



Acceptance of one's life has nothing to do with resignation; it does not mean running away from the struggle.

On the contrary, it means accepting it as it comes, with all the handicaps of heredity, of suffering, of psychological complexes and injustices.”

*Dr. Paul Tournier*  
(1898 – 1986)

## **The Science of Well-being & Tournier's Medicine of the Person**

Tournier Prize Lecture  
2018 ICPCM  
Geneva

**C. Robert Cloninger, MD, PhD**  
**Washington University in St. Louis**

# Fundamental Parallels

## ■ Importance of Personality for Health and Well-being

- “At the heart of personality is the need to feel a sense of being lo able without having to qualify for that acceptance.”
- “...helping one another to reach the full status of being persons, responsible and autonomous beings who do not run away from life”

## ■ Understanding of the Processes of Thought

- “In order to really understand, we need to listen, not reply. We need to listen long and attentively. In order to help anybody to open his heart, we have to give him time, asking only a few questions as carefully as possible in orer to help him better explain his experiences.”

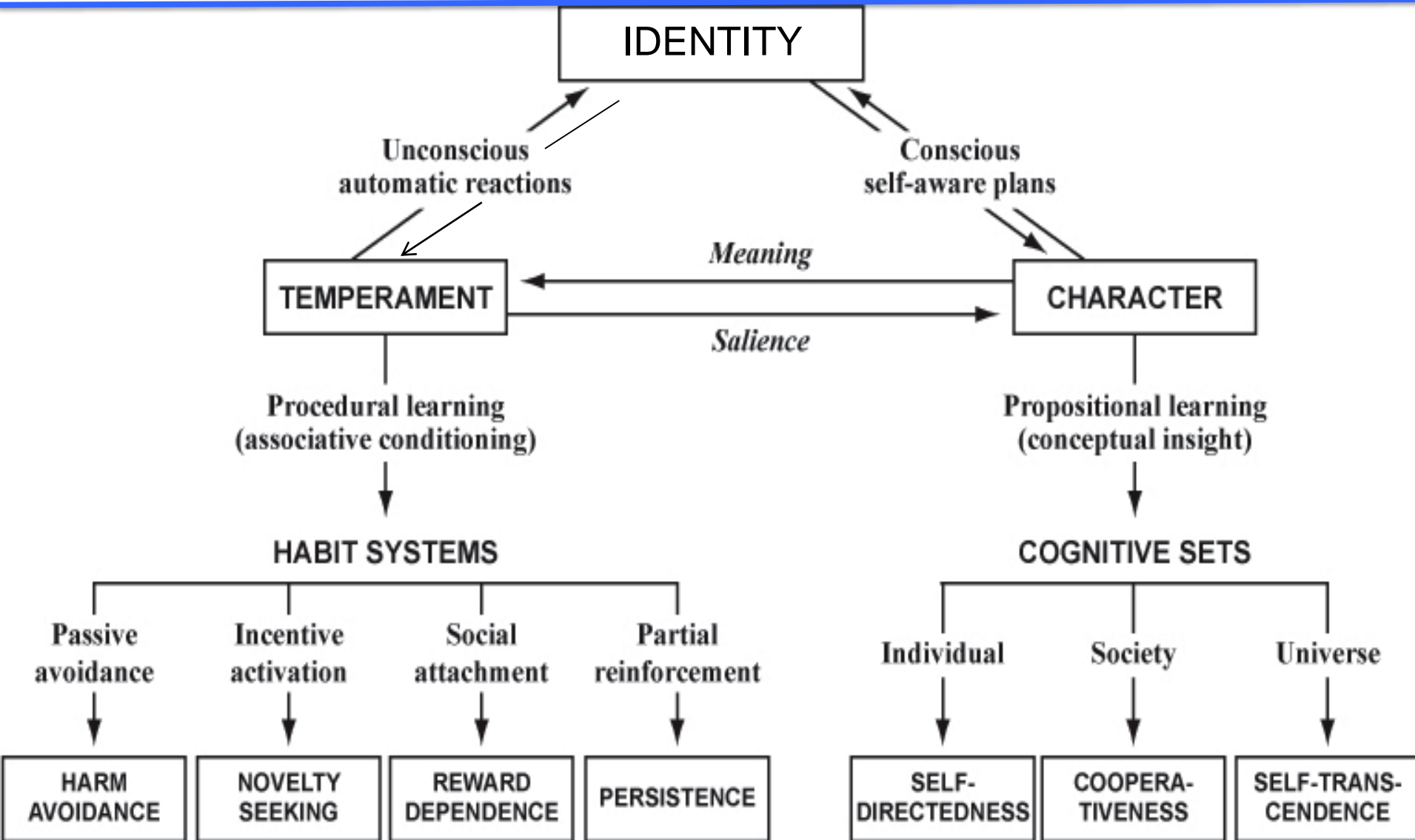
## ■ Importance of Alliance in Dialogue

- “The real meaning of travel, like that of a conversation by the fireside, is the discovery of oneself through contact with other people, and its condition is self-commitment in the dialogue

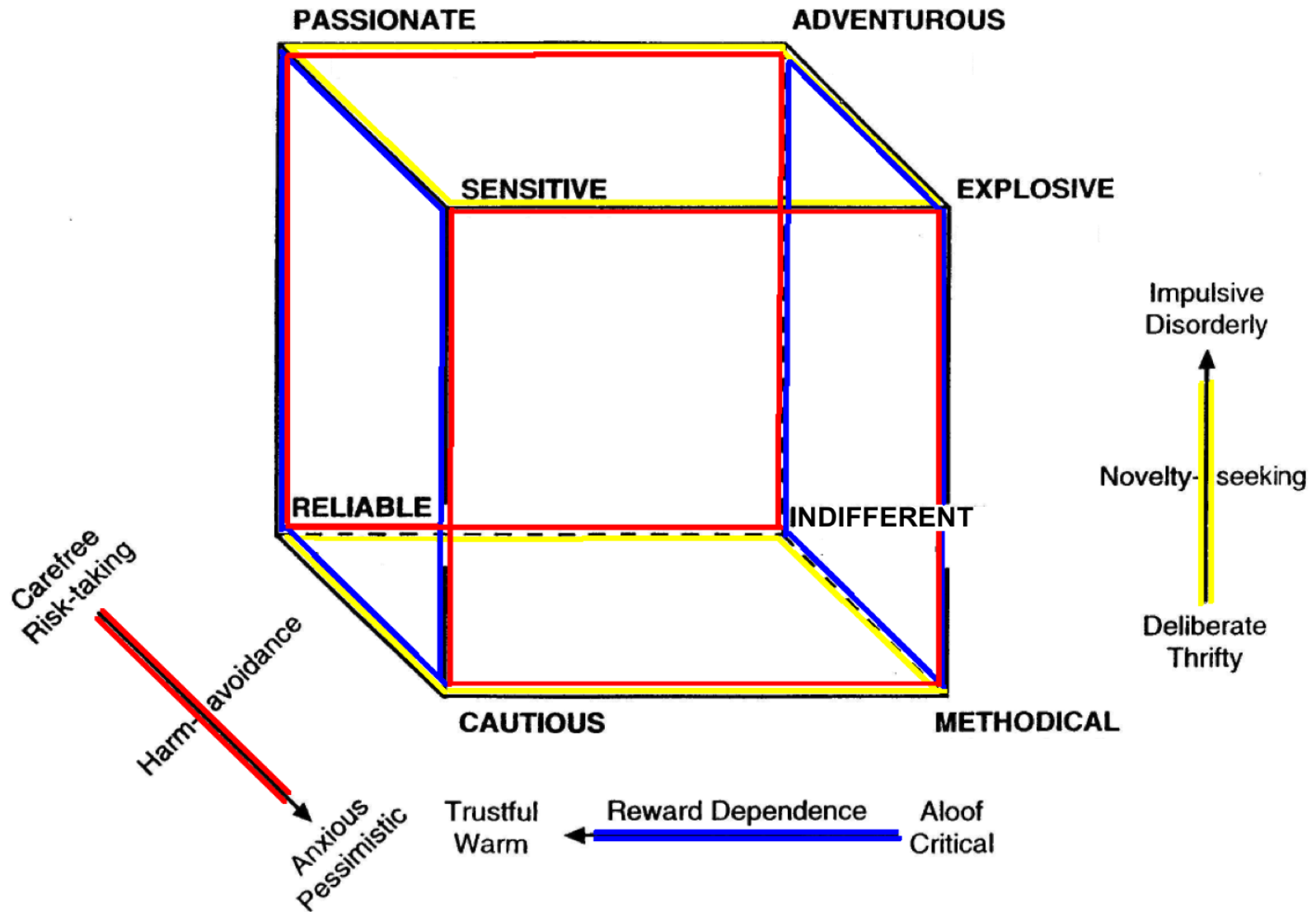
## ■ Role of Spirituality in the Healing Process

