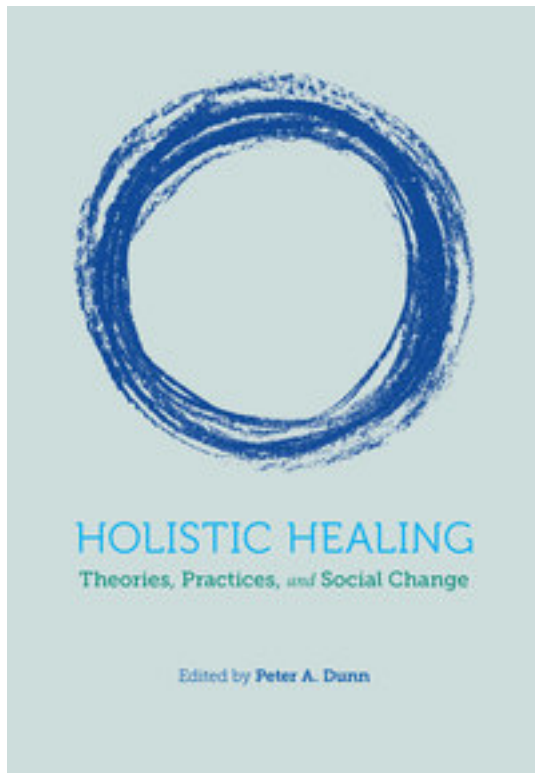


# Holistic Healing

## Theories, Practices, and Social Change



### Subjects

Social Work  
Health Studies  
Indigenous Studies  
Sociology

470 pages

6.75 x 9.75 inches

May 2019

ISBN: 9781773381213

Available at:

<https://www.canadianscholars.ca/books/holistic-healing>

To request a review copy:

[info@canadianscholars.ca](mailto:info@canadianscholars.ca)

416-929-2774

*Holistic Healing* links together a wide range of progressive theories, research and practices from the exciting field of holistic studies to create an alternative paradigm of healing and social change. This practical and insightful guide offers uniquely comparative and integrated understanding of both ancient and modern Indigenous, Eastern, and Western practices, including traditional healing practices from around the world, meditative practices, bodywork, energy medicine, expressive arts, eco-psychology, transpersonal psychology, Ayurveda, Indigenous well-being, naturopathy, homeopathy, and traditional Chinese medicine.

Over 30 practitioners and scholars from diverse fields of study contribute to our understanding of individual, family, community, national, and global holistic healing in chapters addressing critical issues such as colonization, human rights, the environment, peace and conflict, and equity and inclusion. This collection is a timely and practical resource for post-secondary students of social work, psychology, Indigenous studies, health and nutrition, holistic healing, and sociology and is also a great resource for professional practitioners and those interested in the field of holistic studies.

### Author Information

Peter A. Dunn

**\*\*Peter Dunn\*\*** is a retired Associate Professor in the Faculty of Social Work at Wilfrid Laurier University who taught for over 30 years in promoting social change and holistic healing. He is pleased to collaborate with over 30 diverse and outstanding contributors to this exciting book about holistic theories and practices.

### Reviews

"This book represents a substantive advance in our understanding of holism and how it manifests in diverse healing methods. *Holistic Healing* can serve as means of our grasping the breadth, depth, and possibilities in this field, while at the same time being personally moved by what it teaches us about our own well-being."

—Christine Caldwell, PhD, LPC, BC-DMT, Founder and former Director of the Somatic Counseling Program, Graduate School of Counseling & Psychology, Naropa University and written extensively in this field including two books.

"One would expect a text on holistic health to include the definition and purposes of holism, modalities used to promote healing, and the importance of practitioner self-care. Dunn's book does this and much more.... Readers will appreciate discussions of Indigenous well-being and Indigenous health as well as the thoughtful comments on cultural appropriation and truth and reconciliation. In addition, the ways that social inequity impacts holistic health is presented in light of the need for strategies to achieve the overarching goal of global health. This text is truly unique in the field."

