



The Healing Effect of the Practitioner

My Story

“The practitioner alone can affect healing” – *Morris Zubkewich, DC, D.Hom*

We will be discussing the mind frame of the practitioner and how it relates to the healing outcome of the client

The Definition of Healing

- We often talk about the “the gift of healing”
- Healing belongs to the body and is controlled by the person
- The Dictionary defines it as “the process of making or becoming sound or healthy again”.
- However, researchers describe it as the personal experience of the transcendence of suffering – with practitioners recognizing, minimizing and relieving suffering

Research

Healing was associated with themes of wholeness, conversation, and spirituality

“Physician-healers use the power of the doctor-patient relationship to help patients discover or create new illness narratives with fresh meanings that reconnect them to the world and to others and thereby transcend suffering and experience healing”.

“Physician-healers equipped with the attitudes, skills, and knowledge to assist patients to transcend suffering are indispensable if contemporary medicine is to maintain its tradition as a healing profession. In the process, physicians may discover meaningful connections with patients that bring new and refreshing perspectives to their work”.

Study of Critically Ill Patients

- 18 critically ill patients
- Objective was to describe their perception of caring by professional nurses
- The results found that caring was described as attentive and nurturing from highly-skilled nurses

Conclusion of the Study

“Caring is described as a mutual process in which intentions are joined to form a shared experience. In this mutual process, healing is an outcome that might otherwise be elusive.”

In other words, the practitioner and the client working together influences the capacity to heal



The Physical Reality

- Study: In order to evaluate post-operative pain, patients were divided into two groups at Massachusetts General Hospital
- One group received a happy, kind anesthesiologist and the others a grumpy one (actually the same person)
- Those who had the happy anesthesiologist required much less pain medication and were discharged 2.6 days earlier

Mindfulness and Healing

- *The quality or state of being conscious or aware of something”.*
- *“A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique”.*
- Research shows there is a link between effective physician–patient communication and patient health outcomes (that is, emotional health, symptom resolution, functional status, and pain control).
- Mindful practitioners attend in a nonjudgmental way to their own physical and mental processes during ordinary, everyday tasks
- Mindfulness can be learned

The Placebo Effect

- How valid is the potential of the relationship between practitioner and client?
- We all know placebo effect is real
- Communication between practitioner and client can activate placebo effect
- People with higher dopamine levels may be more affected by placebo effect

The Power of Belief

- What the practitioners believe to be true can affect the client's outcomes
- And so can the belief of the client
- The Biology of Belief by Bruce Lipton, PhD

In Conclusion

- Do not underestimate your potential as a practitioner
- Be careful of your bias and beliefs as they may affect the outcome of the client
- Develop a neutral energy
- Be kind and nurturing and non-judgmental



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