- “Recounting of a life story, a mind thinking aloud leads one inevitably to the consideration of problems which are no longer psychological but spiritual.”

# The Psychobiological Model of Personality



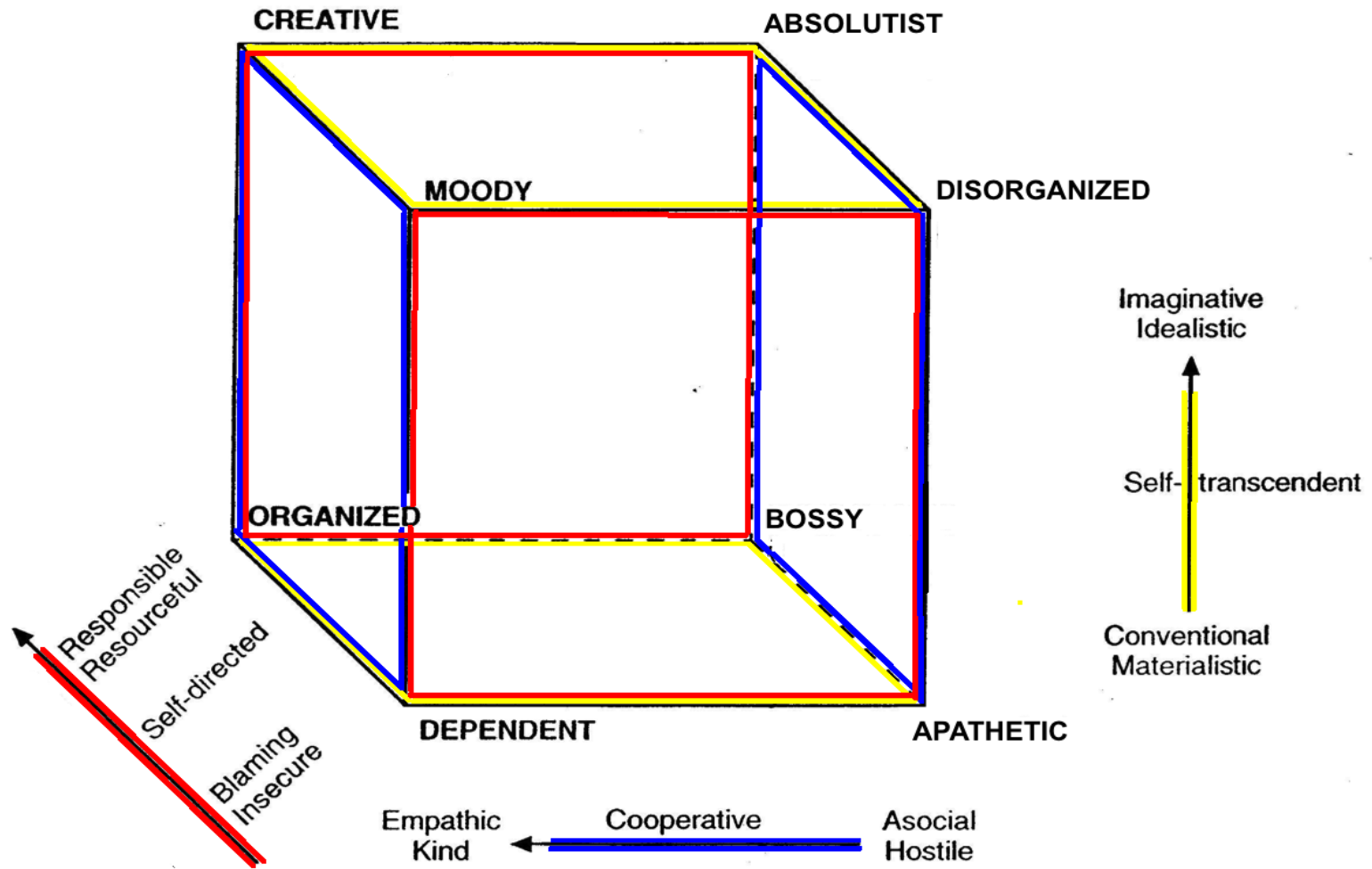
# The Temperament Cube (Cloninger 1987)



