



Dr David Reilly

The Healing Shift Enquiry

Conversations That Change Lives



YASHINA ET AL / PNAS



Psychological distress - Scottish 15 year olds

55%

more stress: more disease, earlier death





1 in 11 of
humanity

DIABETES?

“Main Medical Complaints Or Health And Wellbeing Challenges?”

1. Multiple sclerosis
2. Anxiety, busy mind
3. Recurrent UTI and vaginal infections, anxiety and self dislike
4. Low energy, sore joints and along with this, mood can be low at times
5. Angina, depression/anxiety, menopausal symptoms
6. Diet – overweight, lack of exercise, stress at work
7. Joint pains, low self esteem, low self confidence, poor motivation
8. Anxiety, fatigue
9. Stress, migraine, lethargy, tiredness
10. Hypertension, Type II diabetes, overweight
11. Stress, sore back
12. Stress, endometriosis
13. Lupus, stress levels, weight loss, stress, migraine, PMT
14. Eat more healthily and exercise more
15. Limited time for myself
16. Mild asthma
17. Sore joints, stress and insomnia
18. Obesity, diabetes, lack of healthy eating/lifestyle
19. Aches/pains in general, weight problem, low self esteem
20. Help me promote well being to my clientele
21. Dark depression clouds
22. Low energy, low mood

16 (73%) mention mental health challenges (stress, anxiety, depression, low self-esteem)

7 (35%) some aspect of metabolic syndrome spectrum (diabetes (2), obesity/weight (4) angina, hypertension.

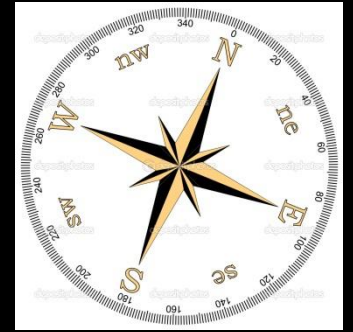


Searching for a new way...

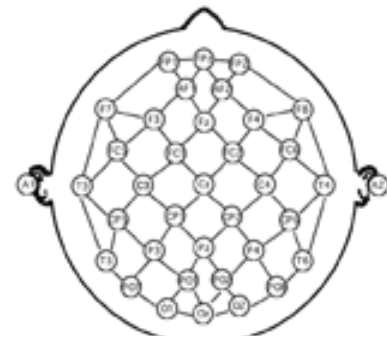
Andrea



Andrea



American Journal of Psychiatry

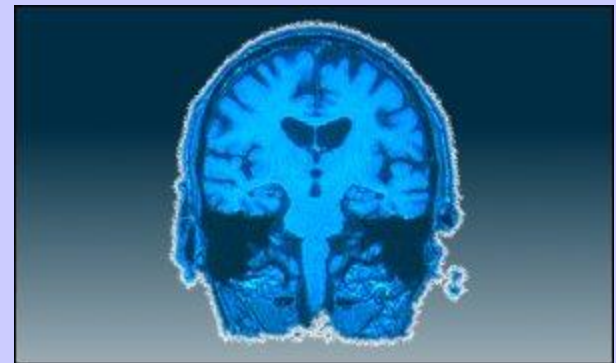


Quantitative EEG

Response to antidepressant showed objective change in the prefrontal cortex.

