

Survey results health care professionals

Hoffman Institute Foundation, 2005

We were interested in assessing the impact of the Process on the health and well being of physicians and other health care professionals. To obtain data on the personal and professional benefits of Process participation, in October 2004 we sent 494 questionnaires to health care professional graduates. We received 129 responses, a 26% return. The results were scored in February 2005.

The questionnaire probed four categories of post Process change:

1. Personal Changes
2. Family Relationships
3. Professional Changes
4. Professional Relationships

Positive change was reported in every segment.

Among the highest percentage of positive change experienced were the following:

- 89% more present and self-aware
- 86% more compassionate
- 84% more aware of feelings
- 85% more experience of giving and receiving love
- 84% more self forgiving
- 82% more balanced and grounded
- 80% more balance in personal and professional life
- 80% more life satisfaction
- 77% less depressed and anxious
- 79% more integrated in interactions with others
- 80% more spiritual
- 75% more committed to family
- 78% more empathic listener
- 88% better partner
- 91% better parent
- 77% better listener with patients
- 77% more open in communication with patients
- 78% more connected with patients
- 75% able to establish deeper connection with patients
- 80% address all aspects of patients (body, emotions, intellect, spirit)
- 78% more present to people in their suffering
- 77% able to perform with greater ease

- 73% suggest power of prayer/meditation/spirit in bringing emotional & physical healing
- 80% combine professional excellence with compassion
- 78% established healthier boundaries
- 86% increase in personal growth

The survey also included space for health care professionals to express other post Hoffman changes in their own words. The following are some statements from physicians.

- “My marriage would not be in existence had both of us not done the Hoffman Process. I can let my children “be” much easier without taking their presence or absence in my life personally.

On the whole, I loved my practice before...(doing the Process) but it became easier since. It’s really hard to remember because the experience has so incorporated itself into my life. I am less self-accusatory when patients express dissatisfaction during the healing.”

- “I believe more in the human community, in sickness and in health, with myself as a member of it, much like the week at Hoffman. I have continued with personal psychotherapy, and see Hoffman as complementary to that, so I can’t separate out the contributors to my growth, except to say that Hoffman deepened my actual experience of what my work in therapy (and life) is about. I have become more realistic and accepting of my work as a part of my life, including its limitations and role.
- “I am more willing to use the self that I have increasingly come to love as a therapeutic instrument in my work and my parenting.”
- “I was able to join Team Leukemia and raise money and finish a marathon, 26.2 miles. Prior to doing the Hoffman Process I never did anything requiring physical training.”
- “I learned from the Process to let go of blaming. Physicians often blame patients for their lung cancer if they smoke or diabetes if they are obese. Now I just see the path and suffering without blame – feels good!!
- “I pace my workload so that I am happy and able to be truly compassionate and caring with patients.”

We are deeply gratified to the health care professionals who participated in our survey and we are pleased to learn that the results have been so positive and strong in their personal and professional lives.

Of course, personal and professional pressures and stress affect all professionals. While we have documented the Process benefits among health care professionals, we can infer similar strong benefits in other fields of endeavour.

