

Japan Hospice Palliative Care Foundation  
November 27, 2021

# The Process of Healing in a Chaotic Universe

**Dr. Tom Hutchinson**

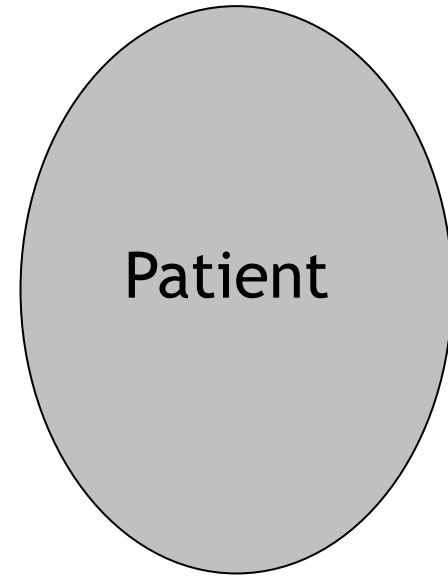
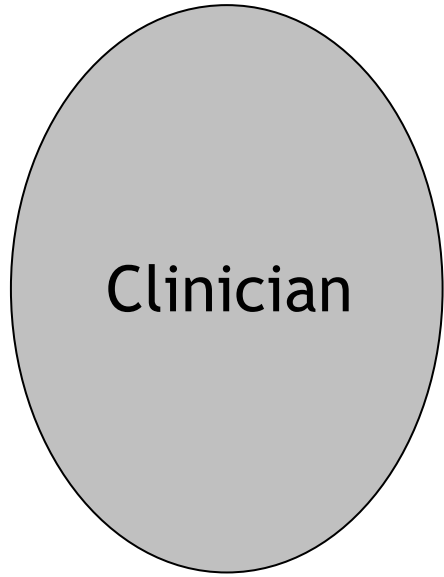
Professor, Faculty of Medicine and Health Sciences, McGill University  
Director, McGill Programs in Whole Person Care