BUT so did response to placebo

***HOW TO HARNESS THIS
POWER FOR OURSELVES?***







Moth

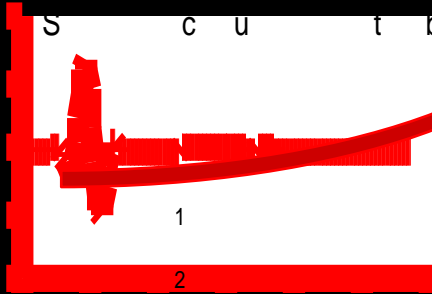
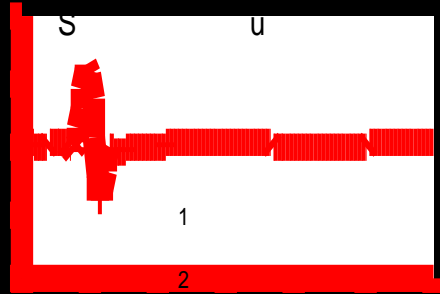
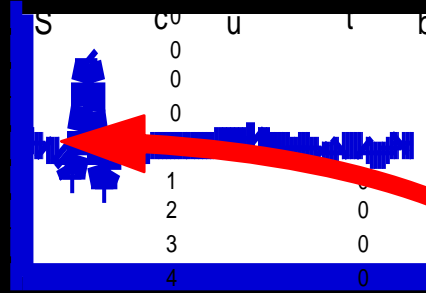
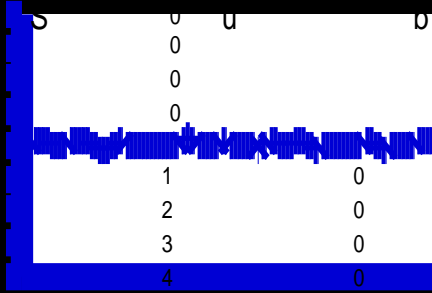
I felt I could trust you, I felt safe with you, I could relax

I could be open and honest, I spoke to you about things I hadn't spoken to anyone about

Empathy & Enablement

- Empathy does not guarantee enablement
 - But - it is a necessary pre-condition
-
- In 200 consultations: not one case of high enablement with low empathy.
 - Now confirmed in >8000 cases. Independent of deprivation index or morbidity/complexity (Mercer)

When The Room Disappears



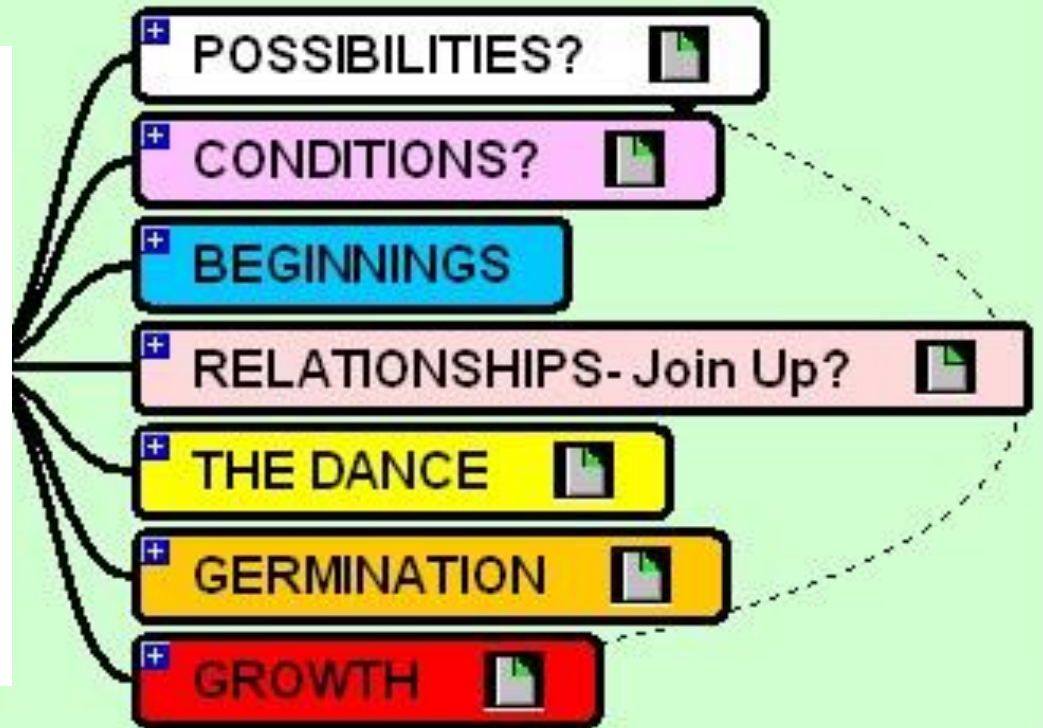
♥ “when two people touch, or are close: one’s heart signal is registered in the other’s brain waves”

R. McCraty, M. Atkinson and W. Tiller. Proceedings of the Tenth International Montreux Congress on Stress, Montreux, Switzerland, 1999.

