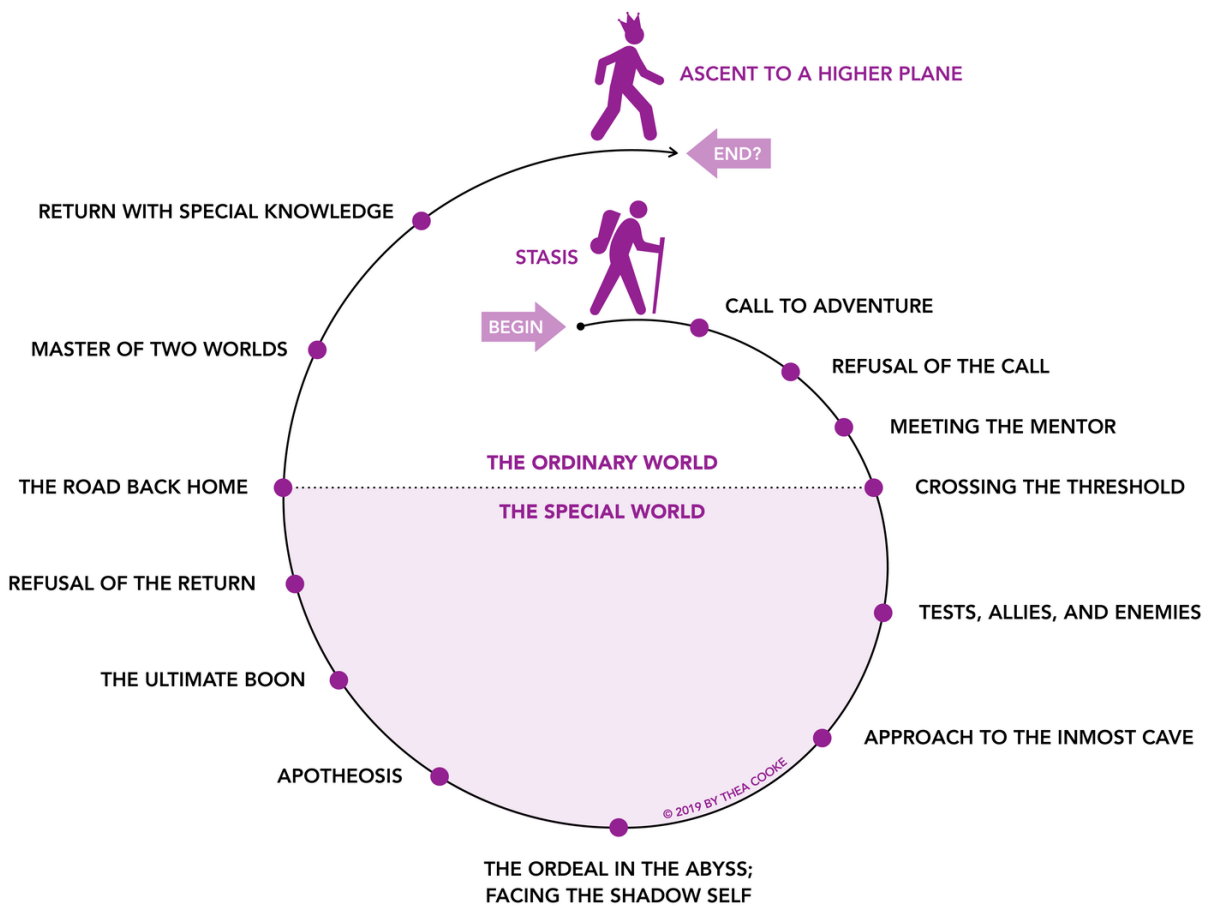




# WHAT PAIN AND LORD OF THE RINGS HAVE IN COMMON

## THE HERO'S JOURNEY



Popularised by Joseph Campbell and psychoanalysts, The Hero's Journey is a monomyth.

It explains how we as human beings view our existence, trials and tribulations.

The patient is the hero and we are the mentor.

## Times have changed The patient is the hero, not the clinician



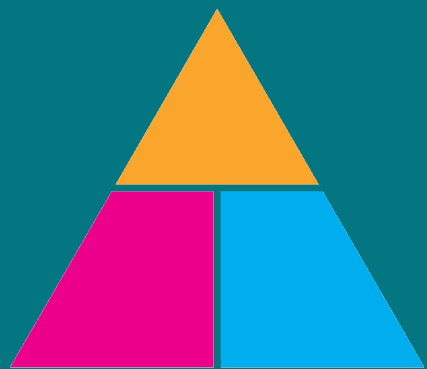
Healthcare is becoming more patient-centric due to emerging evidence challenging previous medical dogma.

The Hero's journey monomyth presents a framework for how we interact with the patient. We will use the Lord of the Rings to provide a metaphorical framework to a patient centred approach.

This was made as a bit of fun and to collate trends in emerging evidence into one framework of understanding

Revitalize is a multidisciplinary clinic dedicated to evidence based, patient centred care.

