



## Touch as a means towards humanistic medicine

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### ABSTRACT

What is the common point between spirituality, meditation, yoga, integrative, holistic, narrative or quantum medicine? – The Compassion. Ancestral medicine such like Ayurvedic medicine or Tibetan medicine has been cultivating it for millennia. With Food, Compassion is at the heart of any therapy. The model of the chemical molecule and the technique as only therapies able to cure arrived at the end of its effectiveness in just less than a century. Restoring meaning in how to heal and care for others is an absolute necessity because the vulnerability of humanity and the individual today is inversely proportional to scientific progress. The human should not have come out of the center of the care process. A German writer of the early twentieth century predicted that when the power of science would be associated with spirituality, humanity would progress at a giant step. Any new technology has an interest only if compassion is the engine of these innovations. How to put love back at the heart of the healing process? By working on the unique caregiver relationship, they will see, through five health professions, how to give back to this relationship its sacredness. It is through our senses, especially that of the Healing Touch, that it is a question of regaining confidence that should never have left us. We will see that this trust already passes by the recognition of the otherness of the patient.

### Biography

Sylvie Lecomte is a physiotherapist and a yoga teacher. She graduated by the University Grenoble Alpes DIU “Ethical and philosophical reflexion” in 2016. She wrote in the French revue “Ethique et Santé” an article on “Understanding touch: Towards a care ethic?”. She participated at the conference Women’s Health Care 2018, Vancouver, Canada with a video on the healing touch. She wrote an article about “Benevolence in Yoga” (To be published soon in in the French revue “Info Yoga”).

