

# GRAND ROUNDS



**Thursday, April 17, 2025**

**Location: Zoom** (*RSVP for link*)

**4:30pm- 6:00pm EST**

RSVP [here](#) or

[bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)

## **Whole Health and the Holarchy. The Biopsychosocial Model Revisited**

**Gregory Fricchione, MD**

Modern mind body medicine offers us a scientific narrative with a way to understand the interplay of biological, psychological, social and spiritual factors and to integrate these vectors in whole person care at the bedside and in the clinic. Moreover, it supplies us with a unified approach to population health promotion and primary, secondary and tertiary prevention allowing us to envision a time when there will be societal support for a population-based approach that links clinical medicine with public health.

Objectives for the talk will include:

1. Update Engel's 1977 Biopsychosocial Model of medicine, a precursor to Whole Person Health, supported by new evidence that emphasizes the importance of attachment solutions to the illness separation challenge.
2. Explore the relationship of stress/resilience ratio to the Hormetic Bell-Shaped Curve and suggest its importance for health promotion and illness prevention.
3. Present a Scalar Argument for Whole Person Health best understood as a nested hierarchy of a continuum of networks; each level replicates a self-similar version of the levels adjacent to it establishing a HOLARCHY.
4. Explore why the medical mission can benefit from this understanding and why it is useful for practitioners and patients alike.



Gregory Fricchione, MD, is Associate Chief of Psychiatry, Director of the Benson-Henry Institute for Mind Body Medicine and of the Chester Pierce Division of Global Psychiatry and Co-Director of the McCance Center for Brain Health in the Department of Neurology at Mass General Hospital and the Mind Body Medicine Professor of Psychiatry at Harvard Medical School. He specializes in neuropsychiatry and psychosomatic medicine and for over 40 years has helped care for patients with severe medical, neurological and surgical illnesses. He has published more than 300 peer reviewed publications and has authored or co-authored 6 books including the 2011 *Compassion and Healing in Medicine: On the Nature and Uses of Attachment Solutions for Separation Challenges* (Johns Hopkins University Press). He is also the medical editor of the Harvard Medical School Special Report on Stress Management. His research interests include study of the catatonic syndrome, the neurophysiology of stress and resilience and how the comparative neurology of brain evolution illuminates our concepts of health and illness and medical caregiving.

To learn more about the **MD with Scholarly Concentrations in Medical Humanities and Ethics track**, the **Master of Arts program**, and **Center for Medical Humanities, Compassionate Care and Bioethics**, please visit [stonybrook.edu/bioethics](http://stonybrook.edu/bioethics)