

Four Quadrants of Healing

BEING TRULY HOLISTIC



Biologix Center
FOR OPTIMUM HEALTH



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What's on the To-Do list?

- What is holistic medicine?
- Moving from “holistic medicine” to the Four Quadrants
- Understanding each of the Four Quadrants (4Q)
- Applying the 4Q's to assessment and treatment.





Holistic Medicine

- Many organizations define holistic medicine as “the art and science of healing that addresses the whole person.”
- We must define the whole person in holistic medicine.
 - A good starting point is mind, body, and spirit but we can expand this further.
- Biopsychosocial model is also somewhat holistic but still missing elements.
- Many practitioners feel they are holistic when they look at the whole body. But this is even less holistic than Mind, Body, and Spirit.



Mind, Body, and Spirit

- What does it mean to address the mind, the body, and the spirit?
- Does talking about positive thinking cover the mind?
- Is it enough to use natural supplements for the body?
- How do you help people with their spirit?
- Are we missing anything?

Holistic Medicine

This can really get muddled when people who mention positive thinking, diet, or use supplements call themselves holistic.

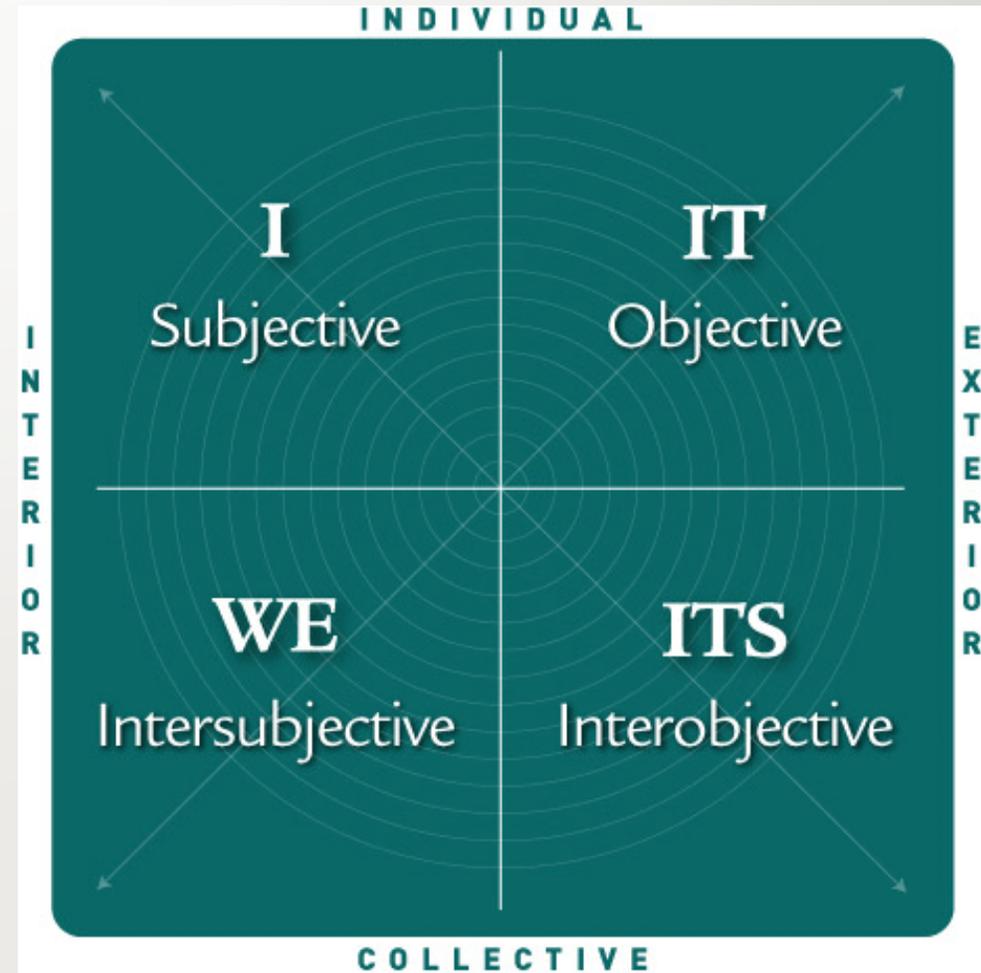
My thinking began to change when I started to study the work of Ken Wilber, American Philosopher.

