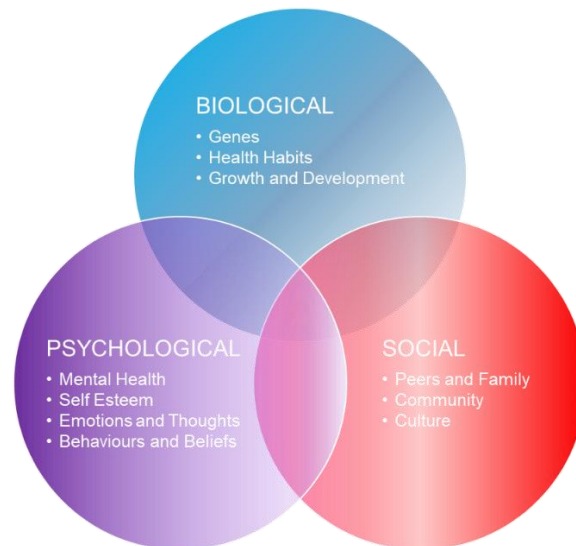


George Engel (1913-1999): The Biopsychosocial Model

- Health is a concept that must take into account BIOLOGICAL, PSYCHOLOGICAL, and SOCIAL factors – strive for balance between the circles as well as within each:



BIOLOGICAL

- In my practice, 4 main systems of interest: musculoskeletal, neurological, endocrine, immune
- The goal is to maintain balance that favors tissue repair over tissue damage/stress
- Increase practice load (time and/or intensity) *poco a poco* – max 10% per week

PSYCHOLOGICAL

- Virginia Satir (1916-1988) – ICEBERG MODEL -- a guide to knowing one’s inner world
- Feelings about feelings – Eg. shame about anxiety can be reinforcing – talk about it!
- Psychological impacts on biology – our stress response becomes toxic if stuck “on” – a good primer video: <https://www.youtube.com/watch?v=sPS7GnromGo> (excerpt from *Stress: Portrait of a Killer* (2008) National Geographic)

SOCIAL

- 5 social determinants of health: education (access + quality), health care (access + quality), economic stability, social and community context, neighbourhood and built environment (CDC website: <https://www.cdc.gov/about/sdoh/index.html>)
- “Good relationships keep us happier, and healthier. Period.” – Robert Waldinger, director of Grant Study (Harvard), TED Talk (2016): <https://www.youtube.com/watch?v=8KkKuTCFvzI>
- Sir Simon Rattle: “... music is about life, and describes life... rather than the other way round.” – BBC Young Musician podcast (Nov 30, 2018 episode): <https://www.bbc.co.uk/programmes/p062pf6x/episodes/downloads>