11
   Ingestion and the Mindbody Connection ......................... .13
   Chronic stress: The autonomic nervous system and the
   sympathetic response .........................................................13
   Early childhood trauma and the sensorimotor brain level .....15
   The chemical nervous system: The neurophysiologic
   molecules of emotion .........................................................17
   The neurophysiology of psychological dysfunction .......... .19
   The neurophysiology of physical health and healing .......... .19
   The influence of thought and emotional states on
   mindbody Health and healing ........................................... .19
   Imagination and reality .......................................................20
   Healthy Boundaries ...........................................................20
   Thoughts as energy ...........................................................20
   Mindfulness ................................................................... .21
   The influence of social and animal support on mindbody
   health and healing ........................................................... .22
   The power of touch ...........................................................22
   The blessing of pets ...........................................................22
   Healing versus curing ........................................................ .22

3. THE BIOLOGY OF OUR PSYCHOLOGY: UNDERSTANDING HOW
   STRUCTURE AND BEHAVIOR RELATE  CHRISTINE CALDWELL . . .24
Abstract .................................................................24
The biopsychology of solid emotion .............................26
The biopsychology of liquid emotion ............................28
A second look at the communal nervous system ............29
Memory and movement ..............................................29
References ..............................................................32

4. THE OBSERVABLE BODY: UNDERSTANDING BODY POSTURE
AND MOVEMENT AS A WAY OF KNOWING HEALTH
AND HEALING ............................................................35
Exercise and movement ..............................................35
Human development ..................................................35
The KMP Paradigm of observable human movement in
mindbody health and healing .........................................36
Tension flow: Tension flow rhythms in development .........37
Tension flow: Tension flow attributes: Hypothalamic
responses to safety and danger ......................................44
Shape flow: The unconscious manifestation of a sense of
self and object internalization .......................................49
Body attitude: Fixed unconscious habitual response ...........53
Summary .................................................................55
References ..............................................................56

5. IMAGINATION, INTUITION AND THE PERSONAL AND
COLLECTIVE UNCONSCIOUS IN HOLISTIC HEALTH,
HEALING AND TRANSFORMATION .....................................57
Origins of the concept of the unconscious ....................57
The anatomy of the unconscious and the imagination ......58
The personal unconscious ..............................................59
The collective unconscious ............................................59
Health, healing, and growth through the imagination ......60
Accessing the imagination through the arts .................60
Accessing the imagination through visualization ...........62
Accessing the body unconscious through the somatic
countertransference/somatic intuition .........................62
Intuition ...................................................................64
The Temenos ............................................................65
The personal and archetypal unconscious in healing and
transformation ..........................................................65
The personal unconscious: Healing previous trauma .......65
The archetypal collective unconscious: Individuation
and expanding consciousness .......................................72
Conclusion ...............................................................73
References ..............................................................75
Contents

6. NUTRITION AND HEALTH  ED BAUMAN  ....................77
   Sorting out facts and fantasies  .......................77
   Eating for health  ..................................82
   The healing power of foods  .......................83
   Diet direction  ....................................83
   References  ......................................85

7. ENERGY MEDICINE: WAYS OF KNOWING THROUGH
   CHI, CHAKRAS, AND THE AURIC FIELDS .............86
   Introduction and history  ..........................86
   Research and measurement instruments ..........87
   Quantum physics and energy medicine ..........88
   Meridians  ......................................88
   Nadis  .........................................90
   Chakras  .......................................91
   Auras: the human energy fields ...............95
   General concepts  .................................99
   Healers  ........................................101
   Summary  .......................................102
   References  .....................................102

8. SPIRITUALITY, THE TRANSPERSONAL AND
   ERA III MEDICINE  ................................103
   Spirituality  ....................................103
   Eastern Traditions  ...............................104
      Yoga  .......................................105
      Buddhism  ...................................105
   The Transpersonal Paradigm in Western Psychology 106
      C. G. Jung and Individuation .................107
      Assagioli and psychosynthesis ...............107
      Maslow, Vaughan, Walsh, Groff, Tart and
      Transpersonal Psychotherapy ...............108
      Neo-transpersonal approaches ...............108
   Sacred Alchemy: The Western Judeo-Christian process of spiritual healing .................109
   The role of the holistic health practitioner ..........117
   Conclusion  .....................................118
   References  .....................................118

