

**INTEGRATIVE HOLISTIC HEALTH,  
HEALING, AND TRANSFORMATION**



# INTEGRATIVE HOLISTIC HEALTH, HEALING, AND TRANSFORMATION

**A Guide for Practitioners,  
Consultants, and Administrators**

*By*

**PENNY LEWIS, PH.D., ADTR, RDT-BCT,  
OTR, LMHC, NCC, CAMP**



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## CONTRIBUTORS

**Ed Bauman, Ph.D.**, is a Board Certified Clinical Nutritionist, Founder and Director of Partners in Health, a natural health care clinic and The Institute for Education and Therapy's Nutrition Consultant Training Program. He is co-author of *Holistic Health Handbook*, *Holistic Health Lifebook*, *Eating for Health Cookbook*, *Confronting Cancer in Our Community*, author of *Nutrition and Your Health*, and editor of the quarterly newsletter, *Nutrition Watch*. He is a researcher, consultant and an Associate Dean and faculty member of the University of Natural Medicine in Santa Fe, New Mexico, which offers bachelors, masters and doctoral programs in clinical nutrition and natural medicine.

**Christine Caldwell, Ph.D., LPC, ADTR, CMT** is Founder and Director of the Somatic Psychology Department at Naropa University in Boulder, Colorado. She lectures and trains internationally, and has authored two books: *Getting Our Bodies Back* and *Getting In Touch*. She offers trainings in somatic evolution (the Moving Cycle), with specializations in addictions, play, movement sequencing, therapist training, and birth and death.

**Olivia Cheever, Ph.D.**, a licensed psychotherapist, is a certified Feldenkrais practitioner. She is on the faculty of the Mind-Body Program for Performers at Longy School of Music and a holistic health practitioner at WellSpace Holistic Health Center.

**Charlotte Green, BFA**, is a Usui-Tibetan Reiki Master and Teacher; Certified Medium; Commissioned Healer; documented medical intuitive and energy healer; and 15-year Past Board Member of the Massachusetts Federation of Spiritual Healers. She is a teacher of mediumship, spiritual attunement and healing for over 20 years. She is the Visiting Healer at Silverbirch Healing Sanctuary; author, artist, and has a private readings and healing practice in Kingston, New Hampshire.

**Nick Hall, Ph.D., M.D., (hc)**, is the Director of the Wellness Center at Saddlebrook Resort, Wesley Chapel, Florida. He is author of more than 150

articles and book chapters, has appeared on 60 Minutes, NOVA, and Bill Moyers' award-winning program, "Healing and The Mind." He is an award-winning researcher in the mindbody biochemical connection and speaker and consultant in mindbody health and wellness with corporations, the FBI, NASA, and a large number of medical organizations.

**Penny Lewis, Ph.D., ADTR, RDT-BCT, LMHC, NCC, CAMP** (Board Certified Alternative Medicine Practitioner), is the Coordinator of Integrative Holistic Health Interdisciplinary Graduate Programs, Lesley University, Cambridge, Massachusetts. Founder and Senior Faculty: Antioch-New England Graduate School's Dance-Movement Therapy MA Program; Director: Institute for Healing and Wellness, Inc.; Co-Director: Certificate in Transpersonal Drama Therapy. Author: *Creative Transformation: The Healing Power of the Arts, Theoretical Approaches in Dance-Movement Therapy* Vols. I & II, Co-author: *The Meaning of Movement* and Co-editor: *Current Approaches in Drama Therapy*. International lecturer, consultant and depth therapist in mindbody and spirit education, health, healing and transformation. She is the author and editor of this text.

**Wendyne Limber MA, LMFT** is Founder and Director of Solutions Center for Personal Growth, Creator of the Imagination Process, and Director of the BA and MA Degree Training at Solutions. She is the author of three workbooks: *Imagination, Transformation and Co-creation, Inspiration: Journey into Power*, and *Intuition: The Journey Deepens*; she is field faculty at Lesley University and Burlington College.

**Elaine McNulty, MEd, RPP** (Registered Polarity Practitioner), **RCST** (Certified Cranialsacral Therapist), is a Reiki Master; Certified NLP Practitioner, Certified EMF Balancing Practitioner and Trainer; Certified in Guided Self-Healing; Special Education Administrator; former faculty; Polarity Realization Institute and Revier College. She is a National Professional Trainer in Integrative Therapy and private practitioner.