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Relationship is the Crucible of Change

**Creating
Conversations
That Change
Lives**





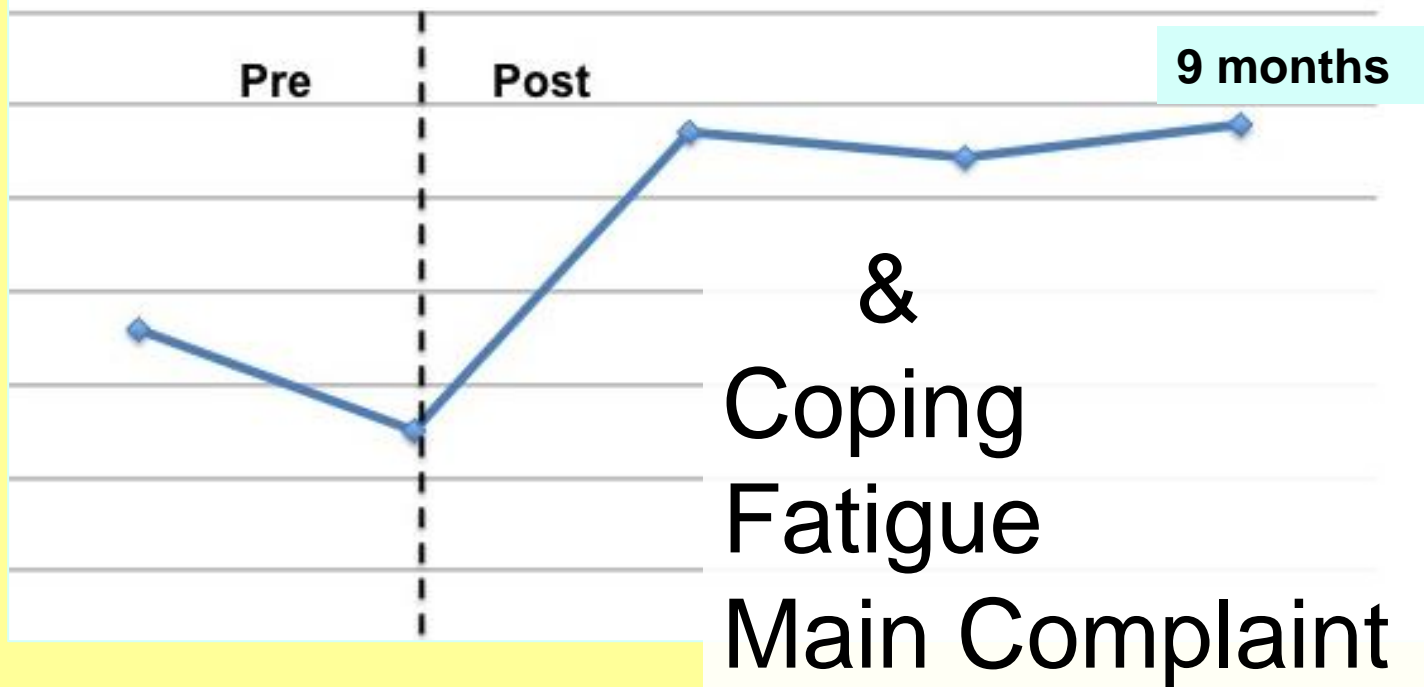
Would It Work In Groups?

Yes

Significant Improvements



Psychological Wellbeing



Fasting Insulin Levels



Healthy

Pre - Diabetic

1 in 2 Sustained Improvement

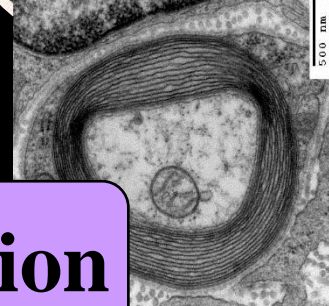
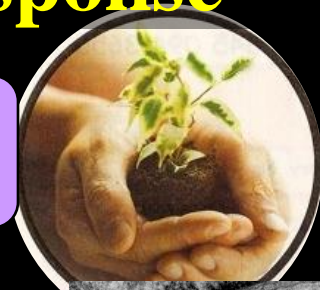
1 in 4 no longer Pre-Diabetic

