

What is Whole Person Health?

In the U.S., typical pain care once only focused on the physical parts of pain.

But pain is not just a physical experience.

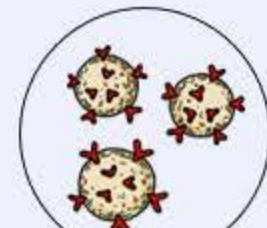


There are biological, psychological, behavioral, social, and environmental parts of pain, which are all linked. Some examples are:

Biological



Organs



Cells



Muscles

Psychological & Behavioral



Thoughts



Mood



Sleep

Social & Environmental



Support



Finances



Culture

Whole person health means helping people and communities improve and restore their health across biological, psychological, behavioral, social, and environmental domains, rather than just treating a health condition.

A whole person approach to pain care is most effective when it combines treatments, such as from those shown below, in a way that aligns with a person's cultural values and key concerns:



Primary care



Health Psychology



Physical Therapy



Pain Medicine



Social Work



Spiritual/Religious Guidance



Complementary Medicine



Condition Specialist