

# DE LA SALLE UNIVERSITY

## EFFECTS OF HOLISTIC COUNSELING ON THE WELL-BEING OF ASTHMATIC CLIENTS

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by

CARMEL ESPERO-HARROW

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v

## TABLE OF CONTENTS

	Page
Acknowledgements	iii
List of Appendices .....	viii
List of Tables .....	ix
List of Figures .....	xi
Abstract .....	xii
Chapter	
1 INTRODUCTION .....	1
Review of Related Literature .....	3
Physical Domain .....	4
Socio-behavioral Domain .....	5
Conceptual/Intellectual Domain .....	10
Emotional Domain .....	12
Spiritual Domain .....	14
Holistic Counseling Approaches .....	15
Holistic Medical Model .....	19
Indigenous Healing .....	21
Reflexology .....	23
Psychophysiological Disorders .....	25
Conceptual Framework .....	32
Concept of a Healthy Person .....	43
Holistic Counseling Approach .....	47
Problem .....	51



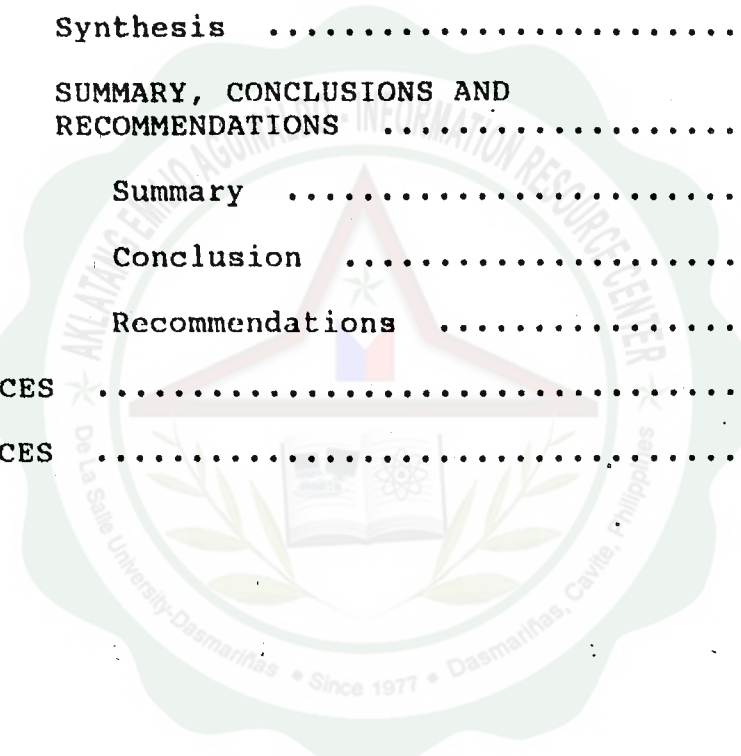
## TABLE OF CONTENTS (Continued)

Chapter		Page
2	METHOD .....	53
	Research Design .....	53
	Criterion Variables .....	54
	Treatment Variables .....	55
	Subjects .....	55
	Instruments .....	58
	Data Gathering Procedure .....	63
	Specific Steps in the Counseling Process .....	65
3	RESULTS .....	68
	The Case of Babes .....	70
	The Case of Letty .....	97
4	DISCUSSION .....	124
	The Outcome of the Study .....	124
	Components in the Therapeutic Process .....	124
	The Physical Domain .....	133
	The Conceptual Domain .....	138
	The Emotional Domain .....	141
	The Socio-behavioral Domain .....	144
	The Spiritual Domain .....	146
	The Interrelationship of the Five Domains .....	149



TABLE OF CONTENTS (Continued)

Chapter		Page
	The Process of Holistic Counseling .....	151
	Synthesis .....	155
5	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS .....	157
	Summary .....	157
	Conclusion .....	163
	Recommendations .....	164
	REFERENCES .....	166
	APPENDICES .....	181



## LIST OF APPENDICES

APPENDIX		Page
A.	Physical Symptom FID Rating Scale .....	181
B	List of Current Thoughts Questionnaire .....	182
C	Criteria for Wellness .....	183
D	Feedback from Significant Others .....	184
E	Raters Rating Scale .....	185
F	Interview Schedule/Guide .....	187
G	Follow-up Questionnaire .....	189
H	Transcript of Protocol I (Session 5) ..	191
I	Transcript of Protocol 2 (Session 11) ..	207
J	Reasons for Dropping/Terminating .....	220
K	The Case of Pearlle .....	224
L	The Case of Annie .....	232
M	The Case of Vita .....	236
N	The Case of Nonoy .....	243
O	The Case of Boyette .....	248
P	The Case of Nenie .....	251
Q	The Case of Gerry .....	259
R	Reflexology Pressure Points .....	265



## LIST OF TABLES

TABLE		Page
1	Physical Symptoms Scale Scores of Rose ..	71
2	Pretest & Posttest Data Showing Change in the Physical Symptoms of Rose in an FID Rating Before & After Treatment Intervention .....	87
3	Pretest & Posttest Results of Rose on the Sacks Sentence Completion Test Showing Asthma Related Sentences .....	88
4	Pretest and Posttest Results of Rose on the MMPI .....	88
5	Current Thoughts Questionnaire of Rose .....	89
6	Pretest and Posttest Result of Rose on the Sacks Sentence Completion Test Showing Conflict/Positive Statements ..	91
7	Pretest and Posttest Feedback of Rose's Husband on the Significant Others Questionnaire .....	92
8	Physical Symptoms Scale Scores of Letty .....	96
9	Pretest & Posttest Data Showing Change in the Physical Symptoms of Letty in an FID Rating Without, With, and After Treatment Intervention .....	102
10	Pretest, Posttest 1 and Posttest 2 Results of Letty on the MMPI .....	103
11	Pretest, Posttest 1 & 2 Results of Letty on the MMPI .....	104



ABSTRACT

Statement of the Problem

Main Problem

To what extent can change be brought about by holistic counseling during and after the counseling process?

