The Role of the Psyche

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Presentation Objectives: After attending the presentation the participant will be able to:

1. Discuss the place/status of “psyche” in the osteopathic world, and in one’s own life.

2. Describe my understanding of A.T. Still’s perspective on “psyche.”

3. Describe some methods for integrating treatment of emotions with OMT

4. Describe a uniquely osteopathic manipulative technique for spiritual integration.

“The unique practice of osteopathic medicine may be a model for bringing balance to the body-mind-spirit triune nature of people.” Robert Fulford, DO
THE REST OF YOUR LIFE...

AVERAGE

MEMORABLE
Caveat: Where I am coming from

My PhD is in Clinical Psychology which I practiced for 8 years before going to medical school. Did Masters and PhD research on hypnosis and dreams - consciousness

The intent is to describe, not evaluate, and to share a particular path/experience (mine) through the world of osteopathy, which includes Mind-Body-Spirit. There is no judgment intended of any particular cosmology or belief.

It is not Body-Mind-Religion
Though one can be very spiritual within a religion.

Always felt it was a cop-out to posit Biopsychosocial and purposely leave out “spiritual.” Probably because it is too “hot-button” to handle.
Psy-che (sī’ ke̞). Term for the subjective aspects of the mind, self, soul; the psychological or spiritual as distinct from the bodily nature of persons. [G. mind, soul]

Definitions: **Body**

The neuromusculoskeletal system and everything that is material, palpable, manipulatable about a person.
Definitions: **Mind**

Certainly brain function, including mental faculties, emotional experience, and what has been termed “psychosomatic” phenomena.

Modern medicine appears willing to say “Body-Mind,” but leaves “Spirit” out.

Mind seems to be a transition between Body and Spirit

Definitions: **Spirit**

Everything else imaginable about a person, eg. Soul. Higher order awareness such as experienced in meditation and prayer.

Any aspect of human experience that is “transcendent,” and related to such concepts as “Creator,” “Great Spirit,” and is inclusive of but not limited to contemporary religious concepts.

“Spirit” as used by Still does not imply religious content; rather, it implies unseen forces that promote life. Still also used “life force” and Sutherland used the term “breath of life” to connote pretty much the same thing.
Psyche in the Osteopathic World View

It is vital first step that one accepts the possibilities of Mind – Body – Spirit integration.

If you do not believe or understand the first tenet of Osteopathic Medicine, “The body is a unit; the person is a unit of body, mind, and spirit,” then it may be hard for you to fully explore the possibilities.
Reminiscences of how Psyche has been presented at AAO and OCA meetings, and other encounters in osteopathy.

I remember at a Cranial Academy Conference in Santa Monica, CA chaired by Maud Nerman, DO and Eric Dolgin, DO circa 1989(?)

They had a witch (Wika practitioner) on the program presenting some interesting discussion on mind – body interactions. Hal Magoun came in late to the presentation and sat next to me, and said this is really great stuff, but then when I told him she was a witch, he was most upset and later said don’t ever have someone like that on a CA program again.
I can remember Judy O’Connell, DO, FAAO at the 1994 Cranial Academy conference present on the Sephirot or tree of life
I remember hearing Dannion Brinkley on the 1997 AAO convocation program chaired by JJ Jones, DO a couple years later, titled “Body-Mind-Spirit.” Again I was sitting next to Hal Magoun, DO and this time he said he really liked the concepts discussed which had a lot to do with “near death experience.” Brinkley told us all that we were “healers,” Hal really liked that one.
In 1985 I went to work with Viola Frymann, DO, FAAO. I learned that she had been a Rosicrucian and had come specifically to California to be a part of a Rosicrucian community in San Diego area. She married one of the leaders. Community had a falling out over trying to develop psychic ability via hypnosis. When a patient asked if I could use hypnosis and Viola told me we would have none of that in her office as it was the “work of the devil, and could cause demonic possession.” I never told her I was an exorcist.

Then she had her prayer group pray for me because of my pneumonia.
“Psyche” in one’s own life

In this AAO program we have heard wonderful presentations by Bruce Frantzis, Don Hankinson, and others related to Body-Mind–Spirit

Other Influences:
Edgar Cayce
Robert Fulford, DO
Caroline Myss
I believe this is Anne Wales treating Andrew Goldman, taken from Don Hankinson’s presentation this year.
Hal Magoun, DO, FAAO was also one who appreciated the work of Edgar Cayce
An Edgar Cayce letter in 1943 [3650]
Thank you for taking your time to write me as you have. Would that might know you better and be personally acquainted with you. Met Dr. Still once, what a man, so am still accused of suggesting Osteopathy more often than other treatments, maybe that did it – for had a treatment from him.
What appealed to me about the philosophy put forth in the Edgar Cayce readings was that there is reason for everything we do and an explanation for why we are here. This has been part of my personal path and is given as an example of the type of spiritual influence one might experience.

