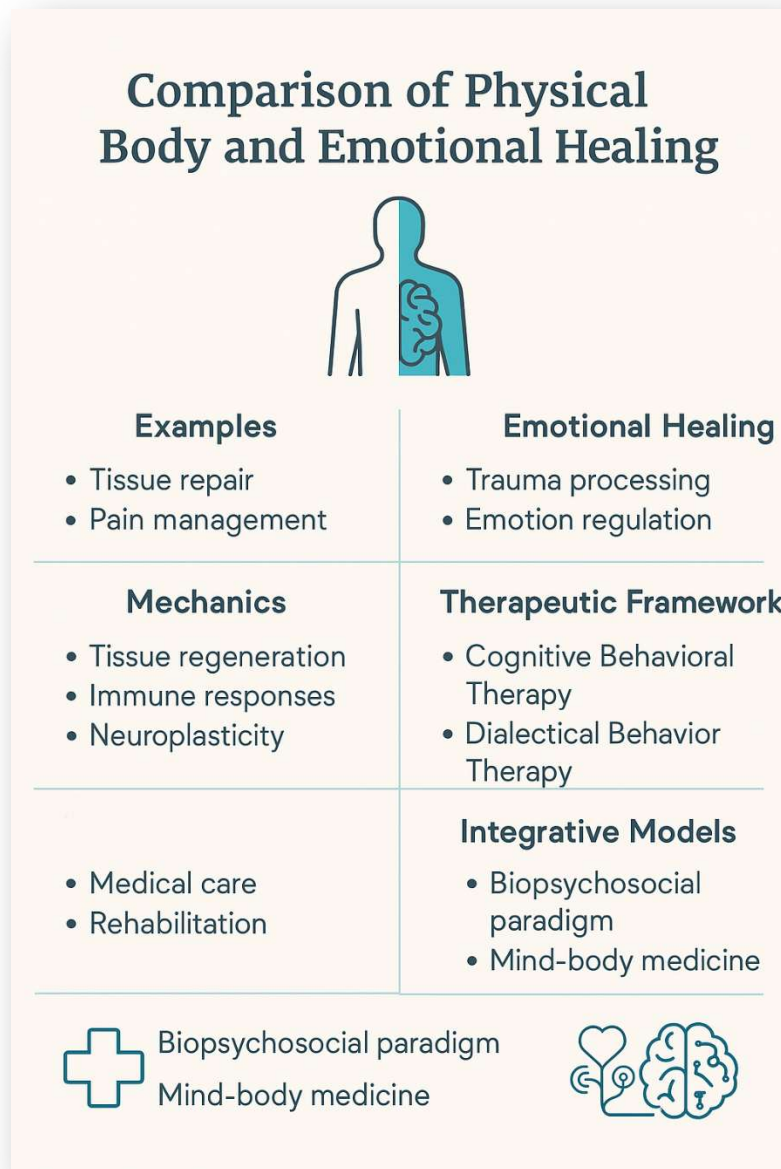


Comparing Physical & Emotional Healing

HANDOUT

Figure 1



Model of Comparison of Physical Body and Emotional Healing

This infographic (Figure 1) provides a concise comparison between physical body healing and emotional healing, illustrating key similarities and distinctions across examples, mechanisms, therapeutic frameworks, and integrative models. Physical healing often involves tissue repair and pain management, guided by biological processes like immune response and cellular regeneration. In contrast, emotional healing encompasses trauma processing and emotion regulation, supported by psychological mechanisms such as cognitive restructuring and neuroplasticity. While physical healing typically

(Adapted from multiple sources, e.g., Desjarlais, 1992; Claxton, 2015; van der Kolk, 2014)



utilizes medical care and rehabilitation, emotional healing is facilitated through psychotherapies like Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). Importantly, integrative models such as the biopsychosocial paradigm and mind-body medicine highlight the interdependence of physical and emotional systems, emphasizing that comprehensive healing is best achieved when both dimensions are addressed together.

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