Sub-Problem

1. What changes can be seen in the clients during the counseling process?
2. Will holistic counseling change the physical symptoms of the subjects to a minimum of 1 in the Physical Symptoms FID Rating Scale?
3. Will holistic counseling modify the self-statements or self-talks of the subjects to positive and/or minimal conflict indicator?
4. Will holistic counseling lessen the emotionality and hostility scale scores in the MMPI of the subject to a functional level between 40 to 60 range?
5. Will holistic counseling improve the socio-behavioral manifestations of the subjects as seen by the significant persons in the client's life and through a self report?



6. Will holistic counseling bring about an acceptance by the subjects of the responsibility for their behaviors and/or conditions.

7. Will holistic counseling bring about a commitment to change in the subjects' self-statements, behavioral and other nonfunctional patterns which hinder the attainment of their well-being?

Procedure

The study used an idiographic design (N=1) using three groups of nine cases using different modalities namely: holistic counseling and medication for group one, counseling only for group two and medication only for group three. The third group was considered wait-listed, which was given holistic counseling at a later date.

Treatment of Data

Since the study used an idiographic design, in-depth description of the counseling process was done for each case using a pretest and posttest treatment of the data gathered from the following instruments: Physical Symptom FID Rating Scale, Sacks Sentence Completion Test, Current Thought Questionnaire, MMPI Hypochondriasis, Socio-





introversion, Emotionality, Hostility scales, and tape recorded interviews.

## Findings

The result of the study showed that the following are true for those who completed therapy:

1. The holistic counseling process brought about positive changes in the clients.

2. Their Physical Symptom FID Rating Scales in Frequency, Intensity, and Duration (FID) decreased, but did not reach the minimum target of 1 in the rating scale.

3. The self-statements or self-talks of the clients were changed to positive.

4. The MMPI Emotionality Scale score of one subject decreased but did not reach the target minimum between 40 to 60 T-scores. While another client reported an extinction of emotional outbursts when the environmental conditions were modified.

5. The MMPI Socio-introversion Scale score of one subject had a functional level at the start of counseling and still maintained it after counseling, while another subject had a T-score of 75 at the outset of counseling and decreased to 70 T-score after counseling but which



score did not reach the desired functional between 40 to 60 T-scores.

6. The subjects realized during counseling that they were the ones responsible in bringing about their asthma attacks; and,

7. The subjects gave their commitments to change their nonfunctional behaviors by doing their assignments in between counseling sessions.

## Conclusions

Based on the findings of the study, the following tentative conclusions were drawn:

1. For a client to benefit from holistic counseling, a full commitment as regards to time and assignment should be given by the client and cooperation from the persons in the client's life be offered.

2. Every client has his own maximum and minimum levels of frequency, intensity and duration of physical symptoms, dependent on the extent of his malady. Therefore, target minimum changes should vary for each one.

3. The self-statements of the subjects clearly influenced their actuations and well-being, for once the



self-statements were changed to positive, the other domains showed improvement.

4. An emotional trauma accompanying the onset of asthma was shown in all the cases who have reached this domain in counseling. Thus, the emotional domain is hereby considered an important domain in analyzing the onset of asthmatic condition and a domain equally important to heal in order to effect the well-being of asthmatic clients.

5. The modification of environmental contingencies and the clients' open communication with significant people in their lives proved as effective means in improving relationships and enhanced better quality of life.

6. Holistic counseling holds promise as an effective therapy in bringing about well-being in asthma clients.

## Recommendations

In the light of the findings and the conclusions drawn from this study, the following recommendations are made:

### For Counseling and Psychotherapy

The concept of "holism," however, was formally introduced by the South African philosopher Jan Christian



Smuts in 1926. He conceived holism as an "antidote to the analytic reductionism" of the sciences in his time. It was understanding whole organisms and systems as entities greater than the sum of their parts (Smuts, 1926).

For some time now holistic medicine has come to mean both an approach to the whole person in his/her total environment and a variety of healing and health practices. This approach to the whole person includes an "appreciation of patients as mental, emotional, social and spiritual" (Gordon, 1981, p. 3).

Holistic medical model. This model evolved from the various critiques of modern bio-medicine, one that emphasized disease, the microbe, instead of the person.

The proponents of holistic medicine propose their model as potentially corrective to the excesses of bio-medicine, a supplement to its deficiencies, and an affirmation of its deepest and most enduring strength (Gordon, 1981). Below is a summary of the basic characteristics of the model:

1. Holistic medicine addresses itself to the physical, mental and spiritual aspects of those who come for treatment.

2. It emphasizes each patient's genetic, biological and psychosocial uniqueness as well as the importance of



tailoring treatment to meet each individual's needs.

3. It includes understanding and treating people in the context of their culture, their family, and their community.

4. Holistic medicine views health as a positive state, not as the absence of disease.

5. It emphasizes the promotion of health and the prevention of disease.

