

Dr Karen Lindsay

Mind and body connections in
Rheumatology
(Practising Whole Person Healthcare in
a Biomedical context)

**It's far more important
to know what person
the disease has than
what disease the
person has.**

QUOTEHD.COM

Hippocrates
Greek Scientist

Whole Person Healthcare [HOME](#) [CLINICIANS](#) [PATIENTS](#) [ILLNESS EXPLORER](#) [BLOG](#) [ABOUT](#)



Clinician & Patient Resources for Whole Person
Healthcare

[START HERE](#)

What is wholeperson healthcare?

- A philosophy, a worldview, a way of being
- The willingness to see the mind and body, or subjectivity and physicality in the same clinic, time /space
- The willingness to see meaning in the presentation of physical disease i.e the body, the language, even to the extent of seeing disease as symbolic, as signalling something
- Willingness to enter into a relationship with the patient as two whole persons
- Willingness to be a whole person in practise
- Disruptive to clinic schedules, because it needs time, but ultimately more satisfying, possibly healing

**MindBody or 'Whole person'
retraining**

- Intersection of a number of disciplines and how they emerge in the person in front of you beyond the horizon of your training or discipline
 - Story, metaphor, healing, emotions
 - Philosophy and qualitative research of 'phenomenology'
 - Heidegger, Husserl, Merlot-Ponty, Foucault
 - Psychodynamic Psychotherapy
 - Biomedicine and evidence based medicine
 - Psychosomatic medicine
 - Psychoneuroimmunology
 - Narrative medicine
 - Genetics and environmental factors
 - Body work
 - Touch and massage therapy
 - Breathing work (physiotherapy)
 - Spirituality and indigenous world views

The Biomedical Approach

- Evidence based on objective findings
- Exclusive focus on physicality
- Huge advances in medicine, imaging, and drugs, information about diseases
- Common language internationally about disease and treatment
- More efficient, short term
- Funded
- Finite intervention, Easier to measure
- Allows clinical detachment

Disadvantages of a biomedical approach

- Why do people get ill? Excludes subjective factors, social and political determinants, the whole picture
 - Is it enough to call it stress?
- What happens if no clear diagnosis or there are both mind and body factors clearly at work?
 - E.g. secondary fibromyalgia
- What happens when the drugs don't work?
- Alternative healthcare industry
- Restricted and disenchanting worldview
- Burnout

Beyond the clinical gaze

70/30 CAMPAIGN: EMPOWERING COMMUNITIES TO PROTECT OUR CHILDREN

Childhood Trauma

An event that a child finds overwhelmingly distressing or emotionally painful, often resulting in lasting mental and physical effects.

LONG-TERM IMPACTS:

- Affects perception of reality
- Wires brain to expect danger
- Triggers fight, flight or freeze responses
- Increases stress hormones flowing through the body
- Creates a sense of helplessness
- Results in serious behaviour problems
- Takes away sense of safety
- Creates relationship problems

2x more likely to develop **DEPRESSION**

3x more likely to develop **ANXIETY DISORDERS**

The initial trauma of a young child may go underground but it will return to haunt us

Common causes:

- Child abuse (physical, emotional, sexual)
- Witness/victim of violence
- Neglect
- Substance misuse
- Bullying in school
- Grief
- War/Terrorism
- Medical trauma
- Mental illness
- Separation from loved ones

PREFRONTAL CORTEX (PFC) "Thinking Centre" Underactivated

AMYGDALA "Fear Centre" Overactivated

ANTERIOR CINGULATE CORTEX (ACC) "Emotion Regulation Centre" Underactivated

A traumatised brain is "bottom heavy"

Complex Trauma: a result of repetitive, prolonged trauma

Difficulty: focusing, eating, sleeping

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Figure 1. The impact of stress and trauma in childhood. Adverse childhood events, stress, and trauma contribute to toxic stress. Toxic stress that results from prolonged exposure to stress, aggregated trauma experiences, or incidents of significant emotional impact yields an increased allostatic load on the body. Allostatic load, measured by biological markers of disease risk including inflammatory cytokines, neurobiological changes, metabolic abnormalities, and epigenetic modifications, may carry over into future generations.