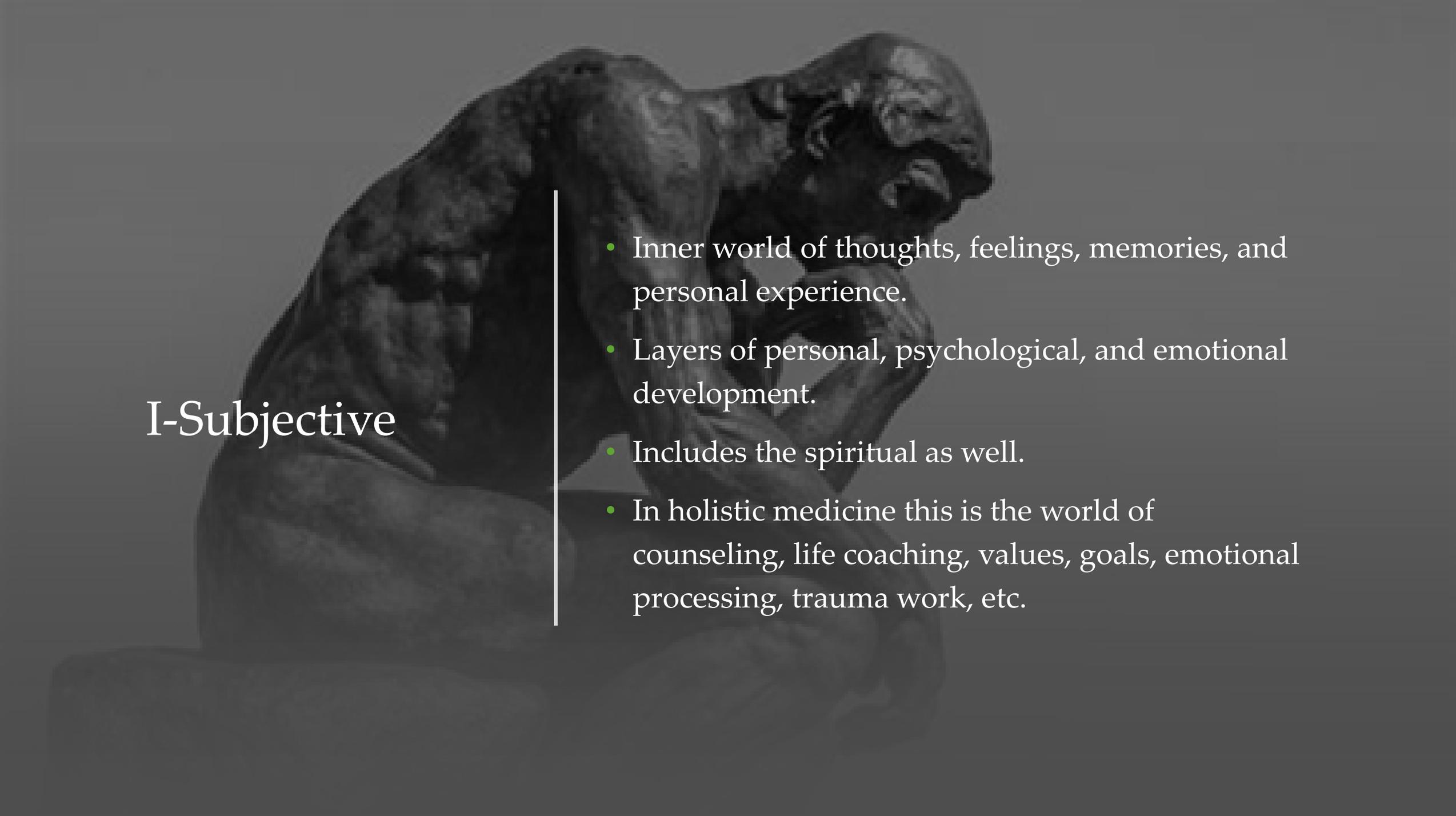


Ken Wilber and Integral Theory

- Ken Wilber has developed a “theory of everything” that is comprehensive and vast, his “Integral Theory.”
- One of the main concepts of Integral Theory is the Four Quadrants map.
- The Four Quadrants are a great tool to help understand your experiences.

