

UN-Civil society informal interactive hearing 16 June 2011 to inform the preparatory process for the General Assembly high-level meeting on noncommunicable diseases 19-20 September 2011

**Power of Empathy in Health Care by ERGOSOMA®
Development of methods for prevention and early diagnosis
of non-communicable Diseases**

Scientific research establishes results and a starting point is adapting indigenous knowledge for medical scientific ingenuity for a new perspectives of health care. **Ergosoma supports** health engineering for therapeutic empathy. Most **non-communicable** diseases are results of psychological disorders and physical as well as mental stress. Many diseases are caused by the psychological level and destabilization. How can the physician react to diagnosed symptoms, if one takes account of the fact that most of the non-communicable diseases are comorbidity? In order to arrive at that realisation the **cognitive ability** of empathy helps the health care professionals and physicians recognize and evaluate at an early stage those processes of original and initial causes.

By obtaining more information from the patient the doctor would be able to diagnose the predominant illness and the diseased organ. On occasion, the reason for a non-communicable disease could be fear. Therapeutic and empathic apperception is a competence that describes the effective (objective) as well as the experienced (subjective) interaction between the physicians and patient. Empathic perception is a mutual enrichment for the diagnostic analysis for the patient as well the physician. It affects the quality of the human inter-personal relationship. The ingeniousness and ingenuity of the body and mind and their relation to each other give the physician supplementary details on the level of sensation. Therefore, scientific research points to the importance of empathic perception as a preventative measure. Research conducted at the University of Witten-Herdecke shows that empathy is a result of applying the Ergosoma-method. This empathic capacity could be demonstrated by cognitive processes, such as an increase in hemispherical coherence and an altered frequency spectrum. These indicate a relaxed state of wakefulness and an active awareness of the full range of sensual, phenomenological impressions, which makes the subject open to empathetic perception.

The physician's newly learned competence engages with the patient's immediate and subjective symptoms and his or her physical condition. This relationship can generate something "new", if the physician's expertise of the symptoms, the clinical picture and suitable therapy are enhanced by an intuitive perception that triggers a process of renewal. In diagnosis empathy is the key hidden resource in this field of preventive care in the relationship between patient and physician. Empathy and aesthetic sensitivity is a phenomenological perception that opens new perspectives in the health care system and the need for diagnosis. Through the practise of Ergosoma our scientific study shows deepened cognition of empathy.

The development of a sustainable relationship between patient and physician is one of the greatest challenges in patient care. This authentic inner engagement and inner awareness helps build an empathetic relationship with the patient.

General Assembly in September 2011

Statement from Foundation for Subjective Experience and Research

Romulo V. Tajon, Dr. rer. medic. Markus Köhl

The physician, on the other hand, shapes the relationship and degree of interaction with the patient. Health care professionals play an important role in reducing the global burden created by non-communicable diseases by providing and implementing a number of essential services. These include programs for health promotion, prevention, treatment and rehabilitation.

Thank you for your attention