How? **Unlocking The Healing Response**

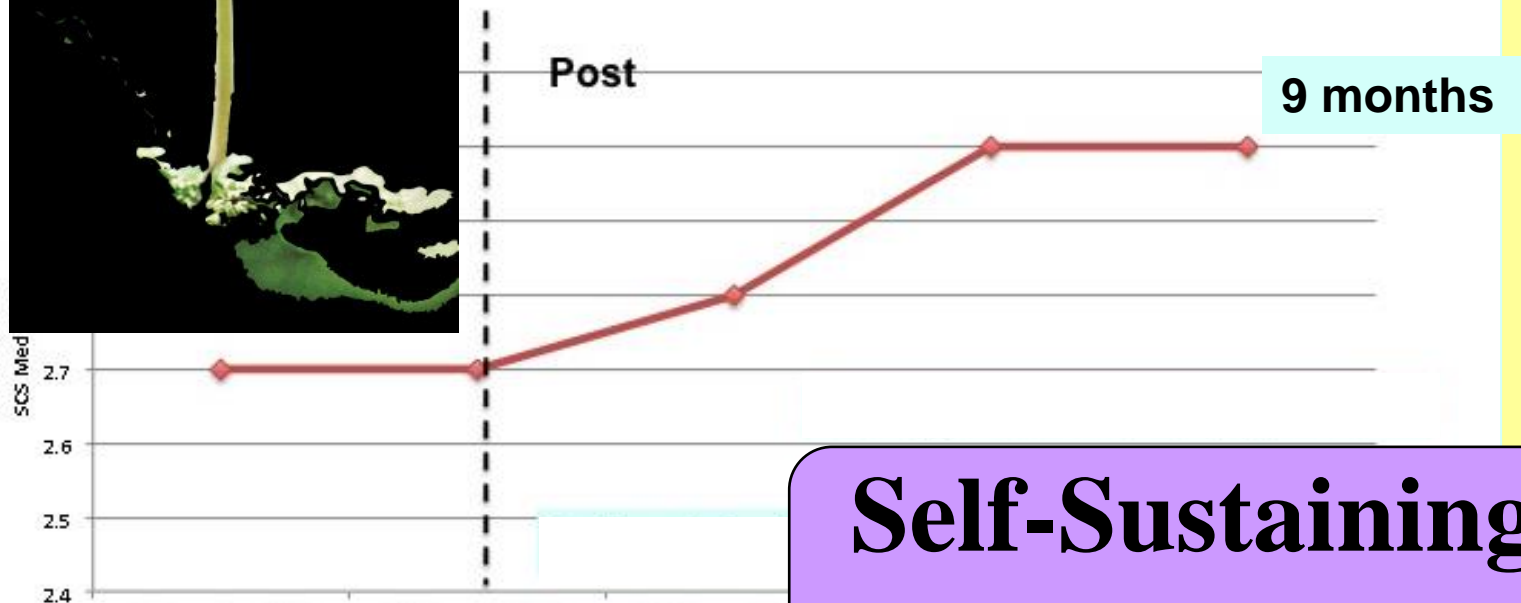
Their Self-Care Improved

Their MAP changed

Activated Self-Compassion



Compassion



**Self-Sustaining
Self Care**

How? **Unlocking The Healing Response**

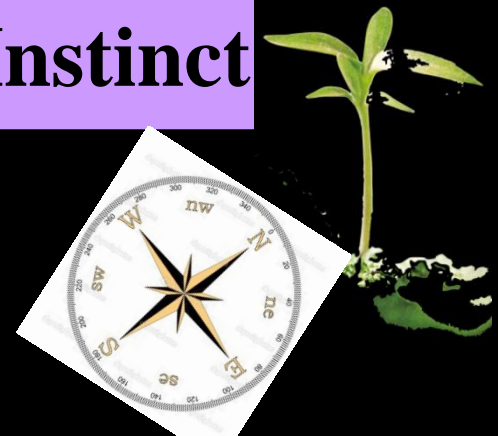
