



A NEW METHODOLOGY FOR CLINICAL RESEARCH IN HOLISTIC HEALING

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This article briefly traces the author's research effort towards finding a new methodology in holistic healing process. It follows from a realisation that existing research methodologies do not adequately grapple with the multiple factors involved in getting well. The new method is called the Intensive Case Study Method (ICSM).

The Intensive Case Study Method (ICSM) is capable of studying persons as wholes, and the beliefs, values and attitudes that play a very important role in healing. The Intensive Case Study Method brings out the beauty of each client as they integrate body, mind, spirit and emotions in their healing process. We find that sharing of life history, illness and healing process in groups helps others move towards their healing. Healing is from within.

In my search for a meaningful research methodology, many people were helpful from India, Germany, England and U.S.A.

We base our research method in Holistic Health and Healing on the principle enumerated in the following paragraph.

Reality is a process, always emerging through self-contradictory developments. Knowledge is both subjective and objective and varies widely from person to person. We seek critical subjectivity: a rigor of 'softness'. There are multiple constructed realities that can be studied only holistically. Data must be gathered both by healer and healee, and the research must be cooperative and experiential. Healer and healee are equal partners in the research. Each person is unique, no two people respond in the same way. Numbers are not important as we have an individual focus. Self responsibility of the healee is a key point. Each healee would keep a record of therapy, results, history, impact of healing and change, if they are able.

Having seen the type of research needed for holistic healing and seeing that the Intensive Case Study Method would be my method, I studied the following four important aspects in holistic healing as they form the basis for the development of ICSM.

The Healer/ Healee Relationship :- This stresses the concern for the client as a being of body, mind & spirit seen in historical, social & political context. It develops the client as a self healing agent. It includes power sharing between healer & healee shared responsibility for diagnosis & treatment. The Healer offers a wide range of interventions. Both healer & healee grow in the



process. It moves from the healer in control , and the client passive; to power sharing between healer & healee; to full personal relationship friendship where both progress humanly & spiritually.

The Spiritual Realm :- Spiritual interventions we use in are holistic health center includes:

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| Spiritual Direction | Intensive Journal Method |
| Centering | Contemplative Prayer |
| Keeping A Spiritual Journal | Enhancing Faith & Hope |
| Meditation | Non Violent Action |
| | Training |