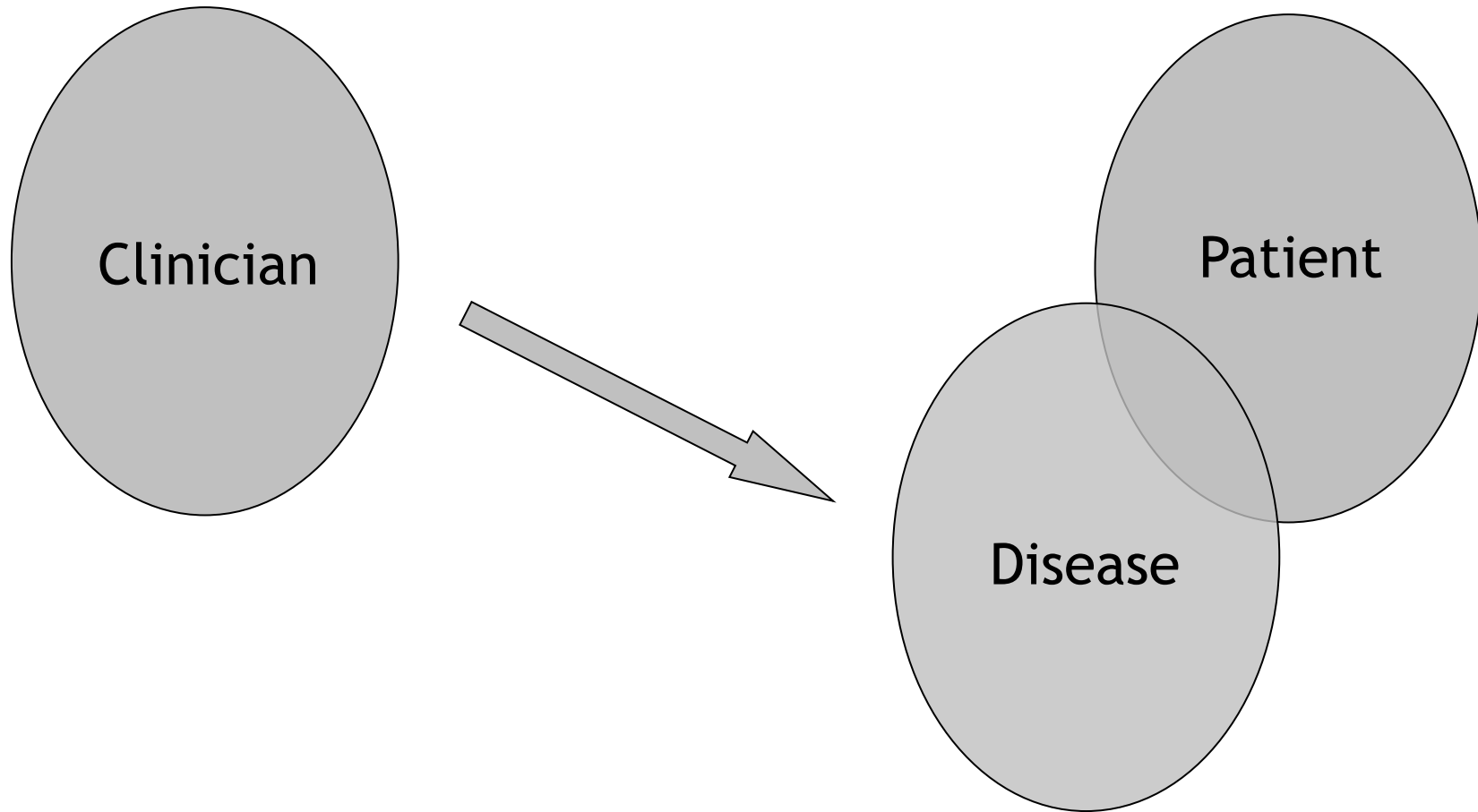
# Chaos

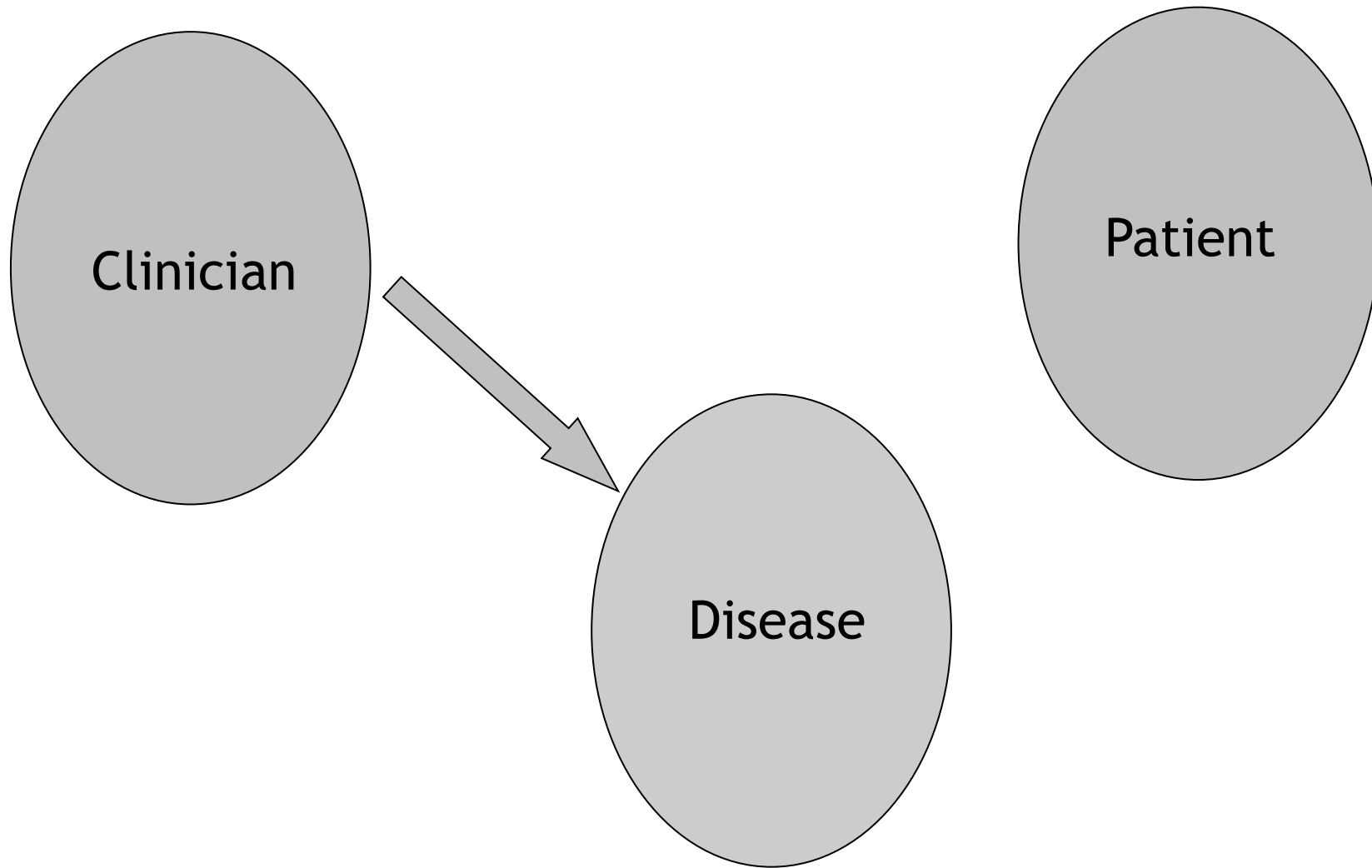
“When the present determines the future, but the approximate present does not approximately determine the future.”

