



The Hendricks Institute

www.hendricks.com

Scientific Support for the Skills Taught in the Foundation Training

Whole-Brain, Whole-Body Learning

The Foundation Training is based on a unique form of Whole-Body, Whole-Brain Learning that we have developed over the last thirty years. Scientists are beginning to recognize the vital importance of body wisdom and the many benefits that learning with our whole selves can provide.

“Every second, a massive information exchange is occurring in your body. Imagine each of these messenger systems possessing a specific tone, humming a signature tune, rising and falling, waxing and waning, binding and unbinding, and if we could hear this body music with our ears, then the sum of these sounds would be the music that we call the emotions...We can no longer think of the emotions as having less validity than physical, material substance, but instead must see them as cellular signals that are involved in the process of translating information into physical reality, literally transforming mind into matter.” (C. Pert (1999). *Molecules of Emotion: Why You Feel the Way You Feel*, Simon and Schuster, New York, p. 189.)

See also:

C.B. Pert (1986). The wisdom of the receptors: Neuropeptides, the emotions, and bodymind. *Advances*, 3:3, pp. 8-16.

Fun-Based Learning

At last! Science confirms that you can't learn unless you're having fun. Dr. Herbert Benson says, “If you are anxious, you can't learn. It's like dropping seeds on concrete. With a quiet mind (what in the Foundation Training we call 'ease and flow,') people take things in.” In Foundation, participants learn to cultivate a state of relaxed openness and how to return to this state when they get stuck.

See also:

H. Benson and M.Z. Kilpper (1976). *The Relaxation Response*. Avon Books, New York. R.H. Benson and E.N. Stuart (1992). *The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness*. Birch Lane Press, New York.

Adults laugh about 15 times a day, compared to children's laughter, which happens up to 400 times a day. Studies show that laughter can stimulate the cardiovascular and nervous systems and defend against anxiety and stress.

Here are some examples of the growing body of scientific research that supports the processes in The Foundation Training.

Essence Communicating: Learning to Identify and Express Feelings and Inner Experiences

It is now very clear that the skills taught in the Discovery Process improve your health. Through the research of Gary Schwartz, George Solomon, David McClelland and others, we learn that ignoring bodily sensations and feelings damages the heart. In contrast, expressing authentic feelings, even so-called "negative" ones, strengthens the immune system. The key skills are developing the ability to discern emotions and inner experience accurately, give them nonjudgmental attention and express them authentically, which is the core practice of the Discovery Process.

Cancer research by Lydia Temoshok, psychologist at UCSF, demonstrated that cancer patients who kept emotions such as anger suppressed (were unaware of their anger) recovered more slowly. She found that the immune systems in those emotionally aware patients were stronger and their tumors smaller.

See:

L. Temoshok and B.H. Fox (1984). Coping styles and other psychosocial factors related to medical status and to prognosis in patients with cutaneous malignant melanoma. In G. H. Fox and G.H. Newberry (eds.) *Impact of Psychoendocrine Systems in Cancer and Immunity*. C.J. Hogrefe, Toronto; L. Temoshok, B.W. Heller, R.W. Sagbiel, M.S. Blois, D.M. Sweet, R.J. DiClemente, and M.L. Gold (1985).

G.E. Schwartz (1990). Psychobiology of Repression and Health: A systems approach. In J.L. Singer (ed.), *Repression and Dissociation: Implications for Personality Theory, Psychopathology, and Health*. University of Chicago Press, Chicago.

G.F. Solomon (1985). The emerging field of psychoneuroimmunology: Hypotheses, supporting evidence, and new directions. *Advances*, 2, pp.6-19.

D.C. McClelland (1961). *The Achieving Society*. Van Nostrand, Princeton, NJ; and D.C. McClelland (1985). *Human Motivation*. Scott Foresman, Glenview, IL.

The Importance of Understanding and Befriending Emotions

“One extremely important purpose of emotions from an evolutionary perspective is to help us decide what to remember and what to forget. The cavewoman who could remember which cave had the gentle guy who gave her food is more likely to be our foremother than the cave woman who confused it with the cave that held the killer bear. The emotion of love (or something resembling it) and the emotion of fear would help secure her memories” (C.Pert, 1999, p. 144.)

“My research has shown me that when emotions are expressed-which is to say that the biochemicals that are the substrate of emotion are flowing freely-all systems are united and made whole. When emotions are repressed, denied, not allowed to be whatever they may be, our network pathways get blocked, stopping the flow of the vital feel-good, unifying chemicals that run both our biology and our behavior” (C. Pert, 1999, p. 273.)

The Conscious Heart Process

In this practice people learn to remain connected to their own experience while staying in harmonious contact with others. Both singles and partners learn to recognize the signals that let them know they want to get closer and those that signal the desire for independence. With this knowledge, people can express their needs directly rather than unconsciously creating conflict and argument to get some space. James McKay calls this trait affiliative trust, and its presence correlates with fewer illnesses, one-half the number in a decade-long study. In *The Conscious Heart Process*, participants also learn to breathe and

move with anxieties that emerge in this basic relationship pulsation. David McClelland studied the strong correlation between affiliation and immune system health for years. Those people who prioritized relationship, in other words, who placed more emphasis on creating thriving relationships, had stronger and more resilient immune systems. His conclusion is striking: an individual's active engagement in human connection correlates more strongly with increased health than extensive support networks, career success or even being loved by others.

