

Mind Body Medicine: Writing as Self-Therapy

Karen Gorrin, MA, LMHC

Fred Hutch Cancer Research Center
Survivorship Program
November 23, 2019

Biomedical Model

19th century

Focus on physical
emphasizes freedom from
disease, defect

Mind Body Medicine
is a **biopsychosocial whole-**
person Approach

Mind Body Medicine
is evidence-based

Mind Body Medicine
emphasizes **patient self-
reliance** as integral to
clinical practice.

- Mindfulness
- Expressive Arts
- Biofeedback
- Imagery & Visualization
 - Yoga



“There is no greater agony
than bearing an untold
story
inside you.”

— Maya Angelou

snorrijge foto hè!!!!



Ik zal hoop ik aan jou alles kunnen
halvertrauwen, zoals ik het nog aan
niemand getruud heb, en ik hoop dat
je een grote steun voor me kunt zijn.

Anne Frank, 12 Juni 1942.

Ik heb het nu een grote steun aan je gehad, 7
en heb aan onze lieve club die ik nu gezegd
schrijf, deze manier om mij mijn dagboek te
schrijven zodat ik veel
fijner en nu kan
ik het nu heel
niet afwachten als
ik tijd heb om mij te
schrijven
28 Sept. 1942.
Anne Frank.

Ik ben, o, zo blij dat ik je meege nomen heb.



Therapeutic Writing

1. Writing to heal a past
Trauma
2. Writing to create our
future self



mental rehearsal

“She believed she could, so
she did.”

— R.S. Grey

~~mind body~~
~~connection~~

Psycho-neuro- immunology

What are the effects
of expressive
Writing??

Biological

- Improved Immune function (T-cells)
- Less sleep disruption with metastatic disease
- lowered blood pressure and heart rate
- Reduced muscle tension and overall stress
- Boosts working memory

Psychological

- one's mood changes immediately after writing
- Short-term: Sadder but wiser
- Long term: happier and less negative
- Reduced depression
- Reduced Anxiety
- Reduced rumination

Social

- People visit their doctors less often
- Enhanced Work and School performance
- Increased empathy
- Improved satisfaction in social relationships



Technique

- Create the environment (Comfort and Security)
- Create a ritual (lighting, objects)
- Write for 20 minutes (minimum)
- Write for 4 days in a row (minimum)
- Write at about the same time each day





Tips for journaling

PROTECT privacy

Begin Mindfully

Date Your entries

Write quickly

write the truth

Write naturally

“Life isn't about waiting for
the storm to pass...It's
about learning to dance in
the rain.”

— Vivian Greene





ONLINE MIND BODY COURSE

Soul Stories: Writing My Diagnosis

A guided journal writing mini-course designed to help
heal the experience of receiving a cancer diagnosis.

[SIGN ME UP!](#)

“The scariest moment
is always just before you
start.”

— Stephen King



Thank You!

www.karengorin.com