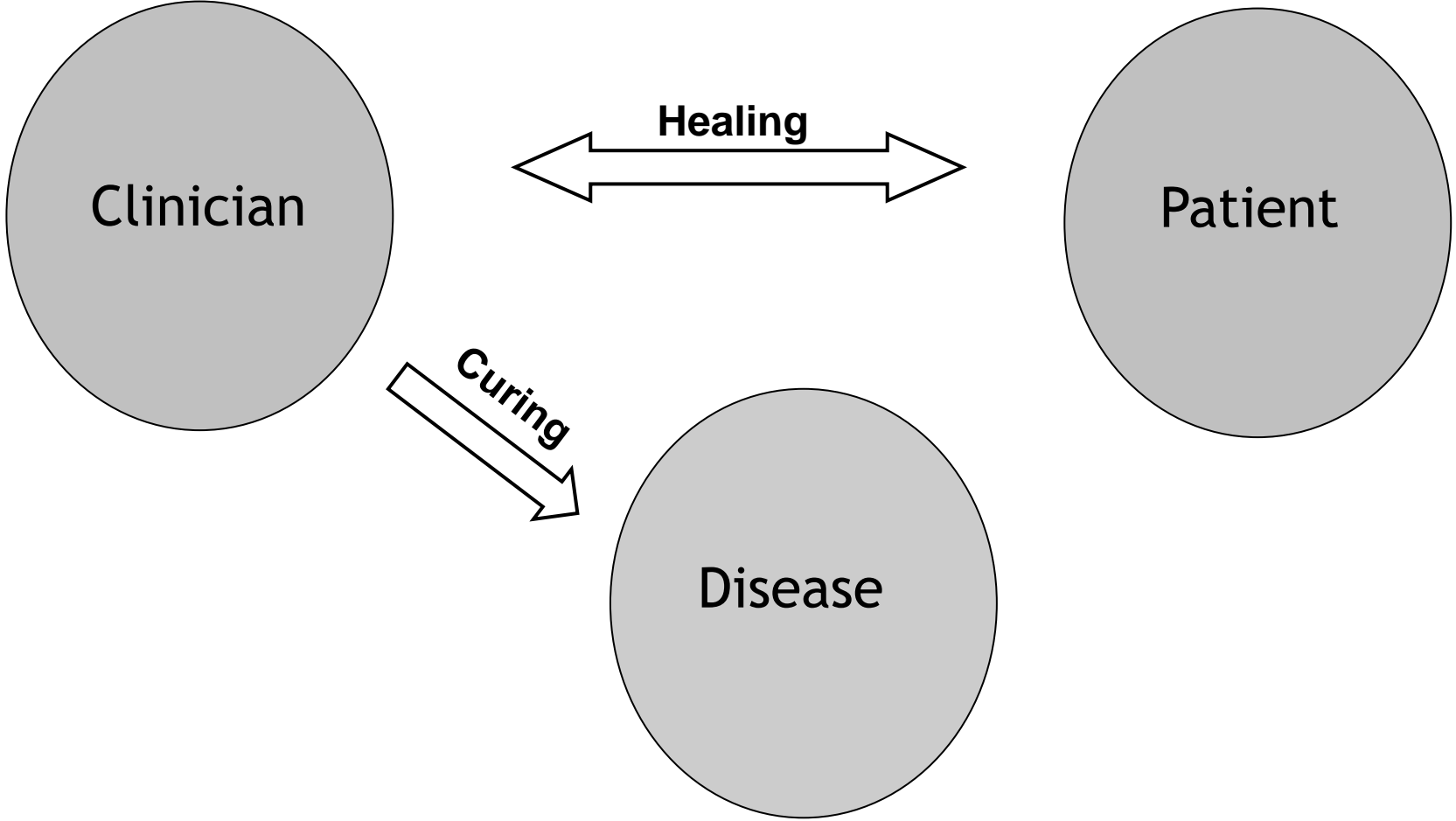
“The Butterfly Effect”