Four Quadrants





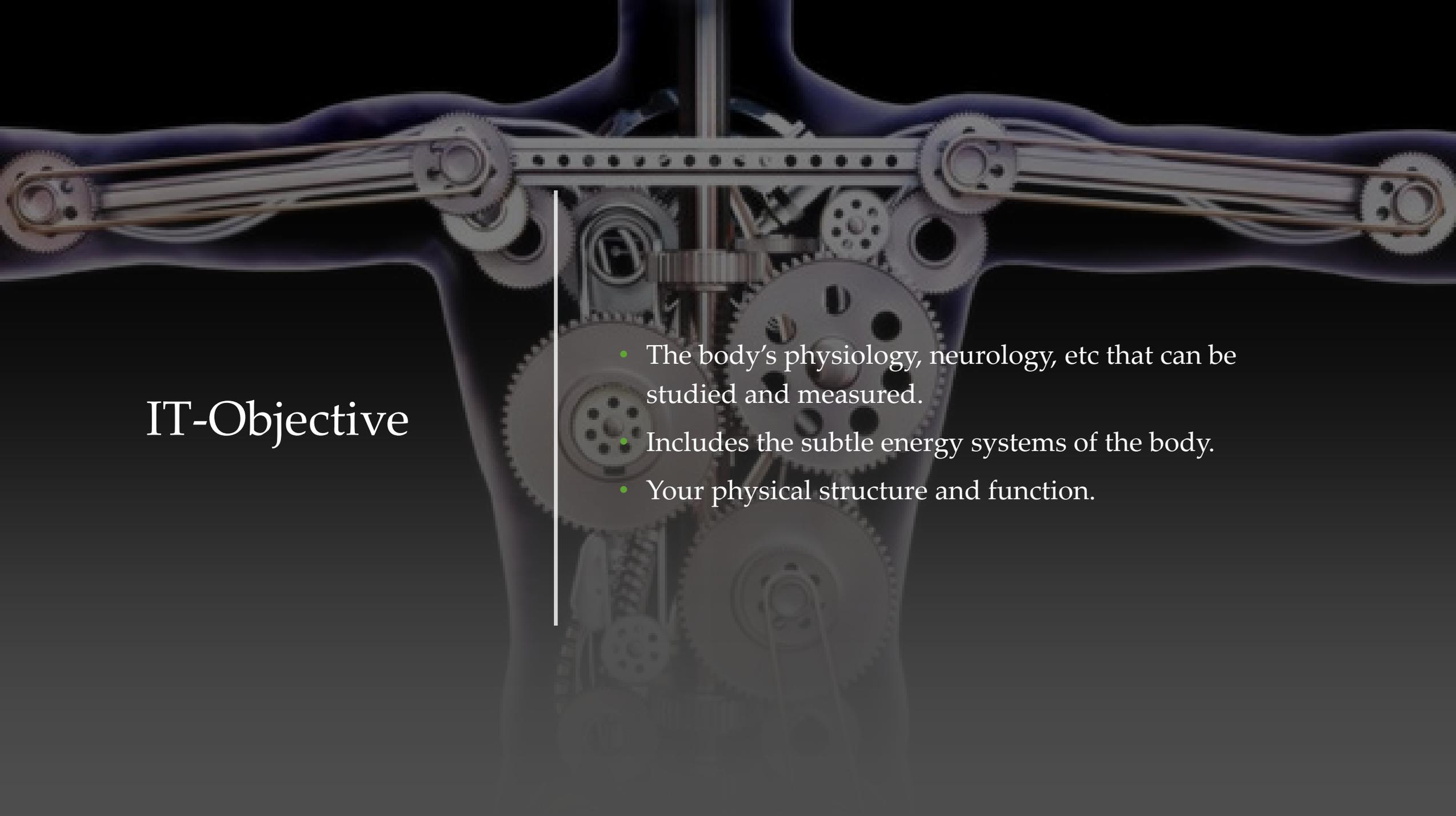
I-Subjective

- Inner world of thoughts, feelings, memories, and personal experience.
- Layers of personal, psychological, and emotional development.
- Includes the spiritual as well.
- In holistic medicine this is the world of counseling, life coaching, values, goals, emotional processing, trauma work, etc.