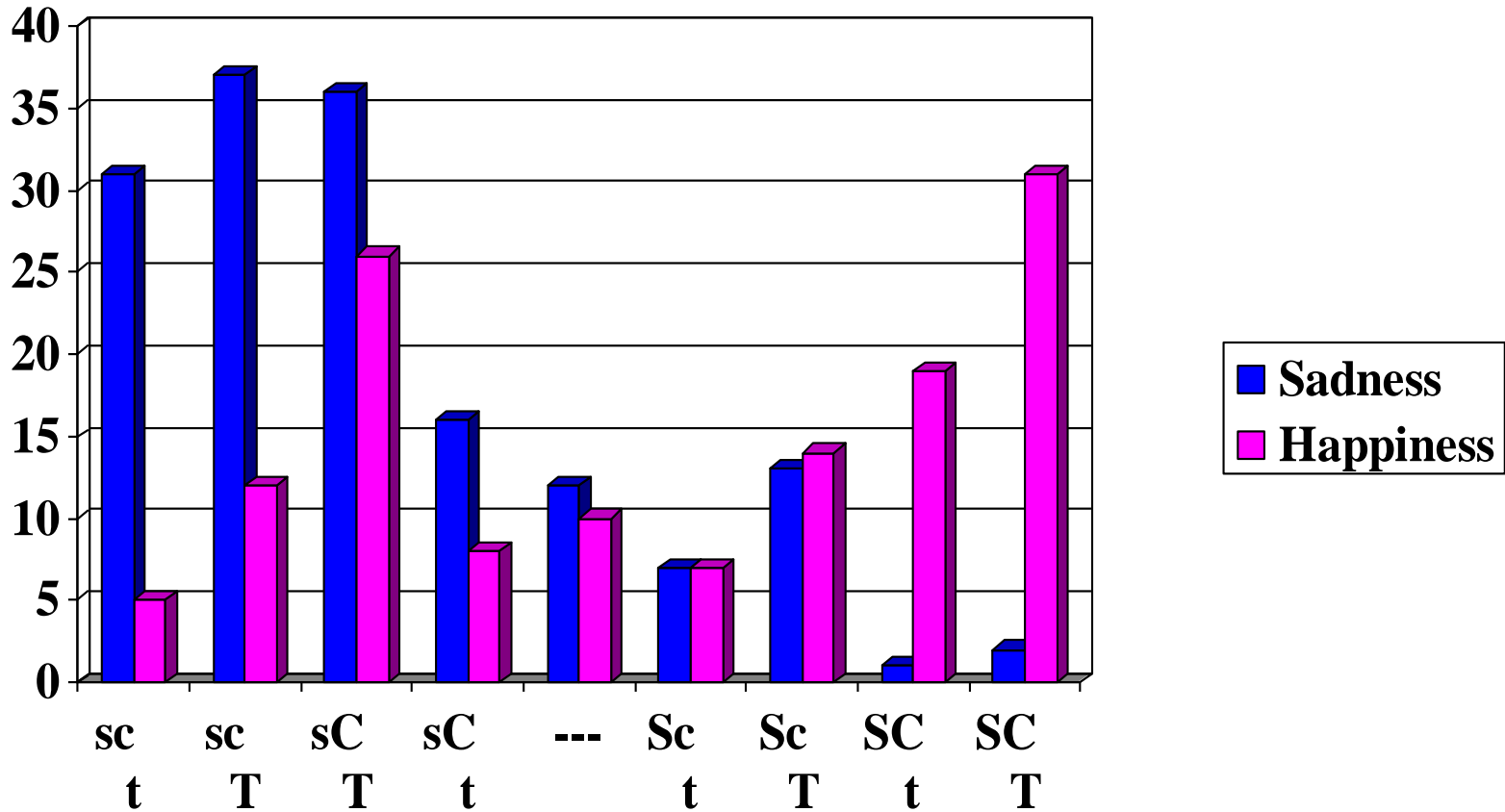
# Higher Cognitive Functions: Mental Self-Government