2002 AAO President Banquet
My guests were Charles Thomas Cayce and wife Leslie
Themes emphasized in the Edgar Cayce readings are now part of the mainstream of integrative medicine.
What a man, what a great influence on us all
Fulford was also great with the percussion hammer – AAO CME course is great
Fulford also used crystals and magnets to facilitate energy flow and break blocks.

*Touch of Life* - contains breathing and specific motion-position exercises to enhance energy

Something I haven’t seen in print that he said in 1989 was that it is easier to treat through cotton than synthetic clothing.
WW-I changed the world, it became harder to manipulate people (do OMT) because of increased pressures of an industrialized world.

1930-31 18th Amendment passed “Repeal”
→ Increased alcohol consumption → pleasure more important than health of human body
→ Therefore it became harder, requiring more energy to do OMT
Books, CDs and video on “Emotional Anatomy,” and “Energy Anatomy” have been useful to me in working with psychosomatic and somato-emotional manifestations.

“We are all in earth school, learning our lessons.”
Wayne Dyer
LIVE FROM A PLACE OF LOVE

Better Sex
Fertility cycles hold the key

LIFE'S 5 BIG QUESTIONS
Loving answers for your kids (& yourself)

3 Soothing Escapes
Meditations for Energy Healing
Then came other questions equally as great, rich pertinent to conducting the business of a great institution of learning. Many important positions will have to be filled by persons who have the necessary attainments to do the duty devolving upon that office. Then all must combined and have one head that is mentally unified with long experience to select competent persons to fill all places of trust and honor the whole institution, with the nerve and judgment to execute.

December, 1896

Definition of love.

DR. A. T. STILL.

Love is the true odor of life,
When moved by contact of eye,
Oceans of inexpressible acts of strife,
Come from friend, man or wife.

It has not yet been described by man,
It binds man to man, how? unknown,
It comes never to leave again,
It fills our minds to feast when alone.

It comes and stays,
A loving flame of soul,
And asks no change of ways,
But to find a friend and unfold.

It is the odor for smell, taste and sight,
Comes with self as part of laws,
Comes gentle, and never with might;
Without a word of self or cause.

To embrace, to fondle and draw to
Itself to feel the being unseen,
That law of life only can make or do,
Willing to allow nothing to stay between.

Love begins in self and ends in you,
And asks to roam no farther during life,
Is content when found in friend, child or wife; And no other ending can even partly do.
I love to live and be loved. Do you?
A. J. Still.
• **A. T. Still (1828-1917)**

Still did not have a lot to say about emotions as such, but he does mention psychology.

• “Osteopathy is that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and **psychological**, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself by which nature under the scientific treatment peculiar to osteopathic practice, and harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from consequent disease, and regain its normal equilibrium of form and function.”

• Autobiography of A.T. Still - Definitions
“When a person with lung disease comes to you for advice which to him may seem to be the final verdict as to his condition, I wish to impress on you and emphasize that what you say in his case is weighty far beyond your concept. Should you find any hope for his recovery and make that your report, like a thrill of lightening dipped in the sea of love, his vitality dances with joy. He is warmed up soul and body. But if you should be indiscreet enough in your report to remove every ray of hope, you have chilled the vital energy, you have silenced it, and the vegetative energies take possession of your patient and drag him with lightening speed to the valley of death. **Tell your patient that he is in such a condition that you wish to observe his case for a few days, weeks or months; that while man is alive he is not dead, and you hope to do him some good, though you and he both know his case is serious. Then if the patient takes treatment, always come to him as though you wanted to do all the good in your power, he will be satisfied, and not despair.”** Osteopathy Research and Practice, #253
About 25 years ago a friend who was a honest-looking old blacksmith smilingly approached me and said: "Let us go into the saloon and have something to drink." I was not a whisky drinker, and I knew by this man’s appearance that he had already had too much. He was in his shirt-sleeves, and his large abdomen extended out prominently. With a hope that I might benefit him, yet in a joking way, I exposed a portion of his abdomen, right there, on the public street and before a large number of people, and putting on a serious tone said to him: "My dear friend, I have power on earth and in heaven. I am acquainted with the living men and angels, male and female, and your mother, whose spirit right now over-shadows you, says for me to snatch you away from these whisky hells; I then began with my hands upon his abdomen, to push and pull and rub and twist, then I worked his spine and ribs. After that I put my elbow in his back and pulled him backwards over it with force. My object was to get the old man’s mind off the thought of the drink until I could impress him with my words which were as follows: "From this day forth whiskey will make you sick. You will want to vomit every time you smell it." After awhile I told him to go to the saloon, smell the whiskey, then come back to me and if he was not sick of the smell of it I would pay for his drink; he went to the saloon and came back shortly telling me that he felt sick at his stomach and had no desire to take a drink. This was my first effort with the drink habit, and I confess my surprise to learn, as the years passed by, that the man had entirely lost his'...
Still was a spiritualist and attended séances which has been documented. Jerry Dickey, DO, FAAO told me he had read Still’s diary while they were still in the possession of Jane Laughlin Denslow, Still’s granddaughter. Still wrote in his diary of meeting with a turban clad eastern spirit master in the woods, named “Myte.”


