Clinical holistic medicine: holistic treatment of mental disorders

Søren Ventegodt,1,2 Niels Jørgen Andersen,2,3 Shimshon Neikrug,4 Isack Kandel,4 and Joav Merrick5

1Nordic School of Holistic Medicine and Quality of Life Research Center, Teglgårdstræde 4-8, DK-1452 Copenhagen K, Denmark
2The Scandinavian Foundation for Holistic Medicine, Sandvika, Norway
3Norwegian School of Management, Sandvika, Norway
4Faculty of Social Science, Academic College of Judea and Samaria, Ariel, Israel
5National Institute of Child Health and Human Development and Center for Multidisciplinary Research in Aging, Faculty of Health Sciences, Ben Gurion University of the Negev, Beer-Sheva, Office of the Medical Director, Division for Mental Retardation, Ministry of Social Affairs, Jerusalem, Israel

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Abstract

We believe that holistic medicine can be used for patient's with mental health disorders. With holistic psychiatry, it is possible to help the mentally ill patient to heal existentially. As in holistic medicine, the methods are love or intense care, winning the trust of the patient, getting permission to give support and holding, and daring to be fully at the patient's service. Our clinical experiences have led us to believe that mental health patient's can heal if only you can make him or her feel the existential pain at its full depth, understand what the message of the suffering is, and let go of all the negative attitudes and beliefs connected with the disease. Many mentally ill young people would benefit from a few hours of existential holistic processing in order to confront the core existential pains. To help the mentally ill patient, you must understand the level of responsibility and help process the old traumas that made the patient escape responsibility for his or her own life and destiny. To guide the work, we have developed a responsibility scale going from (1) free perception over (2) emotional pain to (3) psychic death (denial of life purpose) further down to (4) escape and (5) denial to (6) destruction of own perception and (7) hallucination further down to (8) coma, suicide, and unconsciousness. This scale seems to be a valuable tool to understand the state of consciousness and the nature of the process of healing that the patient must go through.