9. SPIRITUAL HEALING IN ERA III MEDICINE
   CHARLOTTE GREENE  ................................120
   Spiritual healing: A definition  .................120
   Spirit  .........................................121
   Era III medicine  ...............................122
   Intuition and medical intuitives ...............122
Indigenous and shamanic healing practices .........................125
Meditations, channelers, and the history and practice of
Western Spiritualism ..............................................126
Hands on spiritual healing .....................................128
Distant spiritual healing .......................................128
Spiritual attunement ..........................................128
Meditation .....................................................129
Natural law ...................................................130
Summary .....................................................133
References ...................................................133

10. TOWARD AN INTEGRATIVE HOLISTIC HEALTH
THEORETICAL MODEL ...........................................135
Inquiry and purpose of the study ................................135
Review of literature ..........................................135
Selection of subjects and design ...............................136
Summary of the implicit paradigms in integrative
complementary and alternative holistic health ..........137
Key concepts in the fundamental body of knowledge in
Era II, III and Einsteinian integrative holistic health ....138
References ...................................................167

SECTION II: INTEGRATIVE PROGRAMS
IN HOLISTIC HEALTH

11. INTRODUCTION: CREATING, IMPLEMENTING,
ADMINISTRATING, PARTICIPATING, AND
CONSULTING TO INTEGRATIVE HOLISTIC
HEALTH PROGRAMS ...........................................171
Creating and implementing ....................................171
Establishing or participating in an organizational system ....172
Administration ...............................................174
Advising, treatment planning and referring .....................174
Administration and supervision of holistic health
practitioners ...................................................179
Administrators as evaluators ..................................181
Ethical Standards .............................................182
Consultation ..................................................182
Conclusion ....................................................182
Holistic Health Practitioner Competency ......................183
References ...................................................185

12. HOSPITAL AFFILIATED MINDBODY PROGRAMS ............186
Introduction to the pioneers ...................................186
Mindbody mindfulness-based stress reduction philosophy ....187
## Contents

Mindful meditation modalities at the University of Massachusetts Medical School Mindfulness-based Stress Reduction Program ......................................................... 189
The Mindfulness-Based Stress Reduction Program (MBSR) at the University of Massachusetts Medical School ................................................................. 190
Modalities of the Mind/body Medical Institute and Clinic at Beth Israel-Deaconess Medical Center ................................................................. 191
The program at the Mind/body Medical Institute and Clinic at Beth Israel-Deaconess Medical Center ................................................................. 192
Role of the mindfulness holistic health facilitator ........................................... 192
Client population ..................................................................................... 193
Conclusion .................................................................................................. 195
References .................................................................................................. 195

13. SOLUTIONS CENTER FOR PERSONAL GROWTH, INC. AND THE IMAGINATION PROCESS

*WENDYNE LIMBER* ................................................................................ 196
Introduction ............................................................................................ 196
Genesis ..................................................................................................... 196
Frame of reference .................................................................................. 198
Basic concepts ........................................................................................ 199
Transpersonal transformational and creative arts therapies and practices at Solutions Center for Personal Growth, Inc. .................................................. 208
Summary .................................................................................................. 208
Participants orientation to the Imagination Process at Solutions Solutions .................................................................................... 209
The imagination process model ................................................................. 209
The Solutions Center experience ............................................................. 210
Therapeutic techniques .......................................................................... 214
Role of the therapist ................................................................................ 220
Populations served .................................................................................. 221
Summary .................................................................................................. 221
Case examples ......................................................................................... 222
Epilogue ................................................................................................... 223
References ................................................................................................ 224
Bibliography ............................................................................................ 225

