

EVENING LECTURE SERIES: Healing is not a Static Process—Understanding the differentiated phases and observable dynamics within the treatment course of an illness

TIMES and DATES: 7:30 – 8:30 pm, SAT 4.27, SUN 4.28, MON 4.29, THURS 5.2 AND FRI 5.3, 2019

SPEAKERS: Adam Blanning MD, Albert Schmidli PharmD, Andrea Rentea MD, Christoph van Dach RN, PhD

TOPIC DESCRIPTION: This series of evening lectures will focus on the time element in medicine. As organizational and financial pressures have dramatically shortened the time allowed for visits over the last years and decades, clinical impressions and interactions have necessarily shifted into small “snapshots” of the patient. Practitioners commonly experience that they have only enough time to determine immediate steps, such as ordering more studies, prescribing a medicine, or making specialist referrals. The opportunity to observe and understand the larger trajectory of a patient’s illness typically suffers. Out of these time pressures, understanding and eliciting the patient’s own perspectives and personal resources for recovery may be lost. Medical management then shifts into an activity which is organized mainly “around” the patient, something that happens to the patient, but which may afford the patient sufficient understanding or participation in their own healing process.

Intrinsic regenerative and growth capacities need to be better understood. This can be learned by linking the archetypal functional and formative activities that can be seen in very early growth and development, as well as the more mature cognitive and social dynamics involved in helping patient change unhealthy patterns of self-care, sleep, stress, and hurry. Clinical examples of patient observation and conversation will be shared from the fields of pediatric development, anthroposophic pharmacy, counselling and nursing care.

OBJECTIVES:

- Identify ways in which clinical thinking becomes habitual or reflexive, and explore the effect that can have on the diagnostic process and on patient interactions
- Discuss how the practice of medicine has changed with increased time pressures and associated effects on both patient and provider satisfaction
- Review common patterns and stages of growth
- Introduce research literature related to the concepts of salutogenesis, and the role of sense of coherence (SOC)
- Discuss how broader understanding and characterization of illness and healing processes, as they relate to a sense of coherence, may contribute to improved outcomes in chronic disease.
- Discuss how early stages of growth and development are often recapitulated in later developmental, psychological and spiritual change

- Discuss how stages of growth and development relate to emotion or social change (for example in the grieving process, or in characterizations of “stages of change” in psychology)
- Explore various ethnic, mythical, and philosophical narratives that express these same archetypes of change
- Provide practical tools, based on Anthroposophic models of self-development, healing, and convalescence, as models for helping patients find a greater personal sense of coherence
- Explore models of self-care and rejuvenation—and discuss how these can provide increased resilience in both patients and providers

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