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SPECIAL



SECTION

INTEGRATING COMPLEMENTARY AND TRADITIONAL MEDICINE

The Healing Arts Center on the River in Mishawaka, IN, represents a new phenomenon in American healthcare. Founded on the belief that the mind and spirit affect the health of the body, the center integrates traditional medicine with complementary medicine (self-healing and wellness techniques based on a holistic philosophy). The center recognizes that these techniques complement, but do not replace, modern medical care.

Much of the center's philosophy is based on *The Seven Spiritual Laws of Success* (Amber-Allen Publishing and New World Library, San Rafael, CA, 1994) by Deepak Chopra, MD, who has written extensively on the relation between the physical and the spiritual.

OBTAINING SUPPORT FOR CENTER

Sr. Judian Breitenbach, PHJC, the center's executive director, was instrumental in starting the center, which opened in August 1995. In November 1993 she encouraged Ancilla Systems, Inc., Hobart, IN, to create a healing arts center as part of its efforts to promote a healthy community. Inspired by Brian Luke Seaward's talk on complementary therapies at a 1992 Catholic Health Association meeting that focused on

*Healing
Arts Center
Connects
Body, Mind,
Spirit*

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health and well-being, Sr. Breitenbach envisioned the center as a place where people of all ages, cultures, and beliefs could find inner peace and harmony.

Ancilla's chairperson, Sr. Kathleen Quinn, PHJC, and its chief executive officer, William Harkins, endorsed the concept of an outpatient center offering nontraditional healing. In the fall of 1993 at a retreat for board members, physicians, administrative staffs, and department heads from Ancilla hospitals in Mishawaka and South Bend, IN, these leaders learned about the concept and were able to try various complementary

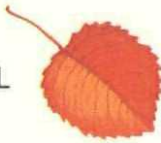
HEALING ARTS SERVICE CENTER

The modalities offered at the Healing Arts Center on the River, Mishawaka, IN, include the following:

- Transpersonal and pastoral counseling
- Spiritual mentoring
- Family systems counseling
- Stress management/energy balancing
- Therapeutic massage therapy
- Art therapy
- Aroma therapy
- Herbal/flower essences remedies
- Reflexology
- Reiki
- Meditation
- Support groups and workshops
- Nutrition counseling
- Music therapy
- Therapeutic touch
- T'ai chi/yoga

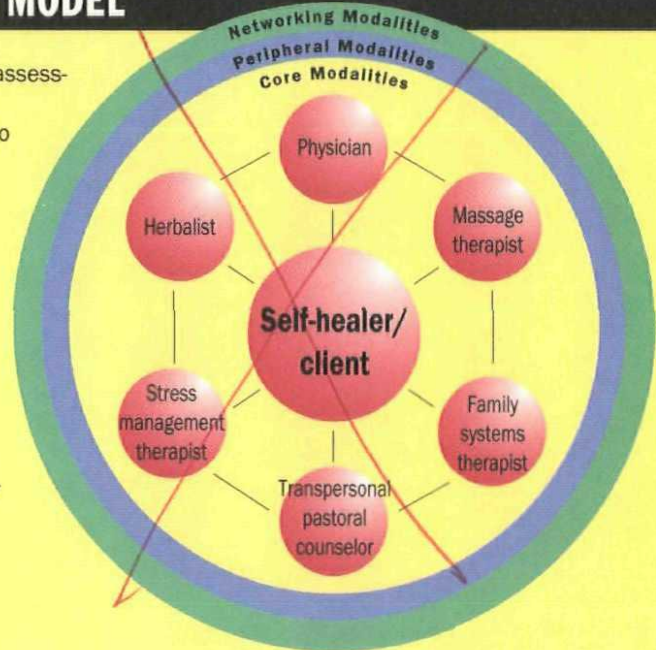


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HOLISTIC HEALTHCARE MODEL

- Each healthcare practitioner will spend one day a week assessing clients.
- All healthcare practitioners will be fully trained to do assessment.
- Clients are often referred to as "self-healers," whereas the health practitioners facilitate the healing process.
- Clients may enter the Healing Arts Center through physician referral or on their own. Clients may elect full, comprehensive treatment, or they may choose to see just one health practitioner (e.g., massage therapist). If a healthcare practitioner detects that he or she alone cannot meet the client's healthcare needs, the practitioner will schedule a client conference.
- Each healthcare practitioner, beginning with the physician, will assume the role of Healing Arts Center director for six months.



therapies. The experience convinced many that the therapies were valuable.

DESIGNING THE CENTER

Physicians, nurses, mental health professionals, and facility and corporate executives participated on a system task force that designed the center model (see **Figure**). Involving the medical staff from the beginning was crucial to ensure the blending of Western and Eastern health practices in holistic healing. And since the center has opened, a physician attends weekly meetings of the center's staff to maintain the bridge between traditional and complementary approaches.

A day at Ancilla's April 1995 leadership meeting was devoted to the mind-body-spirit connection. Two hundred physicians, managers, and congregational leaders heard Deepak Chopra speak, and a representative from the Indiana University School of Medicine's Institute for Complementary Medicine was part of a panel of physicians who discussed the implications of complementary therapies for community medicine.

Ancilla surveyed community residents who attended a lecture by Chopra the next day. Chopra, who serves as the center's advisory director of education, spoke on nontraditional heal-

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ing, and Ancilla Systems presented the conceptual model for the Healing Arts Center. Of the 479 attendees who filled out an evaluation of the lecture, 367 said they would use the center.