- **Executive Functions (Self-directedness)**
  - Resourceful, purposeful, self-accepting, responsible,
  - self-actualizing
- **Legislative Functions (Cooperativeness)**
  - Tolerant, helpful, empathic, principled,
  - compassionate
- **Judicial Functions (Self-transcendence)**
  - Idealistic, self-forgetful, joyful, contemplative,
  - spiritual

# The Character Cube (Cloninger 1993)



- **Happiness** and **Sadness** depend on all 3 TCI character dimensions



# Emotional, Physical, and Social Well-being depend on Character Profiles



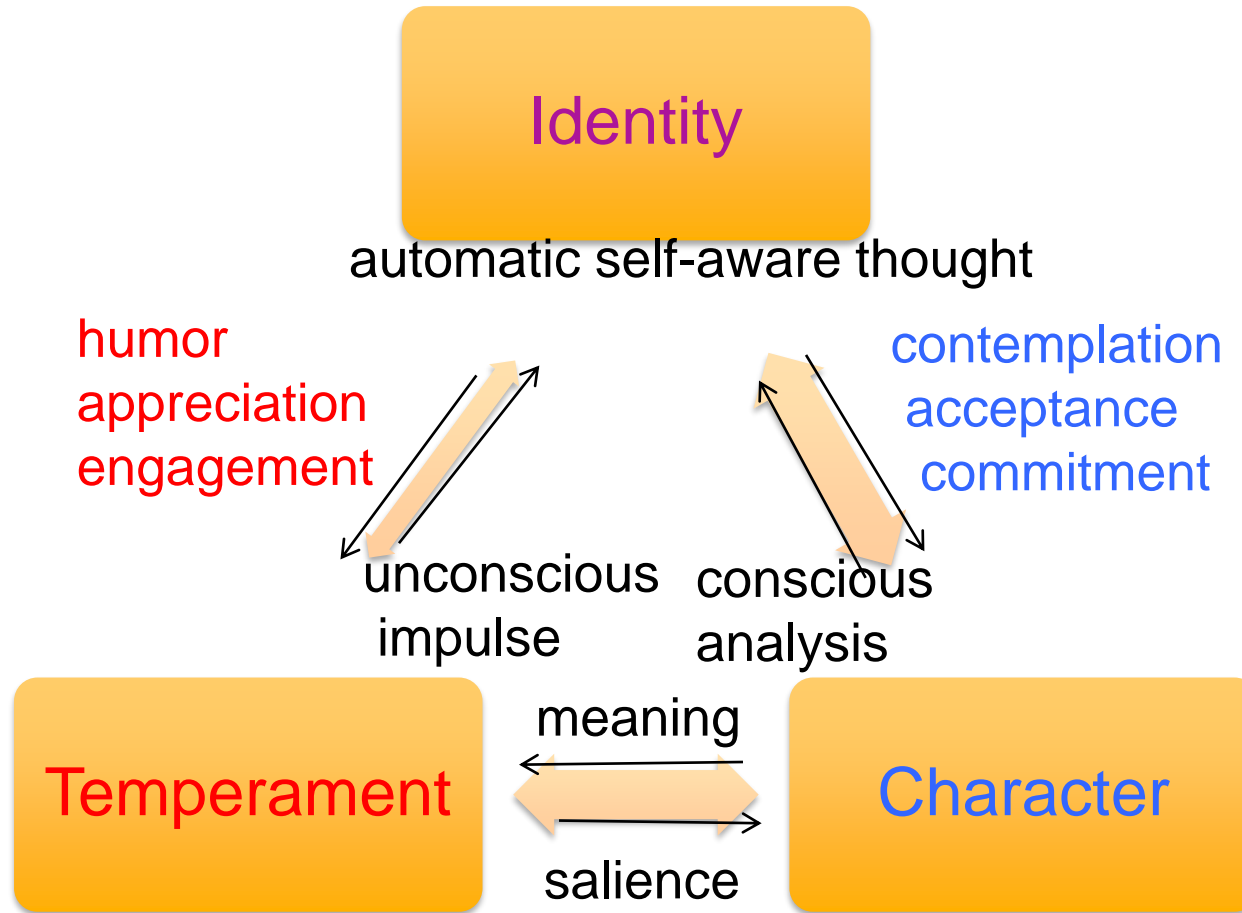
Zohar & Cloninger, 2009



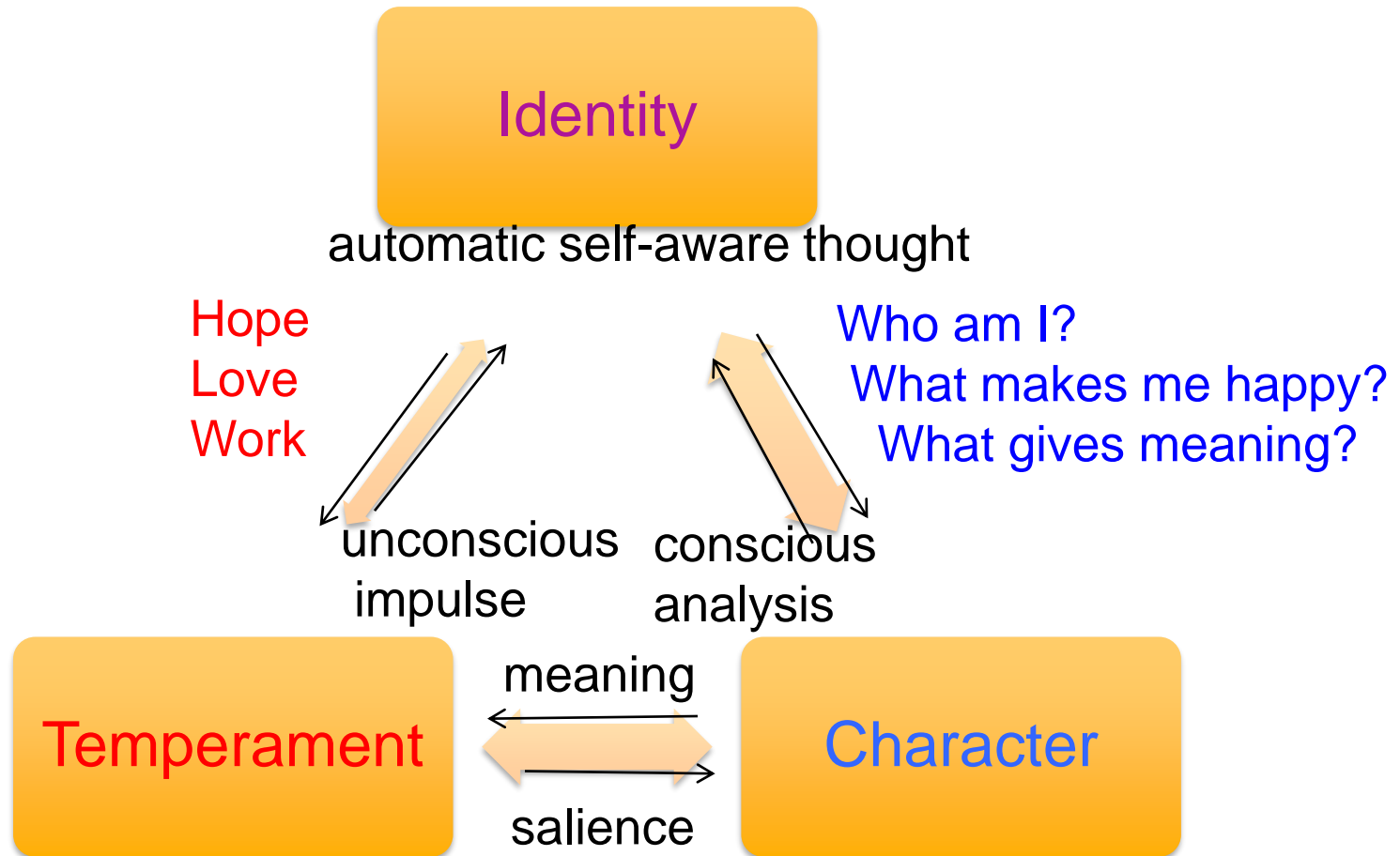
# Three Steps of Thought

- **First Step** – *the initial perception*
  - pre-verbal intuitions direct attention and organize responses, usually unconsciously but accessible in contemplation (**meta-meta-cognition = meta-perception = perception of own perception**)
