Basic Assumption
Healing and curing are distinct, but related processes

Curing
The elimination of the signs and symptoms of disease

Healing
Healing: Wholeness, Harmony of body, mind and spirit: What does this mean?

THE PERSON AS BODY, MIND, SPIRIT

Era I Medicine
Local
Mechanical, material or physical medicine
- Causal, deterministic, describable by classical concepts of space-time and matter-energy.
- Mind not a factor: “mind” is a result of brain mechanisms.
- Caregivers bring the medicine to the separate other (Quinn).

THE PERSON AS INTERACTING BODY and MIND and SPIRIT
**Era II Medicine**
Local
Mind-Body Medicine
- Mind a major factor in healing *within* the single person. Mind has causal power; is thus not fully explainable by classical concepts in physics. Includes but goes beyond Era I.
- Caregivers help the separate other to use her/his mind as medicine for healing. (Quinn)

**THE PERSON AS BODYMINDSPIRIT and NON-LOCAL**

**Era III Medicine**
Nonlocal
Transpersonal
- Mind a major factor in healing both *within* and *between* persons. Mind not completely localized to points in space or time. Mind is unbounded, unitary.
- Healing at a distance is possible. Not describable by classical concepts of space-time or matter-energy.
- Caregiver IS the medicine via consciousness and interconnectedness with the “other.” (Quinn).


**Principles from Systems Theory**

- The whole is more than and different from the sum of the parts.
- Every living system is simultaneously an autonomous whole **AND** a part of a larger whole - a holon, in Arthur Koestler’s words.
- A change in the part leads to a change in the whole.
- The nature and direction of the change cannot be predicted by the initial conditions of the system, or the nature and magnitude of the change in the parts.

**Implication:**
There is *nothing* that we do with or to patients/clients which is *not* holistic in its impact.
Wholeness...

Fundamentally about relationship...

**Wholeness**

“A dynamic process of being in right relationship at or among any one or more levels of the human experience.” Quinn, J.F. (1989). On healing, wholeness and the haelan effect. *Nursing and Health Care, 10*(10), 553-556.

**Healing**

“The emergence of right relationship at or among any one or more levels of the human experience.” Quinn, J.F. (1989). On healing, wholeness and the haelan effect. *Nursing and Health Care, 10*(10), 553-556.

**Right relationship**

At any level, body, mind or spirit:
- increases coherence of the whole
- decreases disorder in the whole
- maximizes energy available to the whole to do the work of the system
- maximizes freedom, choice and the capacity of the whole to creatively unfold

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**Curing and healing compared**

<table>
<thead>
<tr>
<th>Curing</th>
<th>Healing</th>
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<tbody>
<tr>
<td>May contain healing</td>
<td>May occur without curing</td>
</tr>
<tr>
<td>May or may not be possible</td>
<td>Is <em>always</em> possible</td>
</tr>
<tr>
<td>Follows a usual or predictable path</td>
<td>Is always creative and unpredictable in both process and outcome</td>
</tr>
<tr>
<td>Death is a failure</td>
<td>Death is an opportunity for more healing, even “the ultimate healing”</td>
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