In a subsequent telephone survey of 107 attendees, respondents indicated a willingness to try complementary therapies if they had not already done so. They listed herbal medicine and massage therapy as the most helpful therapies.

The telephone survey also assessed respondents' concepts of spirituality. Many described spirituality as being in touch with a higher power or the universe, or as being at peace with one's self. These comments reinforced Sr. Breitenbach's belief that the center should be a place conducive to personal reflection and spiritual development.

CENTER'S IDEAL SITE

Coincidentally, the system found a site for the Healing Arts Center that fulfilled this goal. The system's behavioral medicine center, located outside of town on the St. Joseph's River, had space available. The Healing Arts Center's homelike atmosphere is enhanced by a panoramic view of the river. Visitors are greeted by calming aromas. A welcoming central open area, where clients can relax, is surrounded by rooms for the center's



therapies (see **Box**, p. 42). Clients can explore nutritional supplements, herbs, and aroma therapy oils in the center's herbal products store.

THE CENTER'S APPROACH

The center encourages self-healing in which clients become aware of the healer (Divine Self, or God) within themselves. Therapy is based on the belief that if people have the right information and the experience with the therapy, they will know how to engage their own spirit in a healing process.

Lem Joyner's work is an example of how the Healing Arts Center helps clients become self-healers. Joyner is a registered therapist trained in *healing touch and transpersonal counseling*—"the therapy that deals with issues of human spirituality and care of the soul, as well as relationships, values, and purpose in life," Joyner explains. He works with clients to help them understand and experience their human self and connect to the divinity within themselves.

In addition to one-on-one counseling sessions, Joyner conducts a healing circle for persons with severe health challenges. Joyner also helps clients use art to express and understand themselves.

The center's culturally diverse clientele consists of women, men, and children of all ages and income levels. Clients come to the center by referral from physicians, therapists, or religious or educa-

Ancilla's support makes it possible for the center to serve all individuals regardless of their ability to pay.

tional counselors. Some clients come on their own. To date, more women than men have used the center; most are in the middle- to upper-income brackets because many services are not reimbursed by third-party payers.

The center's Advisory Council consists of community, religious, and business leaders and system representatives. Part of the council's purpose is to promote the center's mission through community awareness, volunteerism, and fund-raising. The council also supports center collaboration in the educational, scientific, and charitable activities of other healthcare organizations in the area.

FINANCIAL VIABILITY

The center remains financially solvent through insurance reimbursement for a few therapies; fund-raising; fees from visits, workshops, and retreats; and the sale of products and books in its store. Ancilla Systems covered the center's start-up costs and has pledged support for three years of operations.

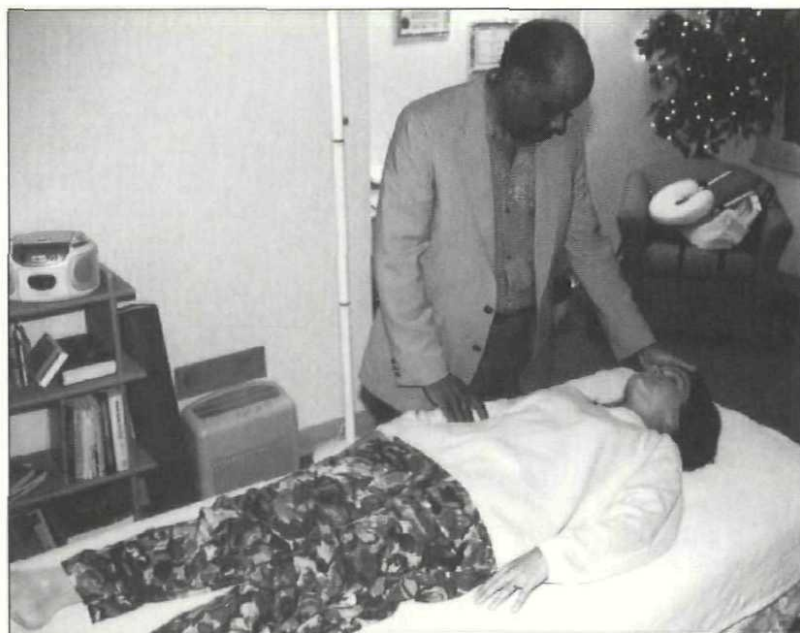
Ancilla's support makes it possible for the center to serve all individuals regardless of their ability to pay. The center charges on a sliding fee scale, according to what clients can afford.

Sr. Breitenbach says, "For this to be a true ministry, all persons need to be served. The focus needs to be on having faith that resources will be attained to keep the center solvent. The center's philosophy is one of manifesting the vision with detachment from outcomes—modern words for the age-old teaching, 'Seek ye first the kingdom of heaven and the rest shall be given to you.'"

The center hopes to break even by the end of its third year, receiving income from educational programs, stress management therapies, art therapies, transpersonal and pastoral counseling, physician-referred visits, acupuncture, and fund-raising.

CARRYING OUT SYSTEM'S VISION

"The Healing Arts Center reflects many of the key components of Ancilla Systems' vision," says Sr. Quinn. "Our vision states that we will work to establish linkages of physicians, other providers, and agencies to build healthy communities." The center provides a model of holistic, wellness-based care that Ancilla believes will lead to healthier communities. □



Lem Joyner provides healing touch therapy at the Healing Arts Center.

For more information contact Sr. Judian Breitenbach, PHJC, at 219-257-2293.