In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.

~Krishnamurti
Session Overview

- Define the principle *Tolle Totem*
- History of holism
- Philosophy of holism
- Individualised view of disease
Tolle Totem Definition

Health and disease result from a complex of physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage individuals to pursue their personal spiritual development. Naturopathic medicine recognises the harmonious functioning of all aspects of the individual as being essential to health. The multi-factorial nature of health and disease requires a personalised and comprehensive approach to diagnosis and treatment. Naturopathic physicians treat the whole person taking all of these factors into account.

(Snider & Zeff, 1998)
Health

- Spiritual
- Psychological
- Physical
- Emotional
- Sociological
- Environmental
When you have broken the reality into concepts you never can reconstruct it in its wholeness.

~William James
Holism

- Ecological concept that the totality of biological phenomena in a living organism or system cannot be reduced, observed or measured at the level below that of the whole organism or system (Smuts, 1926)

- Holistic ontology: perceives life as inseparable from space, time, matter and energy (Darling, 2005). Believes that all entities and systems in the universe exist as a unified whole. The parts of the whole are dynamically interdependent and interrelated
Historical Emergence of Holism

- In Western academic philosophy, holism is a foundational theory with a presence across every intellectual school and represents debate regarding matter, reality, and causality.

- Aristotle (teleological) “Now anything that has a plurality of parts, but is not just the sum of these, like a heap, but exists as a whole beyond its parts invariably has a cause” (Lawson-Tancred, 1998)
Historical Emergence of Holism

Holism in ontology

- Anima mundi (world soul) – “this world is indeed a living being endowed with a soul and intelligence ... a single visible living entity containing all other living entities, which by their nature are all related” (Plato, 360bc)

- Logos (Heraclitus c. 535 – c. 475 BC; Stoic - Zeno of Citium c. 300 BCE)

- Pantheism (Popularised by Baruch Spinoza, “Ethics” 1677, coined Joseph Raphson, 1697)
Historical Emergence of Holism

Holism in science
- Organicism: William Emerson Ritter (1919) reality is best understood as an organic whole
- Systems theory: nature of complex systems in nature, society, and science

Holism in philosophy
- Semantic holism
When we begin to see in terms of wholes rather than parts, patterns appear that a classic model of simple linear cause and effect cannot capture.

~General Systems Theory Beginning with Wholes, Barbara Gail Hanson
Opposed Philosophy

- Reductionism: the practice of analysing and describing a complex phenomenon in terms of its simple or fundamental constituents, especially when this is said to provide a sufficient explanation (Oxford Dictionary)

- Mechanism/pathological mechanism
Medical Model of Diagnosis and Treatment of Disease

1. Diseases exist as discrete entities

2. Disease entities can be identified

3. Disease entities can be eliminated through treatment

4. Evidence-based application of drugs or surgery constitutes appropriate and effective treatment

(Zeff J.L., 1997; Zeff, Snider, Myers, 2006)
Naturopathic Model for Restoration of Health

1. Universe is ordered, intelligent, wise, and benign

2. Health is a constant and natural state of being

3. Ill health is an adaptive response to disturbance in organism

4. Removal of disturbing factors will result in potential return of normal health

5. Intervention should involve least force necessary to stimulate self-healing mechanisms

(Zeff J.L., 1997; Zeff, Snider, Myers, 2006)
Holism in Naturopathy

- Emotional, mental, spiritual and physical elements of each person comprise a system.

- Treatment considers the whole person in its context, concentrating on the cause of the illness as well as symptoms.
Holistic Health Care

Rather than focusing on illness or specific parts of the body, holistic health considers the whole person and how it interacts with its environment. It emphasises the connection of body, mind and spirit.....when one part is not working at its best, it will impact all the other parts of that person. Furthermore, this whole person...is constantly interacting with everything in the surrounding environment

(Walter, 1999)
Community/Social Systems

Spiritual/Religious Systems

Family system

Ecosystem

Body, mind, emotions, spirit
Holistic Health Care

- Believes that people can grow and learn from health, illness and dying.
- Promotes client’s active participation in their own health care, wellness and healing.
- Uses appropriate interventions in the context of the client’s total needs.
- Works to alleviate client’s physical signs and symptoms.
- Concentrates on the underlying meanings of symptoms and illness events and changes in the client’s life patterns and perceptions.

(Adapted from Mariano, 2013)
Analysis and Synthesis

A philosophy of studying the whole

Analysis: mentally breaking it down into its component parts/systems, seeing how each of them work.