- **Second Step** – *words and emotions*
  - produced as interpretations, and are based on the outlook and events in context, may be subconscious or conscious and declared, accessible impartially in **meta-cognition**
- **Third Step** – *the words start to function automatically to produce emotions and actions expressing habit patterns*
  - may be quieted by relaxation and letting go

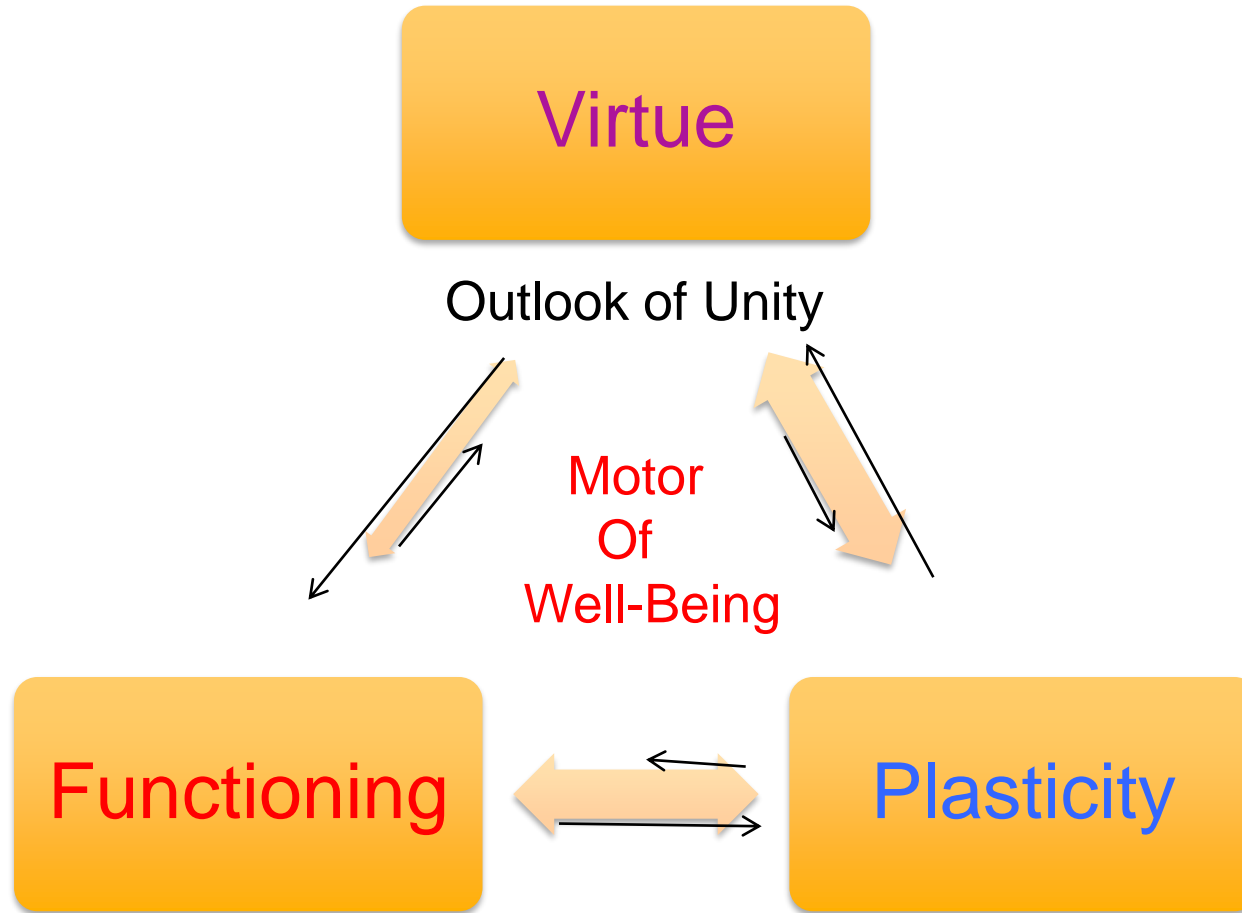
# Ternary Processes of Health Promotion (1)