See:

D.C. McClelland (1989). Motivational factors in health and disease. *American Psychologist*, 44(4), pp. 675-683.

J.R. McKay (1991). Assessing aspects of object relations associated with immune function: Development of the Affiliative Trust-Mistrust coding system. *Psychological Assessment*, 3 (4), pp. 641-647.

The fascinating book *A General Theory of Love*, by Drs. Lewis, Amini and Lannon, explains the latest brain research that supports Foundation's emphasis on each interaction as an opportunity to learn more about thriving relationships. One of their basic findings is that human beings require lifelong social interaction, not just as children. "Adults remain social animals: they continue to require a source of stabilization outside themselves. That open-loop design [humans require input from others to keep internal systems functioning well] means that in some important ways, people cannot be stable on their own—not should or shouldn't be, but *can't* be" (T. Lewis, F. Amini, and R. Lannon (2000). *A General Theory of Love*. Random House, NY, page 86.)

The Yes Breath and Movement Process

This practice allows people to shift from fight-or-flight breathing to centered, relaxed breathing. A large number of studies support the value of learning how to breathe and correct breathing's impact of health, creativity, problem-solving, longevity, and other areas of life.

See: <http://www.hendricks.com/breathingcoach/> for more resources.

Persona Play:

In these practices people learn to discern their personas, or learned roles, from their authentic selves and learn to become friendly with the multiple roles that their lives require. As people become more role-flexible rather than role-rigid, they develop what Patricia Linville, Ph.D., calls “self-complexity.” This personality complexity fosters a kind of resilience that produces higher self-esteem, better mental and physical health.

See:

P.W. Linville (1985). Self-complexity and affective extremity: Don't put all of your eggs in one cognitive basket. *Social Cognition*, 3(1), pp. 94-120.

Speaking and Listening Authentically

There is a great deal of research on the health benefits of open communication. The pioneering work of James Pennebaker, among others, has demonstrated a clear connection between authenticity and increased well-being. His research demonstrates that facing, feeling and expressing “what's so,” especially negative feelings, has a tremendous strengthening impact on a persona's immune system and overall health. Through several processes in the Foundation Training, participants learn to recognize, describe and listen openly to their own and each other's experiences. One of Pennebaker's exciting experiments, a collaboration with Anne Krantz combined moving and writing about a significant personal event or trauma. Pennebaker found that only those who moved and then wrote received significant health benefits, such as sustained decreased incidence of illness. Movement is a central feature of the whole-body learning approach of Foundation.

See:

A.M. Krantz (1993). Dancing out trauma: The effects of psychophysiological expression on health (submitted for publication).

J.W. Pennebaker (1990): *Opening Up: The Healing Power of Confiding in Others*. William Morrow and Company, New York.

Developing Openness to Learning

Research by Gary Schwartz and Larry Jamner supports the vital importance of shifting from defensiveness to openness to learning. Their studies demonstrate the devastating impact of repression on a person's health, in

contrast to the significant health boost created by facing and expressing one's experience accurately. Freud said, "The essence of repression lies simply in turning something away, and keeping it a distance from the conscious". In Foundation, participants learn to regard each interaction as an opportunity for wonder rather than an excuse to close doors.

Further, studies point to the benefits of our emphasis on creativity, expanded choice and healthy responsibility.

"We've known that when people do something novel, the brain's reward chemical, dopamine, is released, says Gregory Berns, M.D. "What we've discovered in the last five years is that dopamine is also a motivating chemical that gears up to do more.

See:

L. Jamner, G.E. Schwartz, and H. Leigh (1988). The relationship between repressive and defensive coping styles and monocyte, eosinophile, and serum glucose levels: Support for the opioid peptide hypothesis of repression. *Psychosomatic Medicine*, 50, pp. 567-575.

Berns, Gregory, *Satisfaction: The Science of Finding True Fulfillment*. Henry Holt, New York, 2005.

Making Shifts

Dan Goleman's book *Emotional Intelligence* made the point that a key marker of emotional health is the ability to change states of consciousness by choice. In other words, shifting your perception can shift your whole world. Several processes in Foundation illustrate this marker, including F.A.C.T. (Facing, Accepting, Choosing and Taking Action) and making the Ten Second Miracle shifts, open communication windows in which people can identify and communicate vitally.

See:

D. Goleman (1995). *Emotional Intelligence*, Bantam, New York.

Lifepath Visioning

Knowing your life purpose, taking on meaningful challenges, forming and following a path to what you really want, all increase your well-being. Suzanne Ouellette's research underscores a number of physiological and lifestyle markers that are enhanced by being able to make and keep commitments, seeking out meaningful challenges, and taking healthy responsibility. She calls this combination of traits "hardiness," and finds it composed of:

- an enhanced sense of healthy responsibility;
- greeting challenges as an opportunity for growth;
- flexibility and adaptability (which we call re-committing).

In Lifepath Visioning, participants learn to identify what they want most deeply and to begin taking actions that will lead toward their goals.

See:

S. Ouellette, S.R. Maddi and S.C. Kobasa (1984). *The Hardy Executive: Health Under Stress*. Dow Jones-Irwin, Homewood, IL.

General Research Relevant to Foundation:

Several books have been published in recent years that lend even greater support to the processes we have developed and share in Foundation. Of particular interest are:

Haidt, Jonathan, *The Happiness Hypothesis*. Basic Books, New York, 2006.

Badenoch, Bonnie, *Being a Brain-Wise Therapist*. W.W. Norton & Company, New York, 2008.