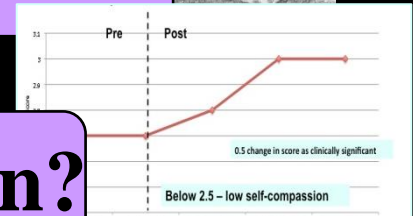
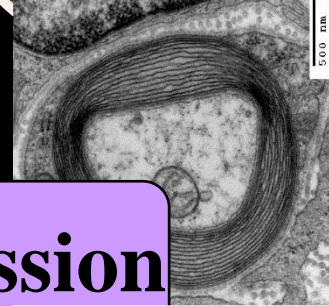
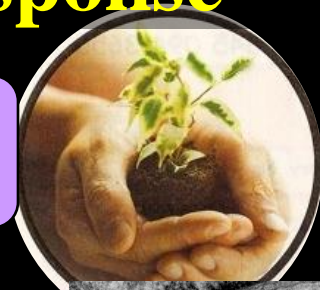
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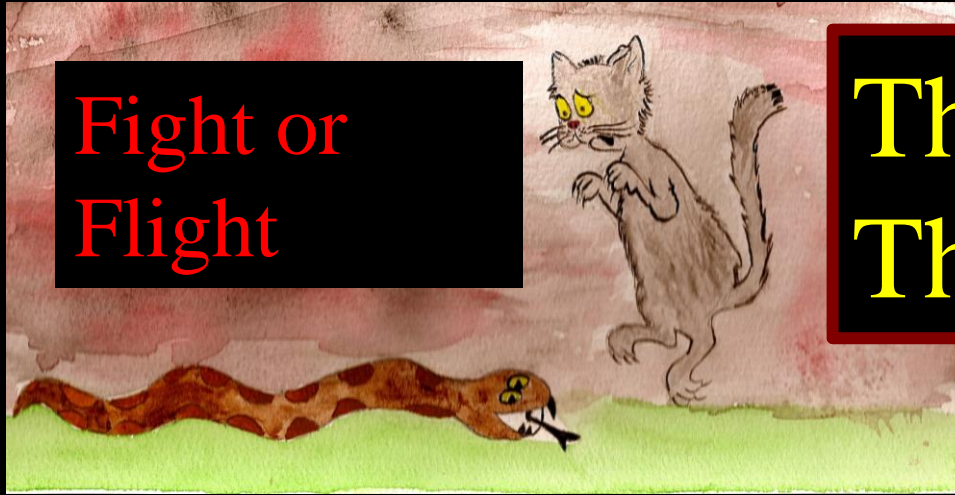
Activated (Self)-Compassion

Why? A Sustaining Motivation?