# Ternary Processes of Developing Personality (2)



# The Virtuous Circle leading to Flourishing of Health



# Well-Being depends on 3 Creative Life Practices

## ▪ The 3 practices of coherent living in well-being:

### 1. Working in service of others

- Enjoy giving of yourself
- Be respectful & kind

### 2. Letting go

- Don't fight or worry
- Be empathic & reflective

### 3. Growing in awareness

- Be happy to adapt and to learn constantly
- Be genuine & humble



Diver of Paestum

# The Creative Process: the experience of being “in - between”



Diver of Paestum

The experience of being in between-between the time we leave home and arrive? at our destination; between the time we leave adolescence and arrive at adulthood; between the time we leave doubt and arrive at faith. It is like the time when a trapeze artist lets go the bars and hangs in midair, ready to catch another support: it is a time of danger, of expectation, of uncertainty, of excitement, or extraordinary aliveness.

Paul Tournier

LIKESUCCESS.com

Tournier's being alive

# Genes distinguishing Creative Profile

Function	Gene Symbol	Biological Processes
Episodic Learning	CAMTA1, CCDC39, IDS, NRXN1, SLC14A2,	Regulate energy and transcription in regions for episodic learning
Neurogenesis	CCDC39, PGLYRP4, RUNX1, NRXN1, CDKL1, COL25A1, DCC, MAGI2	Regulate neurogenesis in hippocampal formation
Longevity, Resilience to stress	PAPPA, SAMD3, DDRGK1, FTMT, IARS, KYNU	Reduce insulin-like growth factor, maintain protein assembly under stress
Neuroprotection against injury or degeneration	RUNX1, MTMR14, IDS, FTMT, MAGEA11	Promote anti-oxidation, autophagy, and repair
Regulation of synaptic plasticity & neuronal excitability	CREB5, FRMPD4, SHISA6, KCNG3, MS4A3, OXER1	Regulate synaptic plasticity and neuroexcitation
Regulation of growth and development	PTPRT, MAGEA11, SAMD12, GLRA2, PAPPA	Regulate cell adhesion, growth, development

# Summary of Findings for Discussion about PCID

- Nearly all genes for human personality have been uncovered along with interacting environmental influences that integrate health as a complex adaptive system
- These genes code for profiles of traits describing the whole person, not for individual traits
- The genes for personality directly influence physical, emotional, and social aspects of health, so these aspects are fundamentally indivisible
- Regulatory processes that integrate functions for adapting to the biopsychosocial milieu orchestrate all the organs of a person as components of ever larger wholes (community to cosmos) as people develop and evolve in awareness
- Consequently, effective/efficient care needs to be universal, person-centered, people-centered, integrated across sectors of government, and focused on fostering opportunities to develop character strengths
- Social determinants of health like poverty and inequity need to be understood as influences on biopsychosocial processes of adaptation, not something independent of genetics, biology, psychology, or spirituality



# Conclusions

- Paul Tournier was an exponent of Medicine of the Person and clearly described the importance of the person-centered alliance with active listening to help inspire others by experiencing love, hope, and faith to accept the reality of their lives so they could let go in order to heal and grow in a creative way meaningful to them.
- My own work on the science of well-being contains these same crucial elements, as has the work of many physicians and philosophers who preceded us both (Cloninger, *Feeling Good: Science of Well-being*, 2004).
- As Gandhi said, “I have nothing new to teach the world. Truth and Non-violence are as old as the hills. All I have done is to try experiments in both on as vast a scale as I could.”
- There is much fear, greed, and violence dehumanizing medicine and the world at the present time. Likewise Tournier described most conversations he heard, between nations or between individuals, as “dialogues of the deaf”. So it is especially important for us all to work to promote person- and people-centered health universally on the 40<sup>th</sup> anniversary of the Alma Ata Declaration.

# Any Questions or Discussion ?

