

Healing vs. Curing



Healing has little to do with the removal of symptoms. Rather, it is an intimate and integrative process that encompasses every aspect of our being – the entire spectrum of our existence. The result is a greater experience of wholeness, wellness and soundness.

“Healing is basically the result of putting right our wrong relation to our body, to other people and ... to our own complicated minds, with emotions and instincts at war with one another and not properly understood and accepted by what we call “I” or “me”. The process is one of reorganization, re-integration of things which have come apart.”

~ Laurence J. Bendit, Psychiatrist

Curing on the other hand, implies that someone is trying to eliminate our disease, symptom, or crisis, most commonly through medication, surgery, psychotherapy, or other modalities.

Curing may be conceptualized as the elimination of the signs and symptoms of disease. Typically people enter the health care system when indicators of illness can no longer be ignored. The signs and symptoms will be treated with medication or if the signs and symptoms are severe enough, hospitalization will ensue. If after a certain course of treatment by surgery and/or drug therapy, the signs and symptoms no longer exist, then we say that the person has been cured.

Healing leaves in its wake a sense of accomplishment, fulfillment and empowerment. Curing does not. Healing considers our uniqueness. Curing does not. Healing involves surrendering control of our inner and outer experiences. Curing involves an attempt to control our internal and external environments. Healing promotes wholeness, an uninhibited expression of natural rhythms and unprovoked forgiveness. *Curing seeks to label effects (not the causes) of disease, place blame and give explanations and excuses for undesirable experiences.*