Unlocked Nurturing Instinct



Two MAPS of Creating Wellbeing



Painting: Suzanne Martin

Fight or
Flight

The Enemy
The Target

THE SHIFT

Two Journeys
of Care

The Friend
In Need

Nurture
Response







The Letter





Brian – Before The Group

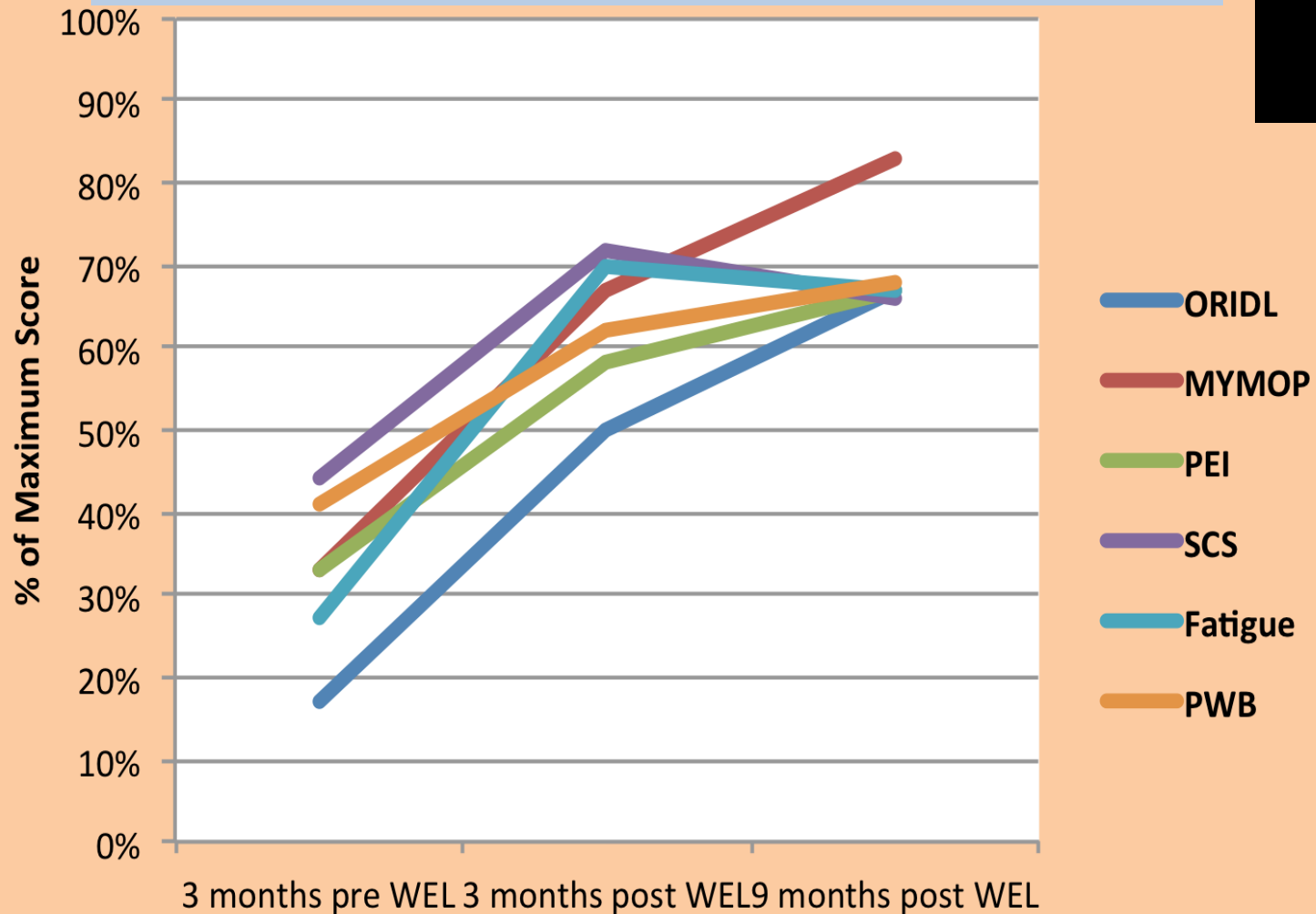
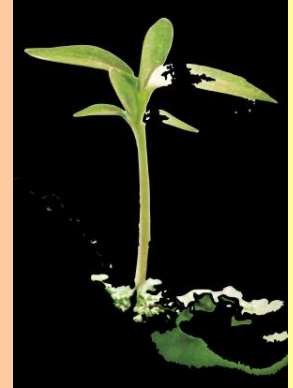
- **Severe Pain and Depression**
- **Significant Negative Impact on Daily Living**
- **High Medications: 11 * (4 for pain)**
- **Low Self-Compassion**
- **High Fatigue Levels**
- **Very Low Psychological Wellbeing**
- **Low Enablement**

Brian's 3 Months In



- Changed diet 'completely'
- Swims 5 days a week
- Lost stone in weight
- Stopped morning and afternoon painkillers
- No longer has afternoon nap
- Routinely practices compassion-based meditation to help pain and sleep
- Stopped smoking
- 'More aware of things... Steps back'
- Set goals- 'loose the stick and lose more weight'

Brian's Change over the next 9 months



I am looking after myself more. I am taking more care, sometimes I am taking a step back, sometimes I have really got to stop myself and re-think things over and maybe address things... I have noticed I am doing that, I think I am more aware. I am thinking more, it has certainly made me think more, you know... It's been an eye opener. I took everything for granted really and over the course kind of made me realise a few things, you know. I'm supposed to look after the plant but I always say I am looking after the dog* better cos I prefer a dog- although I did get a plant so I make sure I water it and it's growing.



Note – *the dog” or “the plant” refers to the metaphors for self-care responsibilities