## PREFACE

The goal of this book is to begin to present the fundamental body of knowledge which informs current approaches in complimentary and alternative medicine and to explore the role of the new professions of integrative holistic health practitioner, consultant and administrator. This book is designed to compliment, enhance, deepen and broaden the reader's existing expertise through an integrative approach which will improve his/her ability to consult, design programs and work in a variety of settings with various populations including those with medical and psychological conditions as well as those who wish to support their health and well-being.

This book provides the necessary conceptual foundational frameworks for exploring how practitioners in a field of alternative medicine/ holistic health know what they know in support of their work. These core ways of knowing gives them a foundation for evaluating their work, new advances in the field and affords them interrelated frames of knowledge for their continued research, expansion and integrative work in the field. Trained holistic health practitioners who may have applied one or more of these paradigms may now be able to expand their foundational and conceptual base thereby broadening their theory and techniques that are appropriate to their professional arenas.

Section I is designed to explore general ways of knowing and meaning making in holistic health: through for example, mindbody medicine, psychoneuroimmunology, molecular and central nervous system's relationship to emotion and trauma, body posture and movement, nutrition, bioenergy and human energy fields, Eastern, Western and indigenous spiritual traditions and high sense intuition, soul wisdom, and distance intention.

Section I is inclusive of the shifts from the Newtonian Era I medicine to the mindbody Era II, the Einsteinian mind-body-energy paradigm, to Era III medicine with nonlocal consciousness. Various Eastern, Western and indigenous paradigms for experiencing the interconnection among the mind, body, and soul and holistic health are discussed and integrated with the fundamental principles of Western theories of stress, biomolecular research, neurophysiology and the influence of thought and the emotional links to the mind-body experience. Various ways of knowing energy systems such as the

chakras and human energy fields and their relationship to stress, the immune system, spiritual path and holistic health are explored. An understanding of the power of the imagination, the arts, embodied somatic experience, and consciousness in healing, health and well-being is addressed. Practitioners explore the various intuitive ways of assessing and healing, and finally the reader/ practitioner is provided with an integrative body of knowledge from which to view a client or population and make programmatic or client-based interventions.

Section II is designed to offer the reader/practitioner methodology regarding the creation and implementation of holistic health centers, programs and integrated consultation practices. Examples of existing successful programs are offered. The authors discuss the genesis, philosophy and workings of the programs.

Finally, Section III offers examples of integrative holistic health clinicians who combine and synthesize a variety of holistic health approaches and paradigms into their practices as practitioners, healers, therapists and consultants.

PENNY LEWIS



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**INTEGRATIVE HOLISTIC HEALTH,  
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**Section I**

**WAYS OF KNOWING**



## Chapter 1

### WAYS OF KNOWING: PARADIGMS IN HOLISTIC HEALTH

*The multitude of things which we experience as distinct in reality are but manifestations of the absolute undifferentiated reality that there is an underlying unity among the seeming diversity of existence. It is only the individual, subjective mind—the consciousness informed by the senses—that fragments the world.*

(Motoyama, 1978, p. 22)

AT A TIME WHEN CLOSE to half of the population of the United States is engaged in some form of complementary or alternative medicine, it behooves all practitioners in the health and human services to begin to integrate and synthesize the various paradigms that underlie and influence the holistic health approaches being utilized today. Allopathic medicine has its own systems of understanding the body, health and disease. Many individuals are alive today because of the advances that vaccines, antibiotics and surgical procedures have made in the last century. However, I have come to believe that we will look upon the medical procedures and interventions of today, replete with their focus upon pharmaceutical drug remedies and surgical procedures as we now regard the ancient techniques of blood letting.

In 1992, the Office of Alternative Medicine (OAM) was first founded through NIH: The National Institute of Health. OAM was designed to research and promulgate information regarding what much of the

public was already involved. OAM was charged with evaluating the effectiveness of seven areas: (1) diet and nutrition, (2) mind-body interventions, (3) alternative healing systems, (4) bioelectromagnetic applications in medicine, (5) manual healing methods, (6) pharmacological and biological treatments, and (7) herbal medicine.

I recall listening to a spokesperson for the American Medical Association saying that these forms of healing were nothing more than charlatanism with the public being deceived by con artists liken to those selling snake oil and panacea elixirs two centuries ago. Just five years later the University of Maryland survey showed that 70 percent of the doctors that were questioned were interested in learning more about alternative medicine. In 1998, OAM was expanded and renamed the National Center for Complementary and Alternative Medicine (NCCAM). Now over 600 specific forms of CAM therapies are reported. Several medical schools and their associated hospitals have been targeted as OAM centers of