

**Bridging Cultures & Collaborations
for Global Wellness: Prospects of
Integrative Health Approach**

Vinod Srivastava, Ph.D.



Health & Wellness

Subjective or Objective? How do people define it?

Multidimensional: Physical, Mental, Emotional, Social, Spiritual, Economical/Occupational, Environmental, or Intellectual

Is it a process, balance, or outcome?





Health

- “A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”
- “As the ability of a body to adapt to new threats and infirmities.”

Resilience

“The ability of an individual to navigate, negotiate, and use resources, as well as internal assets to adapt relatively well to adversities with responsive support of social and physical ecologies, where positive adaptation refers to relatively better functioning by sustaining personal ability.”

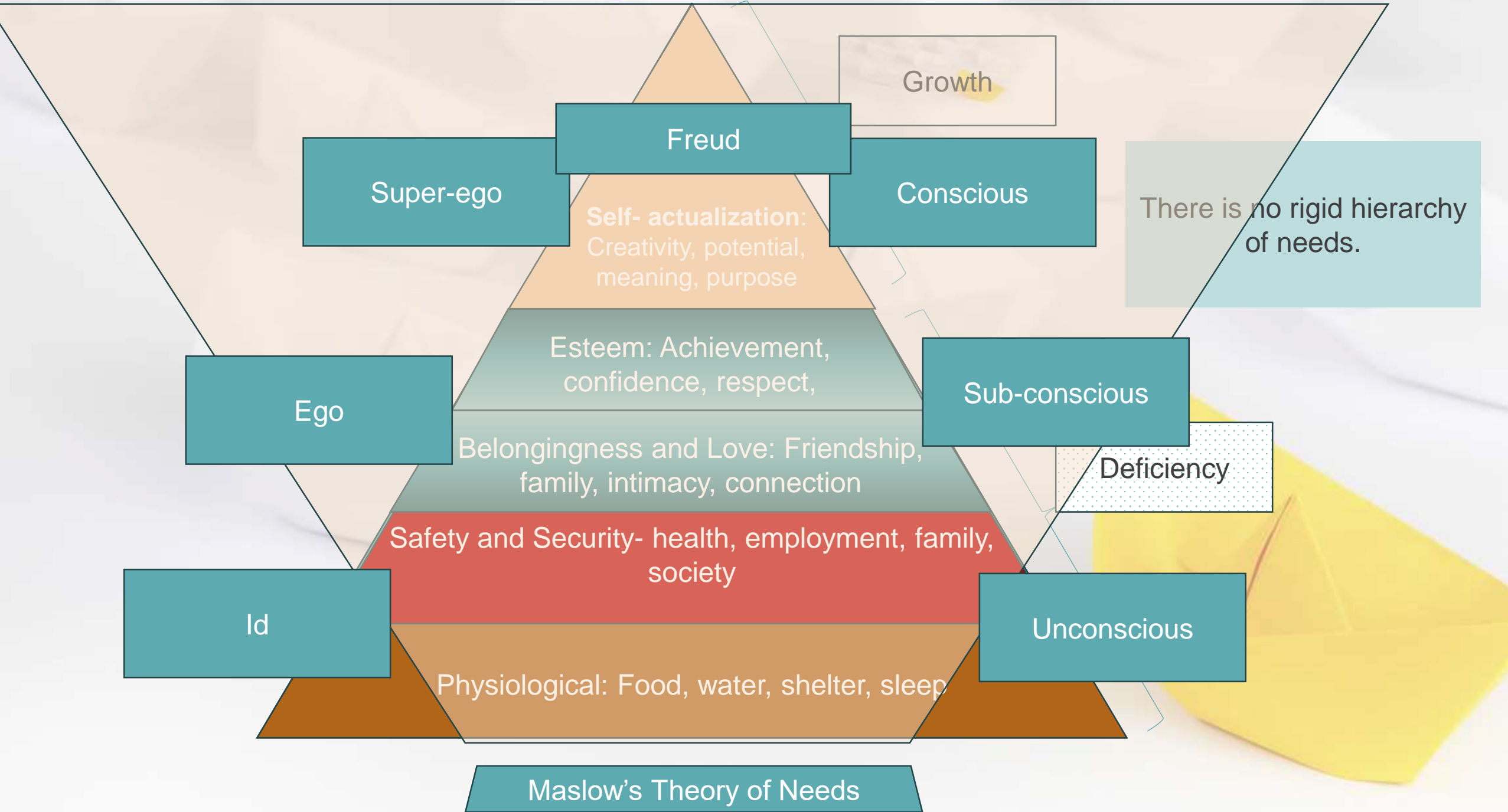
Srivastava, 2020



Recovery

Finding ways back to feeling good and discovering meaning after a tough time.

