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Holistic healing: Theories, practices, and social change. Edited by Peter Dunn, Toronto, Canadian Scholars, 2019. [Book review]

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Holistic Healing: Theories, Practices, and Social Change is a welcome addition to the burgeoning field of integrative approaches to wellbeing. By bringing together a multiplicity of voices discussing diverse forms of healing, such as bodywork, contemplation and the expressive arts, *Holistic Healing* opens up the complexity of the process of healing and is rooted in various historical and cultural contexts. Firmly grounded in a critique of colonizing systems of education and helping, this book deepens the connection between holistic approaches to wellness and social change. The chapters are largely authored by Canadians, with a few from the United States. This is an accessible book suitable for nursing, psychology, social work, medical education, allied health care training or interested community members.

Holistic Healing: Theories, Practices, and Social Change is an edited compilation of 16 chapters divided into three sections. The first section, An Overview of Holistic Healing, provides a theoretical perspective into culturally diverse concepts of holistic healing. Peter Dunbar's first chapter provides an orientation to concepts, approaches and paradigms of holism. Immediately following is a chapter on Indigenous/Anishinaabek concepts of holistic healing by social work professionals Kathy Absolon, Jo-Anne Absolon, and Lana Brasher that provides a decolonizing lens on healing. The section is rounded out with global views of holistic healing and western holistic healing, constructing a solid foundation for the next section of practical applications.

The second section, Modules of Healing, contains the bulk of the book and features in-depth analyses of practices such as contemplation, bodywork, energy work, and nutrition. Each chapter includes a brief overview of the intervention and Michelle Brans's chapter on ecopsychology is a good example of the general format of the module chapters. It starts by outlining theory and research on healing in nature, and then moves on to look at specific practice areas with a couple of case examples. The chapter then explores oppression, diversity, and marginalization in connection to nature before ending with considering

relationality and nature. Each chapter is fairly brief, averaging about 15 pages each, which presents many challenges to condense such a large body of knowledge. However, each chapter also offers a strong bibliography to direct readers where they can find more information.

The final section, Transformation, Integration, and Conclusion, brings together all of the strands with important discussions of worker burnout, innovative individual, organizational, institutional ways of embracing holistic healing, and ways of transforming university education. These are crucial themes when considering making real social change. Neal Klein and Jan Wall's chapter on transforming universities gives a good example of holistic education at Lesley University while offering a sober accounting of the many challenges to holism in academia. It is refreshing to read a clear-eyed accounting of the multiple barriers to achieving change in systems deeply based in reproducing colonized systems of knowledge and practice.

The conclusion summarizes some of the main themes of holistic healing before concretely considering the ethics of being a holistic practitioner. It discusses the hazards of cultural appropriation and the issues that should be weighed when seeking and wanting to be a practitioner. Though many mainstream human services organizations have increasingly integrated practices like mindfulness and yoga, the book ends by cautioning readers against a "mixing bowl" approach to diverse healing practices by highlighting the importance of shifting to a decolonizing paradigm of wellness.

The book provides a well-rounded view of the diversity of holistic approaches to healing, which is nicely balanced. One of the great strengths of *Holistic Healing* is its attention to concrete practice without losing sight of the bigger picture of systemic change. *Holistic Healing* decolonizes the binary separations of western knowledge and provides a well-rounded and clear-eyed overview of the topic. It is an ambitious book that certainly whets the reader's appetite to learn more.