Edward Lorenz, 1917-2006









## Curing and Healing

**Curing** is an action carried out by a healthcare practitioner to eradicate a disease or correct a problem. (Cassell)

**Healing** is a process leading to a greater sense of integrity or wholeness in response to injury or disease that occurs within the patient, which can be facilitated by the healthcare practitioner. (Mount and Kearney)

# Simple, Complicated and Complex Problems

SIMPLE	COMPLICATED	COMPLEX
Baking a Cake	Sending a Rocket to the Moon	Raising a Child
The recipe is essential	Rigid protocols or formulas are needed	Rigid protocols have a limited application or are counter-productive
Recipes are tested to assure easy replication	Sending one rocket increases the likelihood that the next will also be a success	Raising one child provides experience but is no guarantee of success with the next

Westley F, Zimmerman B, Patton MQ. **Getting to Maybe. How the World is Changed.** Toronto, Canada: Vintage Canada; 2007.



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# Quality of Life

*Wholeness  
Integrity  
Homeostasis  
Inner Peace*



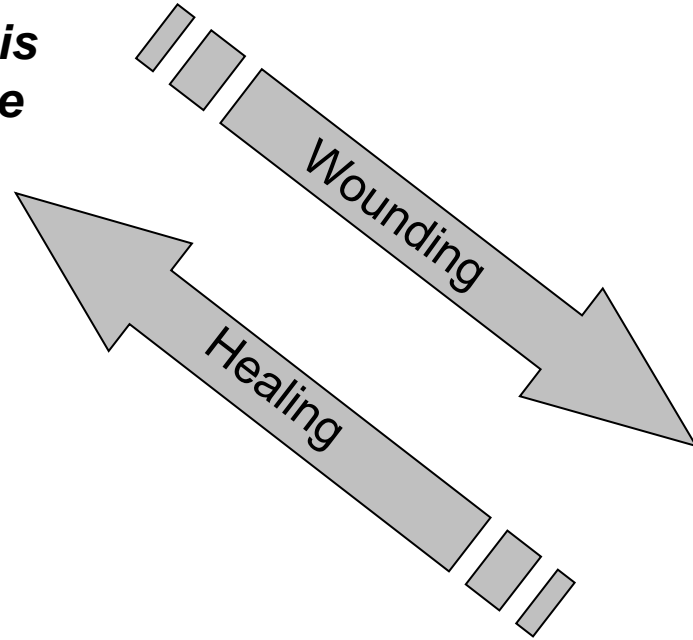
*Total Pain  
Suffering  
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## Healing

Definition: Healing has been defined as a relational process involving movement towards an experience of integrity and wholeness, which may be facilitated by a caregiver's interventions but is dependent on an innate potential within the patient.