For more information, go to [www.revitalizeclinic.co.uk](http://www.revitalizeclinic.co.uk)



# The Hero's Journey in stages

Stages of the hero's journey are metaphors for stages in the patient's journey from having no experience of pain or disability to being disturbed enough to take action

## 1 STASIS - THE SHIRE

The Shire is the known world. Just like the Shire, the patient is happy, comfortable and maybe naive to how bad things are yet to become for them



## 2 REFUSAL OF THE CALL

Sauron's power grows but no-one acts. This is the equivalent of health warnings, progressive presentations



## 3 ACCEPTANCE OF THE CALL / MEET THE MENTOR

Things worsen. Sauron's power grows and Frodo can't deny the call to the journey into the unknown. But Frodo doesn't know the lands outside the Shire and must reach out to an expert.

This is Gandalf and Gandalf is you. The mysterious clinician who can map out the lands ahead, explain the path ahead, provide comfort and guidance but Gandalf CANNOT take the ring himself. This is Frodo's fate, just as it is your patient's challenge to master their health to overcome their distress



## CROSS THE THRESHOLD

With the allegiance of yourself, your patient has the confidence to step into the unknown world to achieve their health goals.

But before we proceed, have a look at the comparisons below.

### GANDALF

VS

### PRACTITIONER

A guide, not the hero

Cannot bear the ring

Can relieve stress of the journey

Provides a map of the journey

Educates of dangers ahead

A guide, not the hero

Cannot fix the pain

Can relieve stress of the pain

Provides a staged plan of action

Educates of fluctuating symptoms, challenges and methods ahead

## OUR ROLE

The role of the practitioner is as an expert. We **diagnose** the complaint and **brief** the patient on their journey ahead. Think of Gandalf providing a map of middle earth to Frodo.

We provide relief for the journey. Does the patient have what they need to ease their pain, make their environment between meetings more comfortable?

We then must consult with the patient to understand which assets they need for the journey ahead?

# THE GUIDE'S TOOL KIT

Using our metaphor for Gandalf as the practitioner, which tools do we have at our disposal to make the journey smoother for the patient?

## PAIN MODIFICATION

Manual therapy

Self treatment (ie massage) and mobilisation

Advice regarding medication

Environmental advice ie pacing, sitting, standing, postural advice



## PAIN EDUCATION

**Health efficacy** ie understanding strongly correlates to empowerment, better long term prognosis and health outcomes. Educate the patient just as Gandalf explains Sauron's origin and the path to overcoming his challenges.



We must ask:

- Does the patient know **what** they're experiencing?
- Does the patient know **why** they're here?
- Do they know **where** they're going?
- Do they know **what** to expect?
- Do they know **how** they are to get there?

## PSYCH SKILLS

Rapport builds trust, assurance, comfort and confidence. What tools do we have to help?

**Demonstrating empathy** - active listening, mirroring, labelling, paraphrasing,

**Motivational interviewing**- reinforcing positive notions / actions

**Gain understanding**- socratic questioning

**Raise cognitive dissonance** - to explore limiting belief systems

**Metaphors**- extremely good at bridging the gap between yours and the patient's world

**CBT**- for pain, behaviour change etc

Remember that their maintaining factors are just as likely to be related to their sleep, diet, activity, understanding and mental health

## LET'S CONTINUE

Tests, allies and enemies. Frodo has left the shire but he needs the Fellowship.  
Metaphorically, this is the patient gaining capacity to meet the demands of their environment

### CHOOSE YOUR ALLY



#### Gimli's strength

Need stature? Strength?  
Maybe rehab should base around strength training



#### Aragorn's all roundness

Maybe a combination of the two?  
Improve general health outcomes?  
Mix it up!



#### Legolas' speed and mobility

Returning to a sport or activity where speed is a must?  
Pylometrics, explosive, mobility training may be needed



#### Wisdom and understanding

Whichever the patient needs, pass your wisdom and understanding for their journey ahead

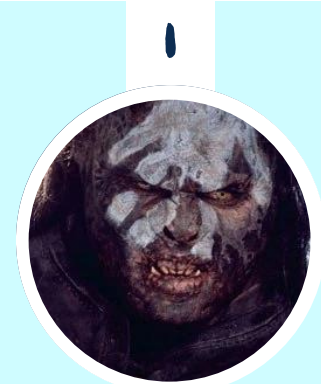
### THE JOURNEY AHEAD

The allies ie the assets of health that are needed will be dependant on journey ahead. Let's have a look at a few possible journeys that the patient may embark on which will test them to their limits.... keeping to our LOTR theme



## PARTH GALEN - NEW TIMES

First instance of pain? What do they need to know about these new "orcs" they're facing. Which allies do they need? Can you explain and guide through this new threat?



## HELMS DEEP - DARK TIMES

Is the patient experiencing low moods, are they unmotivated, is the chronicity getting to them? Which psychological or leadership tools do you need?



## MINAS TIRITH - ULTIMATE TEST

Need a big push for a sports event or deadline? Need all engines firing? Let the patient know of the path ahead. Get the allies of health on side and keep realistic expectations for the journey ahead.



## MORDOR - FUTURE TESTS

At some point in the future, your patient may be alone with a similar test; like Frodo scaling mount doom.

Do they have what they need to continue on their journey without you?

If so you have adequately empowered them



## ELLIOTT REID AND BEHIND THIS PDF

This PDF was put together for a bit of fun to help any pain clinicians who need a framework of understanding their patient's journey.

The Hero Story and Joseph Campbell's work has hugely helped me to place emerging evidence into an applicable framework.

Enjoy!



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