

Mental Illness and Chiropractic Care

Four decades of care

"Chiropractors correct abnormalities of the intellect as well as those of the body."

D.D. Palmer

Initial Years of Chiropractic



Chiropractic, early 1920s

- Growing optimism
- Prospering Chiropractic schools
- 15 states licensed DCs
- Challenging traditional thought and expanding the scope of chiropractic

STATES WHICH GAINED CHIROPRACTIC LICENSING LAWS:



Promotion of Chiropractic



Gerald Martin Pothoff (1889-1937)



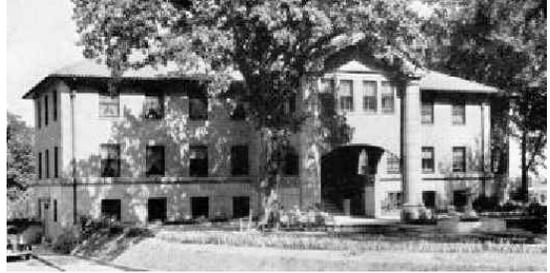
- Pothoff studied engineering at Notre Dame
- Employed by Tri-City Railway Company in Davenport as a civil engineer
- He became interested in chiropractic in 1919 and graduated in **1922**

Gerald Martin Pothoff (1889-1937)

- Describe the mental health climate in 1922? Treatment approaches?

Chiropractic, A Treatment for Psychosis?

- Dr. Pothoff became convinced that the severely mentally ill could be treated with chiropractic care as he had witnessed a series of *cures*
- The results convinced him that spinal adjustments offered far more than the current medical treatment for psychiatric disorders



First Chiropractic Psychiatric Hospital

- **Forest Park Sanitarium (1922)**
 - In the fall of 1922, in the Forest Park section of Davenport, he opened the **first** exclusive chiropractic psychiatric hospital
 - The institution was named the **Chiropractic Psychopathic Sanitarium**, but would be better known as **Forest Park Sanitarium**

Forest Park Sanitarium

- **Forrest Park Structures**
 - Initially Forrest Park Sanitarium consisted of separate units for male and female patients, and an administration building with dining facilities
 - Recreational areas were later built to facilitate a “pleasant reassuring atmosphere”

Forest Park Sanitarium

- **Forrest Park Admissions**
 - The institution depended upon referrals from area chiropractors, which came easily
 - Patient flow was not a problem
 - Dr. Pothoff believed he had launched a project which would soon capture the world’s attention and change the course of treatment of the mentally ill

Forest Park Sanitarium

- **Forrest Park Staff**
 - As the patient population expanded, a staff of chiropractors was added (some full time, most part time)
 - In the beginning, Forest Park Sanitarium had the blessings of B.J. Palmer

A.B. Hender, M.D., D.C.

- The Dean of the Palmer School, **A.B. Hender**, M.D., D.C., was permitted to hold the post of Medical Officer at the sanitarium
- Approximately 6 Palmer faculty members were also on staff at Forest Park



Forest Park Sanitarium

- A split with P.S.C
 - Dr. Pothoff and Dr. Palmer had philosophical differences, which led to a severing of their relationship
 - With the withdrawal of B.J.'s support, the Palmer faculty resigned
 - Consequence for Forrest Park?

Forest Park Sanitarium

- Forrest Park continued to grow
 - In the early 1930s, the Forest Park corporation faced a need for additional facilities
 - The facilities included dormitories, private rooms, treatment departments, administrative offices, and recreational facilities
 - Describe the economic climate of the 1930s
 - Would paid for care at chiropractic sanitariums?

Meanwhile...

- In 1926, Harvey **Fennern** and **John Baker**, D.C., formed a corporation to build and operate a chiropractic mental hospital - **Clear View Sanitarium**



Clear View Sanitarium



Clear View and P.S.C.

- In the beginning, there was no special relationship between Clear View and the Palmer School
- But, within a few years, Dr. **A.B. Hender** assumed the same duties he had at Forest Park
- In 1930, his son, **Dr. Herbert Hender**, who was a faculty member at Palmer, was invited to accept the position of consultant





Drs. B.J. Palmer and Herbert Hender

- In 1943, Dr. Herbert Hender succeeded his father as Dean of Palmer School
- He was described as being extraordinarily charismatic
- A teacher with a deep interest in psychopathology and psychotherapeutic theory

Dr. Herbert Hender's Influence

- Dr. Hender's influence molded the nature of patient care
 - He added psychotherapy to the already existing treatment approach of chiropractic adjustments, custodial care, and humane concern
- He was largely responsible for the sanitarium's survival during the Depression
- Dr. Hender was in demand as a lecturer on the topic of chiropractic and mental illness

Back to Harvey Fennern

- Fennern became convinced that the time was right for another chiropractic mental hospital
- Fennern and Baker purchased property in Gardena, CA and named it **Western Clear View Sanitarium**
- **After three years of operation, WCVS closed in 1933**

Dr. W. Heath Quigley

- Joined the faculty of the Palmer School and of Clear View in 1940
- Began working with chronic schizophrenic patients
- Eventually he cared for the full range of psychiatric diagnoses



- The patient populations at Clear View and Forrest Park remained high during the war years and the post-war years (1940s)
- However, this would change...

