



# Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine

*David R. Kopacz*

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## **Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine** David R. Kopacz

What starts as personal dissatisfaction in the workplace can become personal transformation that changes clinical practice and ultimately changes the culture of medicine. Physicians and professionals train extensively to relieve suffering. Yet the systems they train and practice in create suffering for both themselves and their clients through the neglect of basic human needs. True healthcare reform requires addressing dehumanization in medicine by caring for the whole person of the professional and the patient. Re-humanizing Medicine provides a holistic framework to support human connection and the expression of full human being of doctors, professionals and patients. A clinician needs to be a whole person to treat a whole person, thus the work of transformation begins with clinicians. As professionals work to transform themselves, this will in turn transform their clinical practices and healthcare institutions.

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