“Still …was a great psychic and a professed spiritualist. It was a fact that he attributed many or all of the achievements in developing this science to the aid of spirits.”
Integration of Emotion & OMT

It’s Everywhere

Can’t get away from it – it’s us
Emotions in History

• More than 4000 years ago, Chinese physicians noted that physical illness often followed episodes of frustration.

• Egyptian physicians of the same period prescribed good cheer and an optimistic attitude as a way to avoid poor health.

• Hippocrates cautioned physicians that they needed a knowledge of the “whole of things,” of mind as well as body, in order to cure a patient.

• Galen noted that melancholic women were more prone to breast cancer than women who were cheerful.
• Candace Pert defines emotion in the broadest terms, to include anger, fear, sadness, as well as joy, contentment, and courage. She includes sensations such as pleasure and pain, as well as drive states such as hunger and thirst. Also included are subjective experiences such as spiritual inspiration, awe, and bliss.
• Pert states, “Virtually any peptide found anywhere in the body can be found in the respiratory center. This peptide substrate may provide the scientific rational for the powerful healing effects of consciously controlled breath patterns.” (p. 187)

• Compression of the forth ventricle, too? Respiration control center on floor of forth ventricle
• Pert believes that there are emotion and feeling specific neuropeptides.

• Can be related to a need state, eg. Angiotensin mediated thirst. Administer angiotensin and a rat will drink water even if just sates with water. “Chemically speaking, angiotensin translates as an altered state of consciousness, a mood state that makes humans and animals say, ‘I want a glass (or a trough) of water.’”

• Fear seems related to adrenalin, nor-adrenalin, and prolactin
• Joy to GABA and Serotonin
• Trust to GABA and Dopamine
• Satiation to Vasopressin and Cholecystokinlin
• Suicide feeling and behavior to Cortico-Releasing Factor
• Wilhelm Reich (1857-1957)

• In concept of the “Orgone Energy” postulated the activity of “bioelectric energy” movement measurable by an oscilloscope. This was different from electromagnetic energy, and depended in part on a freely flowing autonomic nervous system best illustrated by an optimally functioning sexual orgasm (not limited by guilt and other emotions).

• Developed “Vegetotherapeutic treatment” of “muscular attitudes.” Character attitudes and muscular attitudes are functionally identical. A stiff neck means a “stiff necked” character.

• Typical treatment was to get to orgone bioelectric orgasm reflex through respiratory activity with specific deep breathing exercises.

• “Bioenergetically, the psyche and soma function as a mutually conditioning as well as unitary system.”
According to Reich, typical psychosomatic diseases are the result of chronic sympatheticotonia. “Its basic characteristic is the chronic inspiratory attitude of inhalation of the thorax and the curtailment of full (parasympathetic) exhalation.” (p. 361)

“Another means of releasing the orgasm reflex is to apply a gentle pressure to the upper abdomen. I place the fingertips of both hands approximately in the middle of the upper abdomen between the umbilicus and the sternum, and tell the patient to breathe in and out deeply. During exhalation, I gradually apply a gentle pressure to the upper abdomen. This produces very different reactions... In some, the solar plexus proves to be highly sensitive to pressure... others have wavelike contractions in the abdomen which sometimes releases the orgasm reflex.” (p. 334)

Compare to Fulford’s linea alba release.

Do on Left of Female
Do on Right of Male
Back Pain: Struggle in work & cowardice
“Chills up and down the back”
“Yellow streak spine”
“Spineless”
“as having no back bone”

Back Motion: Have to do willingness to appease
“Bowing before authority”
“Bending over backward to please”
“Put one’s back into it”
If Not Willing to appease - “Get off my back”
Metaphors that may help identify an emotional problem

**Lower Extremity:** not sure where we stand on certain issues and aspects of life
“Stand on your own two feet”
“Standing pat”
“Taking a stance”
“Not have a leg to stand on”
“Stand your ground”

**Feet:** inflexible – “Digging in the heels” “Planting the feet”
To flexible – “Round heels” or “Foot loose”
Cautious – “Watch your step” “walk lightly”
**Knees:** physically allow us to bend our stance, become a supplicant
“Kneeling before authority”
“On knees begging”
“Ask on bended knee”
“Became weak in the knees”

**Shoulders:** related to responsibility
“Bearing the weight of world on your shoulders”
“Problem resting squarely on our shoulders”
“Shouldering a load/burden”
“Having broad shoulders”
Avoid responsibility – “Shrug it off”
Neck: Associated with aggravation

“Pain in the neck” Someone is, or Who is the pain in your neck.