—Noreen Frisch, PhD, RN, FAAN, Professor and former Director of Nursing, University of Victoria, Member of the Board of Directors of the American Holistic Nurses' Credentialing Corporation, and Past-President of the American Holistic Nurses Association

"*Holistic Healing* offers a range of approaches to health, education, and human relations while emphasizing that it can only suggest and not contain the breadth of possibilities.... We need a complementary and vital paradigm that helps us respect infinite differences while understanding what is shared and how we participate in a communion of creation modeled by nature. Peter Dunn and the contributing authors advance and renew this ancient and sustained vision."

—Shaun McNiff, SM, PhD, established the groundbreaking Expressive Therapies programs at Lesley University in Cambridge Massachusetts and is the author of over a dozen books including *Art Heals* and *Imagination in Action*

"I really enjoyed reading this book – it is easy to follow and read. The inclusion of Indigenous authors is appreciated as often they are included as a token rather than a focus. This book highlights the value of Indigenous knowledges and is mindful to address oppression and to include and integrate anti-oppressive practices and approaches."

—Sherri Pooyak, MSW, Canadian Aboriginal AIDS Network, University of Victoria, and First Nations University of Canada

"This book is a wonderfully rich and comprehensive overview of holistic healing in the human service field, as it embraces not only individual healing but also healing at the community, national, and global levels. It provides many innovative ways that can complement and transform professional practice and influence social change. I particularly appreciated the outline of the critical holistic paradigm as it promotes personal and social action that challenges oppressive forces in our societies. *Holistic Healing* is an inspiring overview of the importance of 'thinking outside the box.'"

—John Coates, PhD, Professor Emeritus and former Director, School of Social Work, St. Thomas University, and author/editor of books on spirituality, environmental social work, and decolonizing social work

### Table of Contents

**\*\*Section I: An Overview of Holistic Healing\*\*** Chapter 1: Holistic Healing: A Growing Transformative Field, *Peter A. Dunn* Chapter 2: Indigenous/Anishinaabek Wholistic Healing, *Kathy Absolon, with Jo-Anne Absolon and Lana Brasher* Chapter 3: Traditional Holistic Healing Practices from Around the World, *Roy Moodley and Huma Shireen* Chapter 4: Western Holistic Counselling, *Doreen Maller, Jason Butler, Gary Hoeber, and Shari Derksen* **\*\*Section II: Modules of Healing\*\*** Chapter 5: Contemplative Practices, *Timothy Gordon* Chapter 6: Bodywork: Reconnecting Body, Mind, Emotions, and Spirit, *Linda Turner* Chapter 7: A Peek into the World of Energy Medicine, *Roxana*

Wholistic Well Being and Healing, \_Banakonda Kennedy-Kish Bell\_ 11.3 Naturopathy, Homeopathy, and Natural Medicine, \_Iva Lloyd\_ 11.4 Traditional Chinese Medicine, \_Dylan Kirk and Enwei Li\_ Chapter 12: Global, National, and Community Healing, \_Nathan Funk and Jennifer Ball\_ \*\*Section III: Transformation, Integration, and Conclusions\*\* Chapter 13: Holistic Interventions for Dealing with Human Service Worker Stress and Burnout, \_Meg Jordan\_ Chapter 14: Examples of Innovative Individual, Organizational, and National Holistic Healing\> 14.1 Body as Home: A Critical Somatic Approach to Working with Homeless Youth, \_Rae Johnson\_ 14.2 Ganohkwasra Family Assault Support Services, \_Sandra Montour and Julia Bomberry\_ 14.3 Wellwood, K. Jane George and \_Norma Frankoff\_ 14.4 Truth and Reconciliation Commission and Healing, \_Brian Rice\_ Chapter 15: Transforming University Education, \_Neal Klein and Jan Wall\_ Chapter 16: Integration and Conclusions, \_Peter A. Dunn\_

### Related Books

Spirituality and Social Justice  
Norma Jean Profitt, Cyndy Baskin