

Restorative Healing versus Reorganizational Healing

by Jamie Neithold-Nash, DC

We live in such a privileged society that it almost seems shameful to not be grateful for every moment. And yet, life brings everyone challenges that affect our ability to really have fun. Barring trauma and recent loss, when one is not feeling joy in life, then one's mental health has been compromised. Enjoyment comes from inside, it is not dependent on external factors. How we handle stressors ultimately determines whether we are mentally and emotionally healthy or not. Following is a brief introduction to the two models of healing, restorative healing and reorganizational healing. These models have been proposed by Dr. Donald Epstein, DC, the founder of Network Spinal Analysis and Somatorespiratory Integration.

How we think about and perceive who we are in relationship to our selves and our community has a great effect on mental health. Have you ever heard people say they wanted to get back to their old self again? This is restorative healing because you are attempting to restore yourself back to the way you were before your routine was disturbed. You treat the disturbance as an enemy that has to be overcome. You strive to be able to return to the same thought patterns and behaviors without ever evaluating whether or not they may have gotten you sick and in trouble in the first place.

In the Restorative Healing Model, success is when the symptoms are removed and the person has been returned to a familiar or previous place. Following the prescribed course of treatments, you may wind up close to where you were before. But after a while you start dropping the standard, and you never quite make it exactly back to where you were before. Your friends and family ask you if you have had any success "getting back to your old self." They (and our culture) support what they know and may even become threatened if you were to venture into new territory.

Dr. Epstein has proposed a brilliant paradigm shift called re-organizational healing. What if our discomfort was a sign that change is necessary in some area of your life? An illness could be seen as a life tool that is here to help you reorganize how you live, love and enjoy life. **The symptom, the crisis or the disturbance is instructive.** It is not an enemy. It is leading you down a different path than the one you were going down before, urging you to break with your usual routine so you can grow in some area of your life and participate in it again. Often our usual routines allow life to be lived relatively unconsciously without constantly growing because we can comfortably do things automatically.

Reorganizational healing is a call to wake up and participate in your life. We don't ever stop growing or changing, but sometimes we shut down and go on autopilot. Success in the model of re-organizational healing is creating new energy-efficient sustainable states that are at a higher level of organization in the body. It is consciousness in your life. In reorganizational healing we say, "Let's see what we can do to get a life that we never had

before, regardless of what went on in the past, regardless of the diagnosis, regardless of everything else.

How can we start today to create a different life in a different direction? How can we move closer to the life of our dreams?" Being receptive to changes as they come along is a lot more fun than trying to re-create a past that is not full of joy and fulfillment. Have a dream about today. What changes can you make NOW to help you enjoy your life?

Network Spinal Analysis Reorganizes your nervous system.

Dive more deeply into yourself...connect to your authentic nature....free yourself from old patterns and beliefs that are holding you back.

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