Clinical holistic medicine: problems in sex and living together

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Abstract

When the problems of sex and living together are understood as symptoms of underlying old existential wounds in need of healing, and when the physician accepts the role as coach supporting the patient to confront these emotional pains, then the patient can heal existentially in order to obtain the wanted closeness and intimacy. The change of perspective from: “He or she is not all right in...” to “I see that this is really about me, and what I have to learn is...” is where the patient assumes responsibility and this is often efficient in helping the patient with problems in his/her sex- and love life. Intimacy is the most difficult art, where sexuality cannot exist without trust, vulnerability, and surrender. This is often only possible after the patient has found his or her true self, including the purpose of life. The physician who will give “holding” (care) and processing to the patient with the intention of healing the “wounded child inside” who cannot love and open up, can often help the patient to improve self-insight and change the whole quality and atmosphere of the relationship. The healing will end a series of symptoms of poor thriving, physically, emotionally, and mentally, and make life worth living. Sometimes a few successful holistic sessions are enough to change the whole picture and solve an emotional “knot” that has the potential to destroy the relationship.
Clinical holistic medicine actually dates as far back as Hippocrates. An holistic approach to patient care was also suggested by Percival in his book - the first textbook of medical ethics - first published in 1803. Percival stated: “The feeling and emotions of the patients require to be known and to be attended to, no less than the symptoms of their diseases.” More recently, John Macleod in his book 'Clinical Examination', first published in 1964, also commented that “we should aim to be holistic in our care”. Also, the seminal work by Michael Balint, Holistic medicine means consideration of the complete person, physically, psychologically, socially, and spiritually, in the management and prevention of disease. These different states can be equally important.

An interdisciplinary clinical team is a consistent grouping of people from relevant clinical disciplines, ideally inclusive of the patient, whose interactions are guided by specific team functions and processes to achieve team-defined favourable patient outcomes. However, one of the major challenges in moving from promoted to lived adoption of team work lies in the use of confusing, often interchangeable terminology that is poorly understood, and even more poorly implemented in practice.

Clinical Holistic Medicine (11) TheScientificWorldJournal (2004) 4. repressions of love and lack of purpose of life. and gender. lack of arousal and potency. The preconditions for the holistic healing to take place are trust together with the intention of the healing taking place. In letting go of negative attitudes and beliefs the person returns to a more responsible existential position with an improved quality of life. The philosophical change taking place. It is possible to work with a holistic approach towards sexology in the clinic in order to find and repair the negative beliefs.