14. SADDLEBROOK: A WELLNESS CENTER BLUEPRINT

*NICK HALL WITH AL MARTINEZ-FONTS, JR.* .................................. 227
Introduction ............................................................................................ 227
Philosophy ............................................................................................... 228
Individual wellness .................................................................................. 229
Stress recovery ......................................................................................... 229
Assessment .............................................................................................. 233
Modalities .......................... 235
Alcohol and wellness .................. 240
Wellness in a corporate setting ....... 240
Conclusion .......................... 241
References ........................ 242

15. THE WELLSPACE MODEL FOR DELIVERY OF
COMPLEMENTARY AND ALTERNATIVE MEDICAL
SERVICES  OLIVIA CHEEVER .......... 243
Introduction ........................ 243
Genesis of Wellspace ................ 243
Holistic and system’s theory paradigm shift .... 245
Wellspace relationally connected knowing genesis
research study ......................... 247
Personal genesis and journey to Wellspace .... 254
Wellspace Fresh Pond today .......... 256
Wellspace intake procedure .......... 258
The Back and Neck Pain Relief Interdisciplinary Program ... 258
Role of therapist .................... 259
Clinical cases ....................... 260
CAM research potential at Wellspace .. 263
Summary .......................... 264
Conclusion ........................ 267
References ........................ 268

SECTION III: INTEGRATIVE HOLISTIC HEALTH PRACTICES

16. THE MOVING CYCLE: A MODEL FOR HEALING
CHRISTINE CALDWELL ............... 273
Introduction ........................ 273
The theory behind the moving cycle .... 275
Physical Movement ................... 275
The recovery of health ............... 277
Emotional or energetic movement ...... 278
The moving cycle described .......... 279
Diagnosis in the moving cycle ......... 283
Treatment in the moving cycle ......... 283
The therapist training cycle .......... 288
Conclusion ........................ 293
References ........................ 294

17. INTEGRATED ENERGY MEDICINE AS A HEALING ART
ELAINE MCNULTY .................... 295
Genesis .......................... 295
The integrative philosophical model .... 296
INTEGRATIVE HOLISTIC HEALTH, HEALING, AND TRANSFORMATION
Section I

WAYS OF KNOWING
Chapter 1

WAYS OF KNOWING: PARADIGMS IN HOLISTIC HEALTH

The multitude of things which we experience as distinct in reality are but manifestations of the absolute undifferentiated reality that there is an underlying unity among the seeming diversity of existence. It is only the individual, subjective mind—the consciousness informed by the senses—that fragments the world.

(Motoyama, 1978, p. 22)

At a time when close to half of the population of the United States is engaged in some form of complementary or alternative medicine, it behooves all practitioners in the health and human services to begin to integrate and synthesize the various paradigms that underlie and influence the holistic health approaches being utilized today. Allopathic medicine has its own systems of understanding the body, health and disease. Many individuals are alive today because of the advances that vaccines, antibiotics and surgical procedures have made in the last century. However, I have come to believe that we will look upon the medical procedures and interventions of today, replete with their focus upon pharmaceutical drug remedies and surgical procedures as we now regard the ancient techniques of blood letting.

In 1992, the Office of Alternative Medicine (OAM) was first founded through NIH: The National Institute of Health. OAM was designed to research and promulgate information regarding what much of the public was already involved. OAM was charged with evaluating the effectiveness of seven areas: (1) diet and nutrition, (2) mind-body interventions, (3) alternative healing systems, (4) bioelectromagnetic applications in medicine, (5) manual healing methods, (6) pharmacological and biological treatments, and (7) herbal medicine.

I recall listening to a spokesperson for the American Medical Association saying that these forms of healing were nothing more than charlatanism with the public being deceived by con artists liken to those selling snake oil and panacea elixirs two centuries ago. Just five years later the University of Maryland survey showed that 70 percent of the doctors that were questioned were interested in learning more about alternative medicine. In 1998, OAM was expanded and renamed the National Center for Complementary and Alternative Medicine (NCCAM). Now over 600 specific forms of CAM therapies are reported. Several medical schools and their associated hospitals have been targeted as OAM centers of