

PSYCHIATRY **Life**

health...wealth...lifestyle...

Psychiatrist, heal thyself

*Depression, drug abuse and
suicide amongst doctors*

Marketing your psychiatry practice to potential referrers

TOP 7 mistakes made by psychiatry practice owners

*How you can
avoid them*



Crossing the Boundary

*An insight into why some doctors
form sexual relationships
with patients*

12.95



You^{and} your
Intelligences:
Spiritual
Intelligence(SQ)
-The Ultimate Intelligence

“If cognitive intelligence is about thinking and emotional intelligence is about feeling, then spiritual intelligence is about being.”



“Neurologist Antonio Damasio studied links between cognitive and emotional intelligence and suggests that intuition is the “glue” that holds together conscious intellect and intelligent action⁴.”

Spiritual Intelligence is described as the Intelligence with which we address and solve problems of meaning and value, the intelligence with which we can place our actions and our lives in a wider, richer, meaning-giving context, the intelligence with which we can deduce that one course of action or one life-path is more meaningful than another. The intelligence which many in the caring professions will use¹.

IN the early part of the twentieth century IQ or rational intelligence was a big issue. Then the more recent understanding of emotional intelligence EQ has been found as a requirement for the effective use of IQ or rational intelligence. We now see much scientific data that points to the presence of a spiritual intelligence SQ, the ultimate intelligence that serves as a necessary foundation for the effective functioning of both IQ and EQ. Zohar and Marshall² have studied research that found 40 Hz brain waves are found across the whole brain. These oscillations seem to be associated with consciousness and they connect cognitive events and perception into a larger more meaningful whole. Zohar suggests that these waves represent the neural basis for SQ.

SQ introduces the concept as an expansion of psychology as a science, and posits for a new psychological model of the human self and of human personality. I draw on mystical and mythological structures found with in human spiritual thought, from both ancient and modern, but point out

the SQ is not necessarily about being religious but rather it is an internal and innate ability of the human brain.

The scientific evidence for SQ comes from the anatomy and function of the brain, including the studies in neural oscillations that point to a third kind of thinking of which the brain is capable unitive thinking³.

If cognitive intelligence is about thinking and emotional intelligence is about feeling, then spiritual intelligence is about being. This can be a challenge for doctors. Medical training teaches you to “do” something. In our biomedical model that is mostly appropriate and certainly what many patients have come to expect. However we are aware that healing is different from curing and both are important for the patient. When a patient is dying, there are times when it may be necessary to do nothing and just be there. This is one time when we need to use of our spiritual intelligence. In medicine we are used to finding answers and at least searching for solutions to problems. SQ is about questions more than answers. One of the qualities of

SQ is wisdom. This includes knowing the limits of your knowledge. Other ingredients are values such as courage, integrity, intuition and compassion.

Intuition is part of the conscious intelligence, and it complements decision making and rational thinking. Neurologist Antonio Damasio studied links between cognitive and emotional intelligence and suggests that intuition is the “glue” that holds together conscious intellect and intelligent action⁴. Intuition has an important role in medical diagnosis. Going back to medical training if you had a “hunch” “Gut feeling” about a patient’s diagnosis or treatment did your teachers encourage this? Doctors recognise and appreciate the intuitive aspect to making skilful decisions. One’s career is another area of life where intuition has a valuable role in making decisions. There is a link between emotional intelligence and intuition. Often the connection between our intuition and the physical body is referred to as “gut feeling”.

To develop intuition it is helpful to expand our ability for “relaxed attention”. For example have you had the experience that the harder you try to achieve a task, the more difficult it becomes? A difficult way involves worry, increasing effort and frustration at the delay in making a decision. The easier way might be to ease off, take a break and trust that your intuition will find a new direction. Much of our knowledge comes to us from our previous experiences of the world. So as we find a new and difficult situation, our assessment depends on our knowledge of ourselves as much as any facts.

In seeing the place of compassion an integral component of SQ we see that some in the medical profession might rely too much on the appreciation of their patients, a potential problem for all people who work in the caring professions. If we have enough compassion for ourselves then it is fine to have appreciation from others and thus not become dependent on this. It might be difficult

for a doctor if he feels that he has to give all the time. As doctors we are bound to meet people we won’t like, and sometimes we might run the risk of making mistakes or being abrupt or feeling stressed. Consider whether you are compassionate with yourself. Ask yourself are you in the sort of job you love? Do you nourish yourself with healthy relationships? Are you living in a healthy and safe environment? Do you forgive yourself when you make mistakes? Holism principles suggest we are all connected. Thus if we have compassion for ourselves it flows that we will be able to be compassionate to our patients whether we like them or not.

In a holistic view of life we have a mind, a body and a spirit. These are all interconnected and arranged in a way that means that the whole is

greater than the sum of the parts. Our intelligences can be considered in the same way. Most of school and medical education is based on the model of cognitive or rational intelligence, thus in our society we develop our intellect while neglecting our emotional and spiritual life. Medical training can become more holistic and learn to balance the intellect growth with emotional and spiritual growth. This will see doctors taking responsibility for personal as well as professional growth.

In the course of a medical career one needs knowledge and skills for biomedicine. We heal because of who we are and not because of what we do. Hence intelligence is more than a mark on a piece of paper and is also an opportunity to develop and nourish all of one’s talents.

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