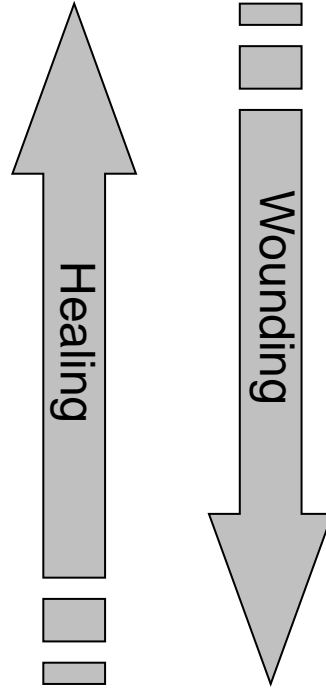
Mount & Kearney

***Wholeness  
Integrity  
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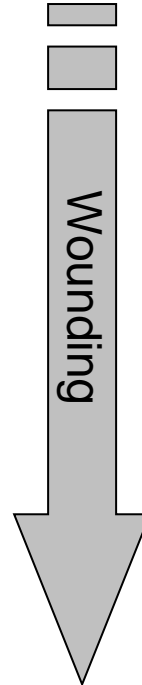
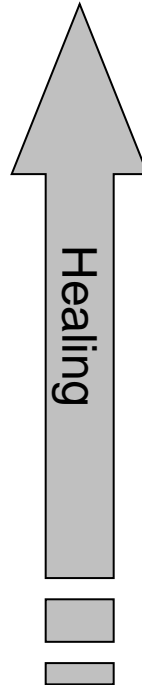
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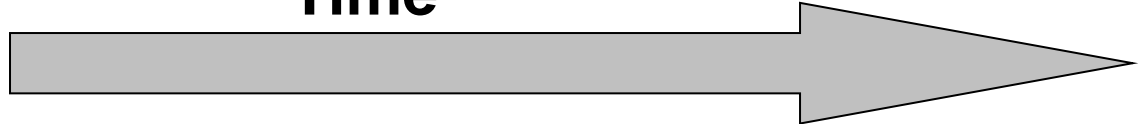


**Total Pain**  
**Suffering**  
**Anguish**

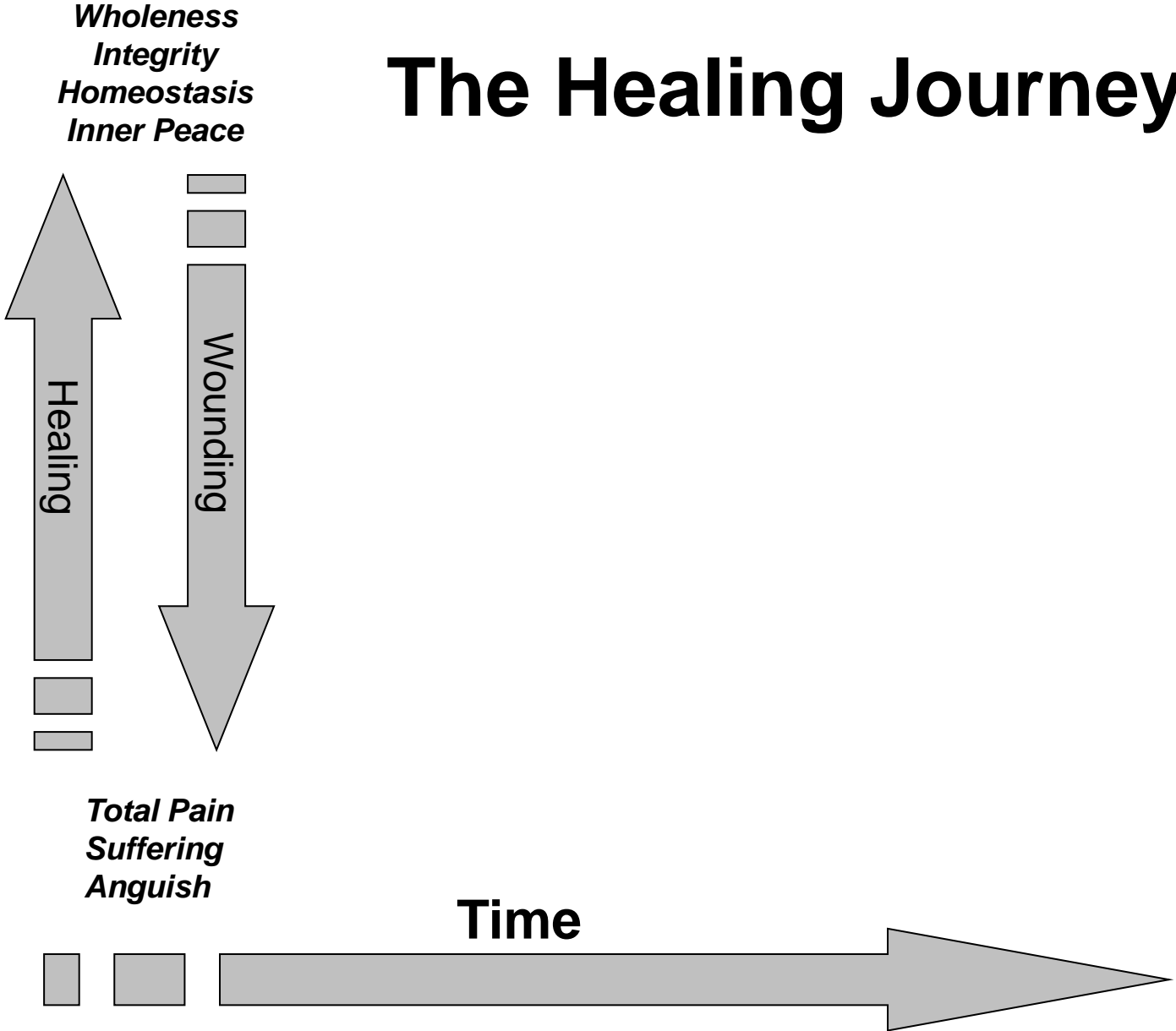
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*Total Pain*  
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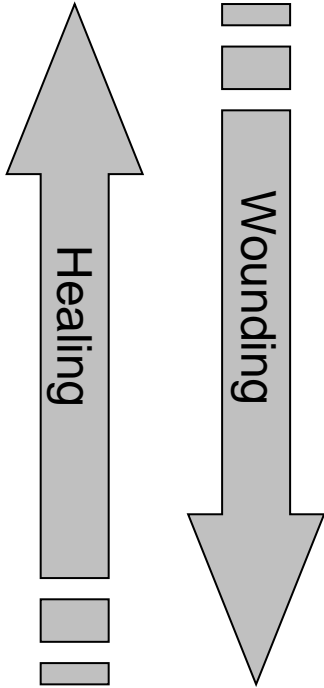


