

Transforming the biopsychosocial model into a biopsychosocial-creative-spiritual model: on the potential of underrated resources for therapeutic processes

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What if we remembered that humans are creative beings? We could find better ways to talk about illness and support recovery.



What if we acknowledged that life leaves cracks in us? Then these fractures could change how we see ourselves and others.



What if health meant more than repairing cracks? Then Triadical Care could open ways to integrate body, mind and meaning.



What if spirituality were the basic structure of life? Then relation, awareness and coherence would be part of every perspective — body, mind and relation.

Aims

Patients, doctors, nurses, other professionals, and relatives are, in a rational sense, creative participants in therapeutic processes. / The approach integrates creativity (not: art therapy) and spirituality as natural, fundamental, everyday resources to support the entire therapeutic process. / The aim of the model is not only to provide care for patients but also to improve the interaction with relatives and to increase the resilience of the staff involved. / As research on spiritual care, for example, shows, this makes available resources that have been underestimated so far, including for everyday clinical practice.

Method

Experience shows how the use of creative-spiritual resources can expand the perception of bodily distress, complex clinical pictures, persistent somatic symptoms, stressful communication situations and other challenges from multiple perspectives. / This applies to the patients' own view as well as to the professional view of the specialists caring for them and the perspective of their relatives. / Cases show how the biopsychosocial-creative-spiritual model can provide helpful insights for therapeutic interventions without additional time or financial expenditure. / In addition, patients' self-awareness and self-efficacy gain greater importance.

Results

Observations suggest that recognising creative-spiritual potential can lead to positive changes in therapeutic interaction, shorter therapy durations and thus also shorter stays in clinics. / When all parties involved perceive themselves and their counterparts in terms of this broader potential, new possibilities for collaboration and exchange arise. / This also promotes professional satisfaction and commitment among professionals.

Discussion

How can creative-spiritual potential be integrated into the existing medical system? / After all, the health-care system is still strongly characterised by functional, efficiency-oriented models. / This contribution recommends a paradigm shift towards an interdisciplinary approach that incorporates other important dimensions of being human into medical practice.

Implications

The biopsychosocial-creative-spiritual model could reshape health care. / By recognising and promoting this potential in all those involved, the therapeutic process is understood as an interactive and co-creative act. / In the long term, the shift should lead to an overall improvement in therapeutic outcomes and patient care, as well as to more sustainable health care, in terms of the triadic harmony of sustainability: economic, ecological and social.

Further reading

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