It is about – facing challenges, trying new things, and getting back to being productive.







Person in the environment perspective

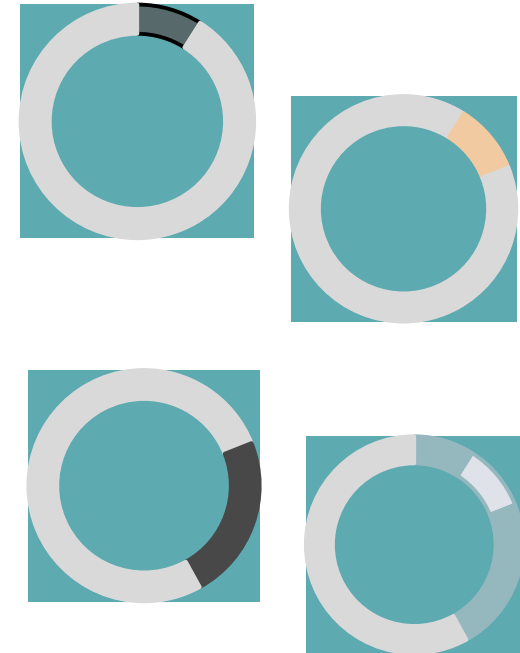
Social determinants of health (SDH)



General System Theory

Collaborative Approach

-  Evidence-Based Practice
-  Neuroscience-informed theory development
-  Self-care/professional development
-  Technologies and partnerships





Openings

Focusing on Emerging Complex Societal Needs and Challenges

The gap between education and practice can be addressed through

- **Integrating Yoga/IHF with modern medicine**
- **Integrating IH in social work curricula**
- **Using general systems perspective in IH,**
- **Endorsing the role of licensed SW and Yoga Practitioners in health care,**
- **Develop a CAM-based (complementary and alternative medicine) skill set in several other courses and training for professionals**

(Grant et al. 2009)

**“Health is a matter of choice,
not a mystery of chance.”
~Aristotle**

- Centers for Medicare & Medicaid Services: Historical NHE, 2022, retrieved Dec 26, 2023 <https://www.cms.gov/data-research/statistics-trends-and-reports/national-health-expenditure-data/nhe-fact-sheet#:~:text=Historical%20NHE%2C%202022%3A,21%20percent%20of%20total%20NHE.>
- Felman A. What is good health? [Internet]. 2023. Available from: https://www.medicalnewstoday.com/articles/150999#what_is_health
- Gant L, Benn R, Gioia D, Seabury B. Incorporating integrative health services in social work education. *Journal of Social Work Education*. 2009 Sep 1;45(3):407-25.
- Ministry of Finance, 2022, retrieved Dec 2, 2003 <https://pib.gov.in/PressReleasePage.aspx?PRID=1894902>
- Singh, V., Kumar, A., & Gupta, S. (2022). Mental Health Prevention and Promotion- A Narrative Review. *Frontiers in psychiatry*, 13, 898009. <https://doi.org/10.3389/fpsy.2022.898009>
- Srivastava VK. Investigating Whether Ecological Models of Community-oriented Variables Improve Prediction of Childhood Resilience Over a Set of Personal Characteristic Variables Such as Impulse Control, Emotional Regulation, Relational Motivation, and Self-reliance.
- Recovery to Practice (RTP) [Internet]. <https://www.apa.org>. Available from: <https://www.apa.org/pi/mfp/psychology/recovery-to-practice>
- Resilience [Internet]. <https://www.apa.org>. Available from: <https://www.apa.org/topics/resilience>
- Fang, X., Brown, D. S., Florence, C. S., & Mercy, J. A. (2012). The economic burden of child maltreatment in the United States and implications for prevention. *Child abuse & neglect*, 36(2), 156-165.
- What is health? The ability to adapt. *The Lancet*. 2009;373(9666):781.

References