First Quadrant Assessment



- Case history
- Interviewing
- Questionnaires (ACES scores, anxiety, etc)
- Observation
- Counselor
- Neuro-Emotional Technique



IT-Objective

- The body's physiology, neurology, etc that can be studied and measured.
- Includes the subtle energy systems of the body.
- Your physical structure and function.

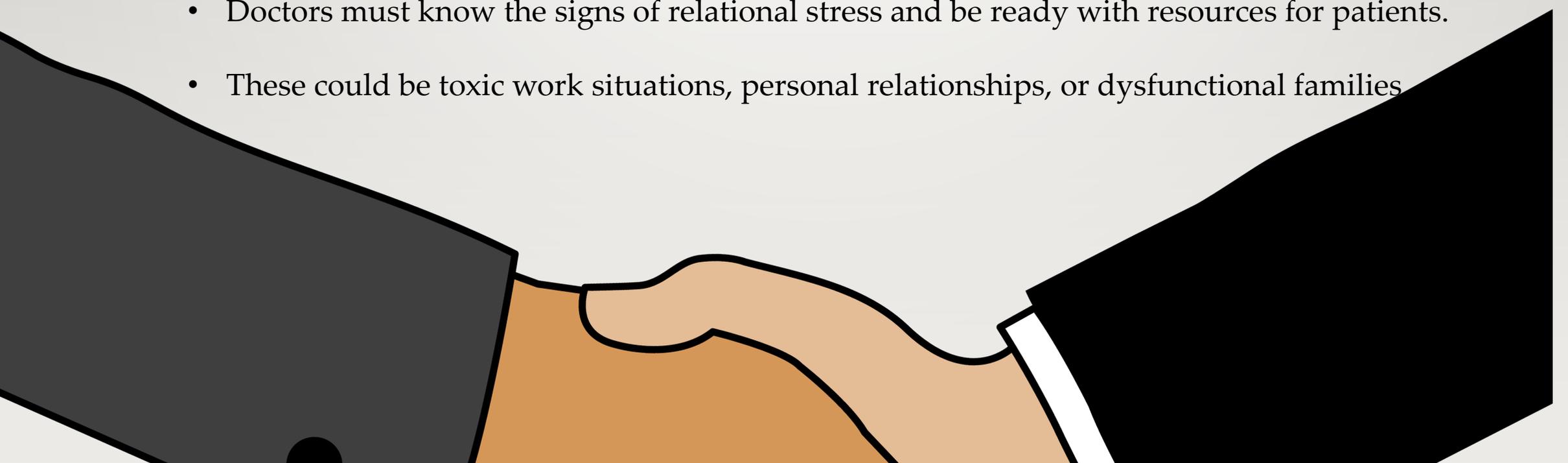
Second Quadrant Assessment



- Case history
- Traditional and CAM methods
- Labs, imaging, physical exam
- Bio-feedback (including MMT)
- Frequency-based assessments
- Pattern recognition

