

THE SCIENCE OF HEALING



At Samuelli Institute, we believe that the mission of health care is broader than the current focus on curing disease. We need a science of healing. In our view, healing and curing are not the same. We believe that to cure is to successfully treat a disease or illness, while to heal is to recover, repair and restore a person's sense of function and wholeness.

“Mainstream health care has traditionally operated from a ‘cure the disease’ model; it is now time for the creation of a model of health care that encompasses both healing and curing. At Samuelli Institute, we are engaged in building the foundation for this new model through the science of healing.”

Wayne B. Jonas, MD / CEO and President, Samuelli Institute



HEALING is the physical, mental and spiritual processes that retain, recover and restore health. Healing provides for flourishing in the midst of disease, maintaining wellness, enhancing function before, during and after illness or injury, and returning to wholeness.

SAMUELI INSTITUTE



OUR VISION is a world in which healing is the formative concept for achieving and maintaining wellness and ameliorating chronic disease.

OUR MISSION is to transform health care through the scientific exploration of healing.

Samuelli Institute is a non-profit research organization supporting the scientific investigation of healing and its role in medicine and health care.

Founded in 2001 by Henry and Susan Samuelli, the Institute is advancing the science of healing worldwide. Samuelli Institute's focus includes research on integrative medicine, optimal healing environments, the role of the mind in healing, behavioral medicine, health care policy, and military and veterans health care.

OUR VALUES

Service to the Public: As a non-profit service organization, Samuelli Institute serves as a facilitator of research on healing—making discoveries, developing relationships, conducting research and building a rigorous science that results in shared knowledge, improved patient care and healthful living.

Scientific Exploration: Samuelli Institute supports science grounded in observation, investigation and analysis and has the courage to ask challenging questions within a framework of systematic, high-quality research methods and the peer-review process.

Integrity in All We Do: Samuelli Institute acts with the highest respect for the public it serves by ensuring transparency, responsible management and ethical practices.

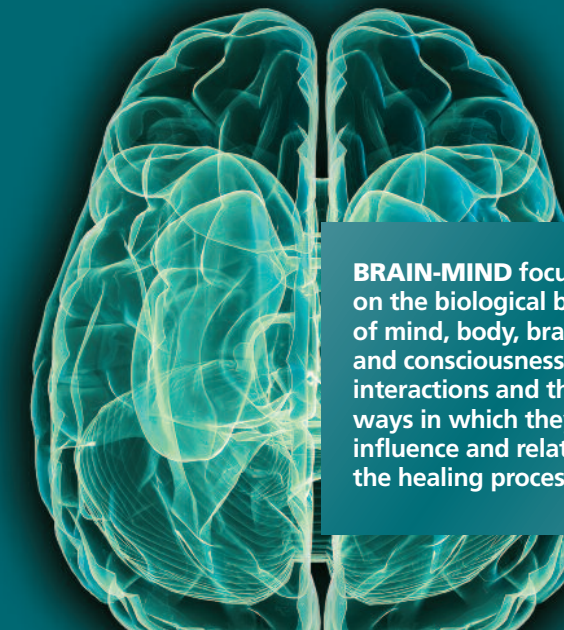
BRAIN-MIND & HEALING RESEARCH

Samuelli Institute is dedicated to exploring how the mind, body, brain, spirit and consciousness interact and influence wellness and healing. Clinical scientific evidence supports the premise that healing may be enhanced by various mind-body and spiritual practices, clinical encounters between patients and health care providers, and interactions with the environment. Built upon funding from the Laurance S. Rockefeller Trust, the Brain-Mind & Healing Research is broad in scope and seeks to translate basic and clinical studies to current and future medical practices. Areas of study include the role of placebo effects, spirituality and mind-body approaches (such as yoga, meditation and tai chi) in healing. The research is aimed at evolving a new paradigm of patient-centered, healing-based health care.

Recent Research Studies Include:

- ◆ Tools for measuring spiritual experiences
- ◆ Neurological mapping of consciousness
- ◆ Impact of dietary supplements on brain health

The Institute is developing research methodologies for assessing various aspects of consciousness and spirituality. This pioneering research is paving the way for a more informed integration of mind-body practices with conventional medical interventions.



BRAIN-MIND focuses on the biological basis of mind, body, brain and consciousness interactions and the ways in which they influence and relate to the healing process.

MILITARY MEDICAL RESEARCH



COMPLEMENTARY AND ALTERNATIVE MEDICINE includes medical and health care systems, practices and products that are not presently part of conventional medicine in the United States. Complementary is used in conjunction with conventional medicine. Alternative is used in place of conventional medicine.

Samuelli Institute collaborates with the U.S. military, the Veterans Health Administration and academic institutions across the country to explore military applications for non-pharmaceutical and non-surgical approaches to healing.

As the nation's largest military medical research program focusing on complementary and integrative medicine, the Institute's work includes a robust portfolio of programs in pain and chronic disease management, stress disorders, human performance enhancement and resilience. Select studies have explored:

- ◆ Dietary supplements to enhance performance and stimulate recovery from traumatic brain injury
- ◆ Acupuncture, a minimally-invasive therapy, as an adjunct to standard emergency care for acute pain
- ◆ Yoga and acupuncture to treat post-traumatic stress disorders
- ◆ Biopsychosocial training programs for self-management of stress

Through these programs, we identify, describe and evaluate practices of potential benefit; assess how they work in real-life settings, including military medical centers, veterans medical centers and civilian environments.

OPTIMAL HEALING ENVIRONMENTS RESEARCH

Launched in 2003, the Optimal Healing Environments (OHE) program seeks to build the knowledge base of health care practices that influence the process of recovery, repair and return to wholeness. OHE is unique in that it encompasses all of the organizational, behavioral and physical conditions that contribute to healing. Program goals include developing a business case for OHE to facilitate its widespread adoption, and translating relevant knowledge on OHE into practical usable tools.

Research is conducted in real-world settings, including hospitals, outpatient clinics, workplaces, and among specialized populations to demonstrate how healing translates directly into current health care practice.

Health care organizations adopting OHE approaches have realized considerable benefits, including increases in patient satisfaction, shorter lengths of stay, improved patient outcomes, better staff recruitment and retention, and lower costs.



SEVEN OHE DOMAINS THAT IMPACT HEALING

- ◆ Developing healing intentions
- ◆ Experiencing personal wholeness
- ◆ Cultivating healing relationships
- ◆ Creating healing organizations
- ◆ Practicing healthy lifestyles
- ◆ Applying integrative health care
- ◆ Building healing spaces