

1. Record Nr.	UNINA9910960599403321
Autore	Ventegodt Søren
Titolo	Textbook on Evidence-Based Holistic Mind-Body Medicine : Basic Philosophy and Ethics of Traditional Hippocratic Medicine
Pubbl/distr/stampa	Hauppauge, : Nova Science Publishers, Inc., 2012
ISBN	1-62257-707-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (319 p.)
Altri autori (Persone)	MerrickJoav
Disciplina	615.5
Soggetti	Health -- Textbooks Holistic medicine -- Textbooks Mind and body -- Textbooks
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Intro -- Contents -- Foreword -- Preface -- Introduction -- References -- Section 1. Positive philosophy of life -- Chapter I -- Some errors, problems and difficulties in scientific holistic medicine -- Errors in holistic medicine -- Errors regarding the principle of resources (healing happens in surplus of resources) -- Errors regarding the principle of similarity -- Errors regarding the principle of using as little force as possible ("Primum non nocere" or "first do no harm") -- Errors regarding the hering's law of cure (that you will get well in the opposite order of the way you got ill) -- Evidence-based holistic medicine -- The holistic approach in practice -- or the helicopter perspective -- Getting started - start today -- References -- Exercises -- Chapter II -- The holistic theory of healing -- Introduction -- Three stages of holistic healing -- Case story -- The holistic state of healing: being in process -- The holistic process of healing the existence -- Conclusion -- References -- Exercises -- Chapter III -- Introduction to positive -- philosophy of life -- Sparks of life -- Philosophy behind quality of life -- References -- Exercises -- Chapter IV -- Quality of life, happiness -- and meaning of life -- Introduction -- Starting to wonder -- Your innermost dreams about life -- Our map of reality -- A philosophy of life with focus -- on the human being -- Taking responsibility for your life -- Quality of life is more than satisfaction -- Happiness and the fulfillment of needs -- Self-realization -- The

meaning of life -- Conclusion on the core of life -- References -- Chapter V -- What is a human being? -- Introduction -- A young woman is off to a dance -- Love and making dreams come true -- The dialogue between living cells -- A self is born -- The relationship with oneself -- Doing the right thing -- Wisdom and life competency. The first, second and third class of life -- Conflict between our sexual, spiritual -- and middle-class lives -- References -- Chapter VI -- Understanding the biological connection between quality of life, disease and healing -- Introduction -- Matter, life and consciousness -- Problems in understanding reality -- DNA only explains very little of life -- DNA and illness -- What is life? -- The flow of information in living matter -- The levels of life -- From information to love -- From biology to soul, heart and intuition -- Quality of life and the biological order -- Quality of life and illness -- Our love for life -- Conclusion -- References -- Chapter VII -- The brain and consciousness -- Introduction -- The beginning of the era of large -- humanoid brains -- The brain is mysterious -- The structure of the brain -- View of the physiology of the brain -- The brain is not a computer -- The order of our reason and intuition -- The mystery of awareness -- Night dreams - a window of the soul -- The world is modeled -- on the patterns of the brain -- The brain creates order through -- a hierarchy of concepts -- Conclusion on the brain and reality -- References -- Chapter VIII -- Seizing the meaning of life -- Introduction -- How do you fight for your life? -- Being ill and wanting to become well again -- Take responsibility -- Joy of life -- Becoming more energetic -- Illness, symbols and mysticism -- To take responsibility and move barriers -- Becoming self-confident and wise -- To use death as a mirror -- When you have only 700 days left -- To pull yourself up -- To find the quality of life -- To seize the meaning of life -- What is the purpose of your life? -- The pain of knowing the meaning of your life -- The no man's land between your old -- and your new life -- Discussion -- Conclusion -- Selected readings for the patients -- References. Chapter IX -- The concepts of quality of life research -- Introduction -- A hierarchy of concepts -- The fundamental concepts related -- to the quality of life concept -- Existence -- Creation of the world -- States of being -- Daily living -- Talents -- Relations -- Sex -- Health -- Personal development -- Therapy -- Discussion -- Conclusion -- References -- Chapter X -- Theories of human existence -- Introduction -- Understanding human existence -- To realize your life purpose -- Holistic process -- Our hope -- References -- Chapter XI -- A theory for a consciousness -- based medicine -- Introduction -- The theory -- Applying the theory -- References -- Chapter XII -- Life purpose and the ego -- Introduction -- The rise and the structure of the ego -- The process of salutogenesis -- A case story -- Another case study -- Discussion -- Conclusion -- References -- Chapter XIII -- What is talent? -- Introduction -- Expression of talent -- The three core dimensions of human existence -- 1. Purpose -- 2. Power -- 3. Gender -- Discussion -- Working with the gender-axis -- A case story -- Conclusion -- References -- Chapter XIV -- Child development -- Introduction -- Loss of health, coping and quality -- of life in childhood -- The need for holding -- Self-modification in response -- to lack of holding -- Reversing the destructive modifications -- of personality in children -- A clinical example -- Conclusion -- References -- Chapter XV -- The evil side of man -- (the shadow or anti-self) -- Introduction -- Self and anti-self, life purpose -- and anti-purpose -- The creation of the anti-self -- ("the shadow") -- The anatomy of the shadow -- An example: from "i am good" to "i am evil" -- What makes man choose evil? -- The dynamic of the shadow -- The