# The Healing Journey

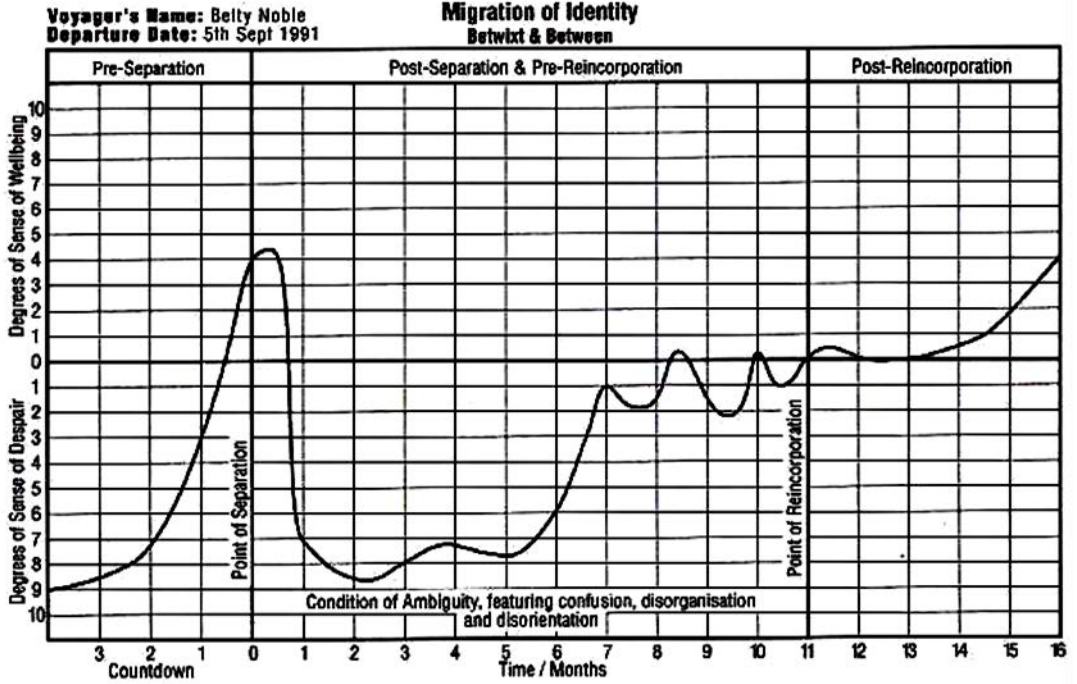


# The Healing Journey

*Wholeness  
Integrity  
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*Total Pain  
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# Chaos

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# An Emergent Property

“When the whole is more than the sum of the parts.”

John H. Holland. **Complexity: A Very Short Introduction**



*Paul Henry, 43 Wesley Street, Dublin*

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# An Important Tension in Complex Systems

## Intention and Emergence

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# Relationships

In complex systems, relationships are key. Connections or relationships define how complex systems work.

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Surprisingly  
simple rules for  
relationships in  
a very complex  
system:  
Starling flocks

- Maintain a minimum distance from other birds and objects (such as windows)
- Maintain the same speed as neighbouring birds (measured in three dimensions around the bird)
- Head towards the centre of the flock.

# Whole Person Care