Associated with willingness to take risks – “Sticking your neck out” or if one refuses to take risk becomes “Stiff necked”

The viscera of the neck is the throat – often has to do with sense of humiliation.

“Swallowing of words”

“Swelling of pride”

“Swallowing hard”

“Having a hard pill to swallow”
**Abdomen:** Tends to be related to apprehension and rejection
“Had a belly full of it”
“Can’t stomach it”
“Fed up”
“Makes one sick to his stomach”
“Have butterflies in the stomach”

**Liver:** related to fear, anger, depression, hate
“Lilly livered”

**Gallbladder:** related to effrontery
“Lots of gall”
“Had the gall to do that”
“ Took a lot of gall”
Spleen: pent up hostility
“Vent one’s spleen”

Urinary tract: often anger
“Getting pissed off”

Lungs: grief
“Take your breath away”
Somato-Emotional Release
• Somato-Emotional Release (SER)

• As presented by Upledger involves finding the body position in which the injury occurred. Certain indicators tell you the proper position, which is then held while healing/release takes place.

• Dialogue with the patient is also used to facilitate the process.
• Somato-Emotional Release

• The concept is that at the moment of injury there is the formation of an energy cyst that has emotion as part of the injury.

• E.g. in a fall, there may be surprise, anger, or fear accompanying the physical injury. Thus, to treat the whole person/situation have to deal with the emotion as well as physical injury.
Comparison of ideal vector/axis system with that system that we visualized is made in the two figures on the left. On the right the vector/axis system has been extracted from the body for clarification. See text.
• Position to a point of “no more movement made”

• Upledger says the Primary Respiratory System (PRM) or Cranial Rhythmic Impulse (CRI) stops.

• You may feel a “therapeutic pulse”

• Hold until PRM starts or until the pulse stops.
• This unwind ended up in this position

• Right hand under the right sacroiliac joint facilitated the therapeutic pulse
• Upledger reports case of low back pain which went to position like this.

• He then dialogued with the patients “inner physician” and incident was surgery in the lithotomy position which ingendered physical and emotional trauma.

• Case of “Rock”
• Post-Partum Depression
Doctor <-> patient patterns

Take on too many of your patient’s issues. This more of a problem for those of us who spend 20 – 30 minutes with patients and actually listen and talk with patients.

It is especially critical to beware in cases where patients have issues similar to your own. divorce, death of loved one, IRS hassles, children encountering similar problems.
Drainers and “Treatment Groupies”

This easier to identify once it happens to you.

You feel very tired, “drained,” after a particular patient, or particular day (have to think about which one or ones, might have sapped your energy).

Usually it is someone who you had dialogue with, but could have been a relatively silent interaction.
Power Points

Ala Jim Jealous, DO and Don Hankinson, DO

Inspiration for Zero Alpha Point

Along with
Paramhansa Yogananda (SRF)
Limb bud extremity axis points

About day 20-22 of embryonic life, the limb buds sprout. Upper extremity from area at C7, and lower extremity from area at L5.

Introduced to this is 1990 by James Jealous, DO, who reported he learned technique from Ruby Day, DO.

Dr. King has used this technique for over 20 years as a “finisher” to firm-deep OMT and to let the body sort itself out.
From Developing Limbs, Insights That May Explain Much Else

SIGNS TO CELLS A color-enhanced photo of a 30-day-old human embryo, with arm and leg buds visible. The rules for limb-building also apply to other parts of the embryo.

By CARL ZIMMER
Published: April 6, 2009
Extremity axis of development energy/fascial unwind
Upper extremity C7 nerve root C7-T1 interspace, to mid-carpal point
C7-T1 interspace
Mid-carpal point
Upper extremity axis L5-S1 interspace for L5 nerve root, to mid-tarsal-metatarsal joint area
Lower extremity L5 contact
3rd Tarsal-metatarsal mid-point
Zero Alpha Point (ZAP)
Embryo Development
Embryo Development
Takes about 5-7 minutes

Wait for sense of “pulse” to be equal at both ends

Can then take right hand and put 3rd digit over the Ajna (just above the glabella) and wait for “pulse” balance – do this for more spiritual enlightenment.
Resources & Links to Resources

http://www.centeringprayer.com/

http://www.tm.org/

http://www.youtube.com/watch?v=3nwwKbM_vJc

http://www.holisticmedicine.org/


Is there a God?
Thank You

Questions