

INVESTIGATION OF HOLISTIC HEALTHCARE

By John Paul
Libanati

TABLE OF CONTENTS

1. Introduction
2. Internship Description
3. Study of Holistic Healthcare
4. Challenges & Supports to its Realization
5. Personal Opinions on Holistic Healthcare



BACKGROUND

**Senior Studying Biomedical
Engineering and Philosophy**

**Studied Abroad in Madrid,
Spain during Spring 2023**

Future Plans Include Medical School

**Interested in Providing Highest Quality
of Medical Care**

THE INTERNSHIP



DESCRIPTION

La Clínica San Miguel of Las Hermanas Hospitalarias

Rehabilitative Mental Health Clinic

Assisted with Preexisting Programs

Developed My Own Activities

Transcribed, Analysed, and Represented Poll Results Graphically

HOLISTIC HEALTHCARE

WHAT DOES IT MEAN?

Healthcare

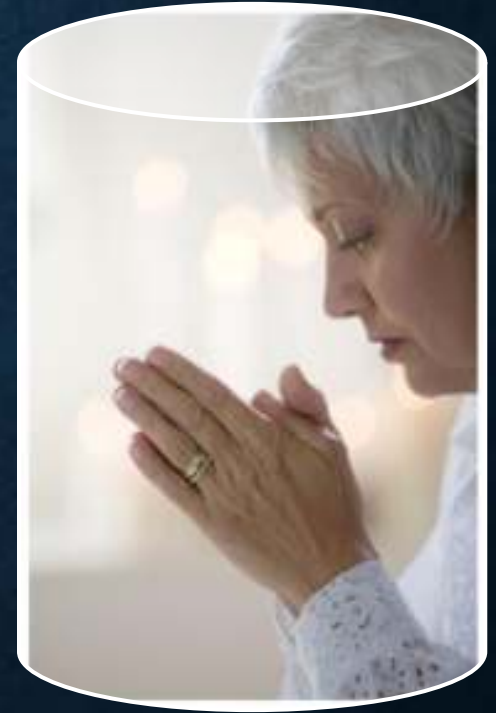
Holistic

Patient: Active Participant

Affection, Charity,
Accompaniment & Closeness



FOUR PILLARS





MENTAL

Emotional, Psychological Aspect

Via Psychotherapy, Psychoactive Drugs, & Supportive Relationships

Principle Purpose of the Clinic

Clinic: Psychologists/Psychiatrists,
Accompaniment, & Supportive
Relationships



SOCIAL

Relationships & Communities

**Via Developing Emotional Intelligence,
Strong Friendships, & Changes to
Social Environment**



**Clinic: Socialization & Training for
Family Members & the Community of
Clinic Users**

SPIRITUAL

Considered Very Important by
Clinic Users

More Than Religious Expression

Religious: Sacraments, Juan
Carlos, “Treatments”, Activities

Non-Religious: Development of
Values, Grief Counseling



CHALLENGES & SUPPORTS

CHALLENGES

Scarcity of Trained Personnel

“Overbooking”

Stigmatization of Spirituality

Failure to Incorporate Community

Social Stigma & Incorrect Beliefs



SUPPORTS

The Family

Team Work

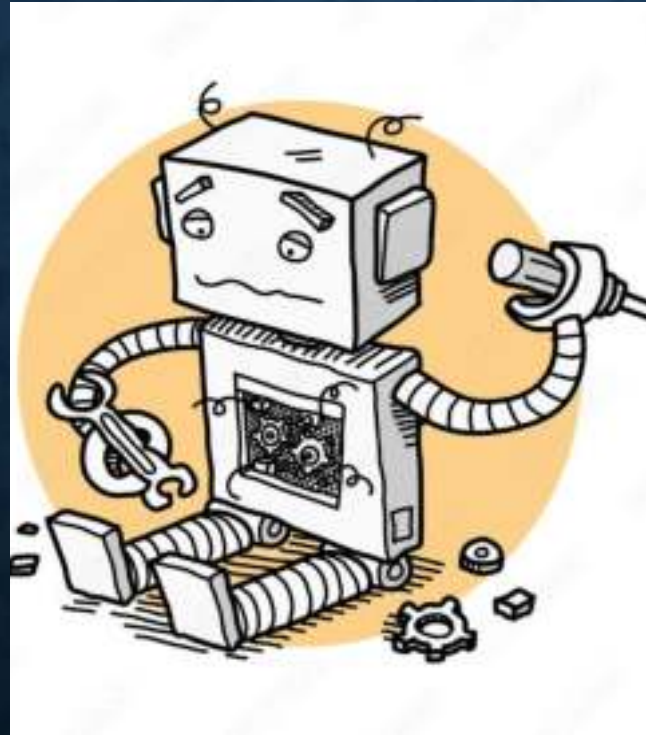


**PERSONAL OPINION OF
HOLISTIC
HEALTHCARE**



FUTURE INVESTIGATIONS

Study Family's Effect on Mental Health



Study Effect of Effective Communication in Care Team

Role of User/Patient in their Own Healing Process

QUESTIONS?