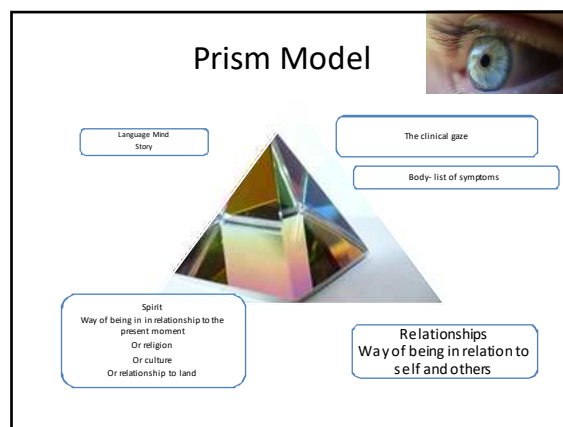
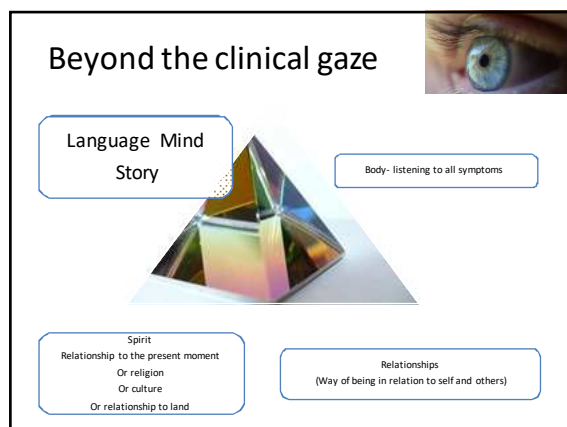
Physiol. Meas. 38 (2017) F89 Topical Review

Sympathetic Parasympathetic

Figure 3. Schematic overview of sympathetic and parasympathetic innervation. The organs have been labeled on the right, on the left only those parts that are particular to the sympathetic. Dotted lines: preganglionic; solid: postganglionic fibers. Note the left/right differences in length in that respect. Picture adapted from Low, Clinical autonomic disorders, 1993, third edition, 2nd chapter by Y. Haseki in: Anatomy of the spinal and peripheral autonomic nervous system, reproduced by permission.

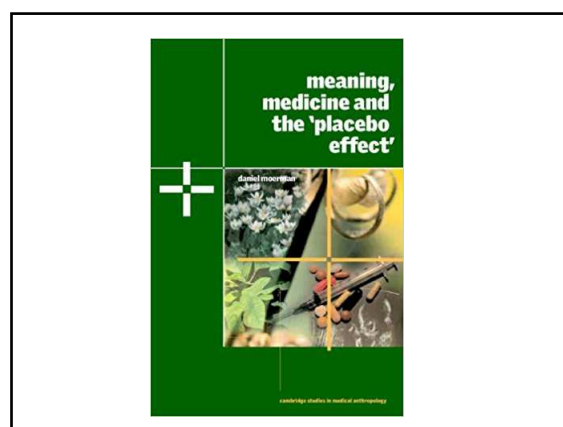
Balancing the autonomic nervous system to reduce inflammation in rheumatoid arthritis

J. A. Neughton¹, M. A. van Wassen², M. J. Bovenlandts^{1,3} & P. P. Tak^{1,2,4}



Ngahina Hohaia
The old healer to the soul:

It's not your back that hurts, but the burden.
It's not your eyes that hurt, but injustice.
It's not your head that hurts, it's your thoughts.
Not the throat, but what you don't express or say with anger.
Not the stomach that hurts, but what the soul does not digest.
It's not the liver that hurts, it's the anger.
It's not your heart that hurts, but love.
And it is love itself that contains the most powerful medicine. (Unknown author)



• **The MindBody Connections**

"If the therapist has the wit to see it, the truth is there to be seen in the first session"

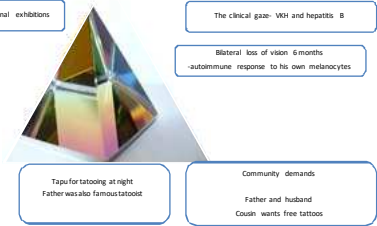

(Harry Stack Sullivan--quoted by E. Levenson).

Case 2

- Samoan traditional Tattooist
- 31 year old with VKH, father
- On 80mg prednisone
- Hep B positive
- ? For immunosuppression
- Samoan healer says broke tapu by tattooing at night, reparations had no effect
- Translator cousin wants two free tattoos for helping



Tattooist



- Increasingly successful international exhibitions
- The clinical gaze: HIV and hepatitis B
- Bilateral loss of vision 6 months
-autoimmune response to his own melanocytes
- Community demands
Father and husband
Cousin wants free tattoos
- Tapu for tattooing at night
Father was also famous tattooist