Synthesis: mentally reassembling it, gaining a new understanding of the parts by looking at how they interact with each other and merge to form the whole.
Analysis and Synthesis

- What if, upon viewing the parts, there are lots of parts with different problems?

- Where do we start our treatment?

- How do we keep from getting fragmented in our approach and chasing lots of different little things instead of addressing the whole?
Naturopathic Therapeutic Order

1. Establish the Conditions for Health
   By addressing the Determinants of Health:
   Identify and remove disturbing factors (obstacles to cure)
   Institute a more healthful regimen

2. Stimulate the Vis Medicatrix Naturae

3. Tonify Weakened Systems

4. Correct Structural Integrity

5. Address Pathology:
   a. Natural Substances
   b. Pharmacologic or Synthetic Substances

6. Suppress or Surgically Remove Pathology

(Adapted from Zeff, 1997; Snider & Zeff, 1998; Zeff, Snider & Myers 2006)
Analysis and Synthesis

- Identify disturbing factors/contributors to disease (physical, psychological, emotional, sociological, environmental, spiritual)
- Identify centre of gravity, “themes” or “patterns of disturbance” of the case
- Identify relationships of organs and systems that are connected to the presenting complaint/s (disease/symptoms)
Integral Theory

Four perspectives for viewing a client holistically:

1. Subjective individual: what does this person report they are experiencing on levels of body, mind, emotions, spirit?
   - Example: Asking questions to gain patient's personal experience. “How does that make you feel?” Asking patient to complete subjective questionnaire e.g. GAD-7, pain scale 1-10
Integral Theory

2. Objective individual: what can you observe, via your senses or other objective means

- Example: Testing which is externally observed and measurable. Taking blood pressure, pulse, tongue, nails, hair, skin, iris. Physical assessment such as BIA, calipers, BMI. Referral for blood tests, x-rays, MRIs
Integral Theory

3. Intersubjective: what does this person report as their experiences of the culture in which they live?

- Example: Asking questions of a patient’s values, ethics, world views, rituals etc. as it relates to health
Integral Theory

4. Interobjective: what can be observed from the outside regarding the tangible aspects of the society in which the person lives?

- Example: Consider tangible, observable aspects of society patient is within such as known socioeconomic effects on health
Spirituality, Religion and Holism

- Levels of spirituality and religion are relatively high in Australia. Australian patients want their clinicians to incorporate spirituality into their treatment (Williams & Strenthhal, 2007)

- An integrative holistic approach to health incorporates the spiritual and/or religious constructs that impact on the health of the individual
Indigenous Australian Wellbeing Framework

- An example of an holistic wellbeing framework. This was created for the Australian Indigenous population

https://old.crc-rep.com/wellbeingframework/

https://www.youtube.com/watch?v=Cf-dK8HFP2c
Challenges of Spirituality and Religion in Clinical Practice

- Naturopathic practitioners are often required to deal with complex and chronic conditions for which there has been no easy solution and this means that patients can bring with them substantial 'baggage' which will be in the diagnostic mix.

- Spiritual distress and confusion may well be part of this and will test the confines of the clinical relationship.

(Grant, 2012)
Spirituality and Holism

“A way to step into practicing medicine as a spiritual encounter is to listen for the meaning of a patient’s experience, instead of listening only for the reporting of symptoms” (Sutherland, 2005)

We can practice naturopathy as a spiritual encounter by:
1. Cultivating an awareness of our own wholeness
2. Seeing wholeness in the client, and
3. Connecting from our sense of wholeness within to the sense of wholeness we perceive within the client.

(Sutherland, 2005)
Last Reminder

Your Workbook One is due to be handed in by Sunday 11.55pm AEST at the end of this week
Ending Quote for the Day

Complex systems seem to strike a balance between the need for order and the imperative to change. Complex systems tend to locate themselves at a place we call “the edge of chaos”. . . . a place where there is enough innovation to keep a living system vibrant, and enough stability to keep it from collapsing into anarchy. It is a zone of conflict and upheaval . . . . Finding the balance point must be a delicate matter. If a living system drifts too close to chaos, it risks falling over into incoherence and dissolution; but if the system moves too far from the edge, it becomes rigid, frozen, totalitarian. Both conditions lead to extinction. . . . Only at the edge of chaos can complex systems flourish.

~Michael Crichton
Reference


Plato. (360bc). *Timaeus* (dialogue)


Reference


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