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The integration between psychology and spirituality

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The challenge for contemporary health psychology is to develop integration with clinical health care. This integration should be based on a holistic systemic model that consider the multiple biological, psychological, spiritual and social factors as interlinked.

The purpose of health care is to improve the health of the population which is defined by WHO as a complete physical psychological and social wellbeing. The importance of psychology for medicine is being increasingly recognized and psychological topics are now included in most medical curricula.

It is obvious to all that humans are more than simple biological machines: they are also spiritual beings who are inevitably, in some sense, oriented toward the transcendent, whether defined as the Universal principle, anima mundi, cosmos, God, or something that is simply greater than the individual alone. Beliefs about spirituality affect interpretations of life, from birth to death, from self-worth to one's life philosophy. Spirituality cannot be isolated from human nature.

The main problem is that spirituality lacks a precise theoretical-conceptual definition and has therefore been subject to increasing speculation regarding its nature.

Therefore, the spiritual dimension of life and the role of the spiritual in healthcare opens up medicine to incorporate the spiritual dimension as an active force in patient care. Within conventional medicine, a growing body of research supports the efficacy of prayer and other spiritual interventions on healthcare.

However, in medicine and psychology there is no consideration of spirituality and soul. The bioenergetics take in consideration a third element – the vital energy – this is the soul of the human being. The soul is the bridge that links body with the psyche into an integrated and functional system and the medium through which the mind may gain command over the body.

The unified integrative medicine, whereby I present a new model of unification that emphasis the relationship between body, psyche and soul, and try to describe the nature of the spirit and differentiate it from the essence of the soul combining existing knowledge of psychology, philosophy, physics, religions and spiritual disciplines to clarify the terms and their role in human functioning and development. Adding the spiritual realm to psychology will shed a light on the interaction between the soul and the brain to produce the psyche.

In this presentation, I will propose a practical solution for the apparent separation between medicine, psychology and spirituality by providing a single, holistic and integrated overview of the psychology that allow to describe the essence and the nature of the psyche, and the relation between psyche and physical body which is relevant to medicine to explain the relation between psychological traumas and physical diseases and to introduce a new element in the treatment of physical diseases.

Biography

Nader Butto, an Israeli Cardiologist, graduated in medicine and surgery in Turin. Later, in Israel, he specialized in cardiology. In France, in 1995, he followed an invasive cardiology internship for ten months, focusing in particular on the coronary angioplasty procedure. In the following two months he attended the Centro Columbus in Milan to complete his preparation in the ultrasound intracoronary technique. Through a long research on the Human soul he had developed his own system called "The Method of Nader Butto", which aims to integrate conventional medicine with the millenary oriental disciplines, based on the energy model; to them he adds the psychological aspect as the root of physical pathological alterations.

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