Abstract

It is possible to understand the process of healing from a holistic perspective. According to the life mission theory, we can stretch our existence and lower our quality of life when we are in crises, to survive and adapt, and we can relax to increase our quality of life when we later have resources for healing. The holistic process theory explains how this healing comes about: Healing happens in a state of consciousness exactly opposite to the state of crises. The patient enters the “holistic state of healing” when the (1) patient and (2) the physician have a perspective in accordance with life, (3) a safe environment, (4) personal resources, (5) the patient has the will to live, (6) the patient and (7) the physician have the intention of healing, (8) the trust of the patient in the physician, and (9) sufficient holding. The holding must be fivefold, giving the patient (1) acknowledgment, (2) awareness, (3) respect, (4) care, and (5) acceptance. The holistic process has three obligatory steps: (1) to feel, (2) to understand, and (3) to let go of negative decisions. This paper presents a theory for the holistic process of healing, and lists the necessities for holistic therapy restoring the quality of life, health, and ability to function of the patient.
Holistic healing practices—aka alternative medicine—are any form of healing or medicine that is not deemed "traditional" by Western standards. Some of these practices include hydrotherapy and Reiki. This means that if you haven't gotten on the holistic bandwagon, it may be time to at least learn about your options. From treating anxiety to lower-back pain to tension headaches, these practices have been called natural cure-alls. The process of using needles to stimulate key areas of the body to release energy was actually founded in China many years ago. A 2005 study in the British Medical Journal found that the use of acupuncture was actually able to reducing the number of tension headaches in patients by almost one half.