We-Interpersonal

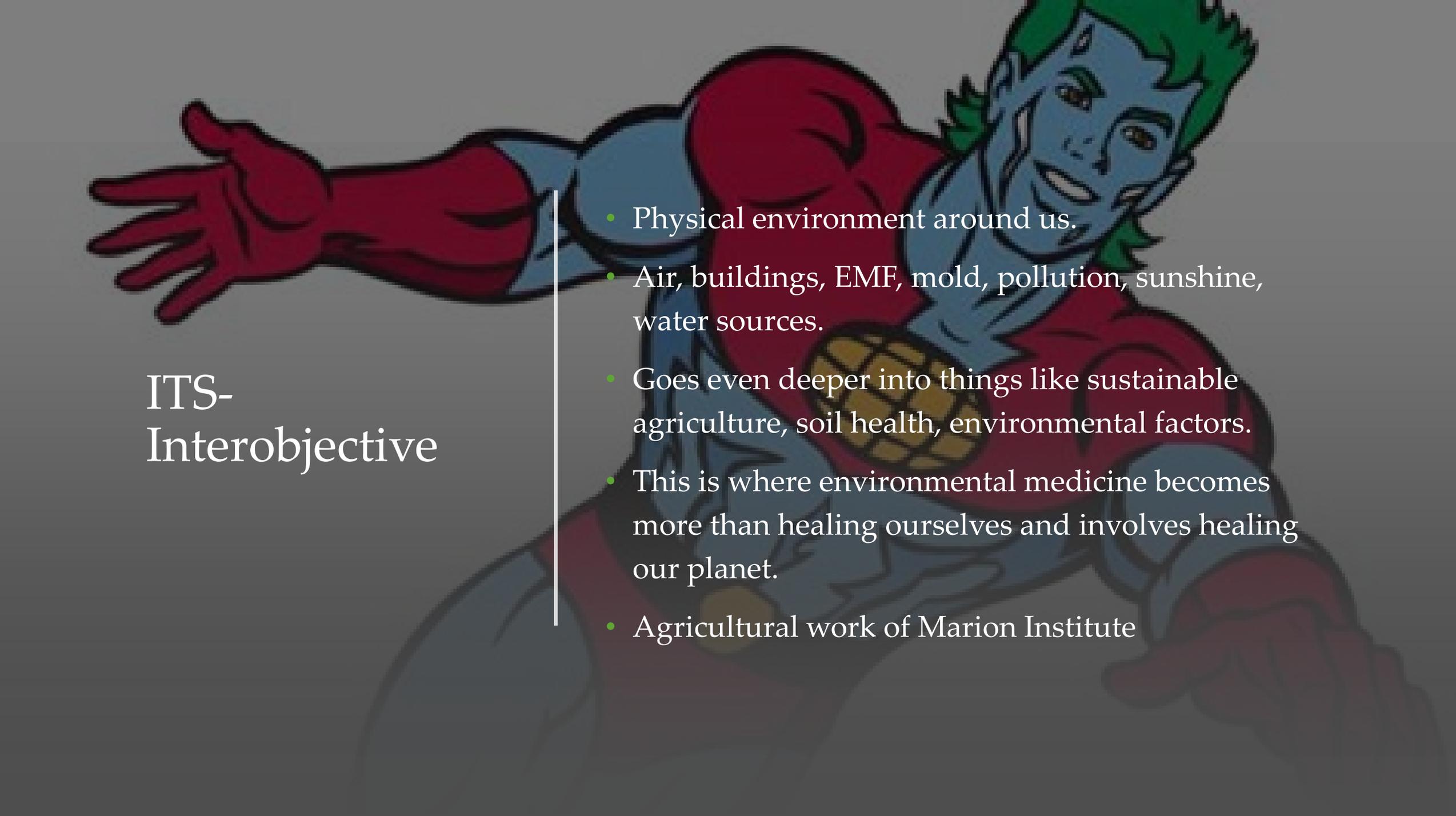
- Relationships, culture, society, and institutions.
- Heavily overlooked factor in personal health.
- Doctors must know the signs of relational stress and be ready with resources for patients.
- These could be toxic work situations, personal relationships, or dysfunctional families



Third Quadrant Assessment



- Case history
- Patient reporting
- Questionnaires
- Observation
- Building rapport, trust, and creating safety.



ITS- Interobjective

- Physical environment around us.
- Air, buildings, EMF, mold, pollution, sunshine, water sources.
- Goes even deeper into things like sustainable agriculture, soil health, environmental factors.
- This is where environmental medicine becomes more than healing ourselves and involves healing our planet.
- Agricultural work of Marion Institute

Fourth Quadrant Assessment



- Case history
- Mold testing in home/work environment
- EMF testing (Tri-field, acoustimeter, gaussometer)
- Testing water, well, plumbing.
- Toxicity testing (blood, urine, hair, stool sample)

Taking a Case History

- Traditional homeopaths had to take detailed case histories in order to match up patients up with precise remedies.
- The best homeopaths were expert interviewers.
- For the practitioner: a good case history can give you many facts that a blood test would leave out, especially when using the Four Quadrants.
- You must listen, build trust, and identify patterns and key facts.
- For patients: Take the time to write out a health timeline from birth to current day.



Redefine Holistic Medicine



Holistic Medicine = Seeing and treating the whole person through the view of all Four Quadrants of Integral Theory.



All four quadrants inform, influence, and form a whole with each other. You cannot separate them.



Example: childhood trauma-> poor immune function -> toxic marriage -> chronic stress-> chronic infections (ie Lyme).

Questions?



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