four existential positions -- 1. The unconscious, opportunistic position.
2. The half-conscious, ethical (or good) position -- 3. The half-conscious, evil position -- 4. The conscious learning position -- Relevance of the existential therapy -- Discussion -- Conclusion -- References -- Chapter XVI -- The human character -- Introduction -- Character in existential philosophy -- Character in medicine: Understanding Hippocrates, Hahnemann and the Native American medicine -- The holistic process of healing -- The structure of human character -- and the purpose of life -- The 7-ray theory of consciousness -- The seven rays in different cultures -- The description of the human character -- Identifying human character in the clinic -- Recovering human character -- in the holistic clinic -- Case study -- Discussion -- Conclusion -- References -- Chapter XVII -- Existential coherence -- Introduction -- A theorectial framework for existential (antonosky) coherence -- Personal development and existential healing -- Theory of existential coherence -- and other related theories -- Discussion -- Conclusion -- References -- Chapter XVIII -- Reflections on how to improve -- a patient's philosophy of life -- Introduction -- Making philosophy of life more positive -- References -- Section 2. Ethics -- Chapter XIX -- Ethics and holistic healthcare practice -- Introduction -- Definitions and importance of ethics -- Vision and aims -- Key ethical principles for holistic practice -- Aims of holistic practice -- Ethical guidelines -- Ethics and quality of care -- Conclusion -- Acknowledgments -- References -- Exercise -- Chapter XX -- Medical ethics and therapeutic dilemmas in the sexology clinic -- Introduction -- Ethical problems in sexuality -- When is sex harmful? -- What is the damage from sexual traumas? -- How are we harmed by sexual traumas? -- What is sexual healing? -- Vulnerable teenagers and prostitution.
Ethical problems of sexological therapy -- and cam-bodywork -- The use of holistic medicine, CAM and bodywork in Denmark -- Sexological manual therapy -- Psychodynamic perspectives on sexuality and sexual development -- Ethical problems of sexual -- physician-patient relationships -- Discussion -- References -- Exercise -- Chapter XXI -- Integrative ethical theory -- Introduction -- Holistic medicine and ethics -- Sexual issues in clinical practice -- The use of ethics -- A timeline strategy for integrating ethics -- An ethical theory based on the -- theory of existence -- A strategy for coaching -- Case study one -- Case study two -- Therapeutic behaviour in clinical -- holistic medicine -- Example one: A patient physically -- abused as a child -- The "rule of integrative ethics" -- Example 2: A cancer patient -- in existential trouble -- Example 3: holistic sexology: Healing a sexually abused woman using "acceptance through touch" -- Discussion -- Conclusion -- References -- Exercise -- Section 3. Acknowledgments -- Chapter XXII -- About the authors -- Chapter XXIII -- International review board -- Chapter XXIV -- About the Quality of Life Research Center in Copenhagen, Denmark -- Quality of Life Research Center -- at the university medical center -- Independent Quality of Life Research Center -- New research -- Quality of life of 10,000 Danes -- Collaborations across borders -- Contact Person -- Chapter XXV -- About the National Institute of Child Health and Human Development in Israel -- Mission -- Service and academic activities -- Research activities -- National collaborations -- International collaborations -- Targets -- Contact -- Section 4: Index -- Index -- Blank Page.

always benefit the patient's well-being and often also help him or her to fight back the disease. The cure is very much the same for all patients: Help to know yourself better and to step into character and be more yourself, and more in tune with the universe. So it can be started right away, also without a specific diagnosis. Is modern, holistic medicine powerful? Oh yes, very much so. Holistic medicine is a truly powerful medicine, in spite of nobody really understanding the deepest structures of consciousness, the connection between mind and body, and the way holistic medicine works. But just because our scientific understanding admittedly still is limited we should not stop doing what we know works. In this book the authors cover the basic principles of philosophy and ethics of traditional Hippocratic medicine from a new and modern scientific approach.