Turning Point for Forest Park



Turning Point for Forest Park

- Forest Park's role underwent a dramatic change on the night of **January 7th, 1950**
- A devastating fire roared through the three-story psychiatric unit of St. Elizabeth's Mercy Hospital in Davenport

- 39 patients and a nurse died in the fire
- Those who survived were driven off in ambulances and private cars to Forest Park because there were no other (medical) psychiatric facilities available in the QC area



- The fire led to an unexpected arrangement between Scott County and Forest Park and another arrangement between local psychiatrists and Forest Park
- **Forest Park was to provide custodial care for Mercy's patients while under medical treatment**



Forest Park Sanitarium (1921-1965) of Davenport, Iowa, offered specialized chiropractic care for mental and nervous disorders. (Photo from *Who's Who in Davenport*, Bureau-Shields, Indianapolis, Indiana, 1938)

Consequences...

- Davenport Psychopathic Hospital
 - As a result of the agreements, Forest Park was licensed as a psychiatric hospital and its name was changed to **Davenport Psychopathic Hospital**
 - The patient population expanded rapidly and revenues climbed
 - What do you think happened to the chiropractic component?

- Dr. E.H. Morris (president since 1940) believed it was a good time to retire and sell the facility
- **In 1959, Forest Park was sold to a Lutheran church affiliate to function as a nursing home**
- Today, the former Forest Park is known as the Good Samaritan Nursing and Retirement Home



As for Clear View...

- Factors that made Clear View a success between 1926 to 1951
 - **Structure and management** provided by Marie Fennern
 - **Expectations** that the patients were at Clear view to get well not to be institutionalized and live a useless life
 - **Ancillary care**

As for Clear View...

- Ancillary care considered vital
 - Occupational/recreational therapist
 - Dances, parties, and films were regularly scheduled in order to strengthen social interactions
 - Conditioning exercise was required of all capable
 - Convalescent patients were allowed trips into the city for shopping and other experiences
 - Often, an intern would invite his assigned patients to his home for dinner



Clear View

- Forest Park's and Clear View's care of the mentally ill differed from the state institutions (1920s-40s)
- State institutions:
 - Over crowded and prison like
 - Psychoanalysis perceived as the only cure – state institutions were lucky to have ONE psychoanalyst
 - Until 1954, the only other alternatives were group therapy, shock therapy, sedation, and the medical treatments previously discussed

State institutions

- Overcrowded
- Neglect and brutal treatment common
- Invasive medical treatments
- Places to be avoided at all cost

Clear View

- Clean, well-managed facility
- Considerable individual attention
- Chiropractic treatment
- Patients were improving
- A refuge for those who could afford private care

- Another interesting factor that contributed to the success of chiropractic sanatoria was **the championing of chiropractic for mental illness by prominent citizens**

Judge Ponath

- Judge Ponath – South Dakota Circuit Court
- Judges occasionally have to commit people
- He became convinced of the correctness of chiropractic
- Often refused to commit patients to the state institution



HON. JUDGE A. W. PONATH

Judge Ponath

- Judge Ponath published a pamphlet in which he claimed that 85% of mental patients recovered under chiropractic care
- The origins of this oversimplified statistic are not known, but it did reflect his enthusiasm for chiropractic
- During his term, he influenced a large number of families to place their loved ones in Forest Park and Clear View

A change for Clear View

- 1951 Mrs. Fennern retired
- B.J. then offered to buy Clear View and to make it part of the Palmer School
- On September 1st, 1951, Clear View became the property of the Palmer School



Clear View Sanatorium of Des Moines, Iowa (1926-1961)

Changes in the Treatment of the Mentally Ill

- **Joint Commission on Mental Illness and Health report** published (1950s)
 - Had a powerful impact on attitude and practices surrounding mental patient care
 - Federally funded research sprang up in universities, hospitals, and private institutions
 - The inane and inhumane practices were finally being destroyed

The Mental Health Bell



"Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness."

Some problems to work out

- A licensing issue
 - Clear View had been licensed as a nursing home facility since 1948
 - Iowa had no legal provisions for a special purpose hospital and were able to license only the traditional multipurpose hospitals
 - **If Clear View was to survive, it would have to be licensed as a hospital to qualify for insurance coverage**

Lobbying the State of Iowa

- Dr. Quigley began traveling to Des Moines to lobby for special licensure
- The Commissioner of Health, Edmund Zimmerer, M.D., lent much assistance to the cause
- He arranged for Dr. Quigley to meet with the State Hospital Board

Lobbying the State of Iowa

- IA State Hospital Board requested a compilation of all the chiropractic hospitals in existence
- By the mid 1950s, the only chiropractic institutions concerned solely with mental illness were Clear View and Forest Park
- Dr. Quigley was able obtain brochures and information from 8 facilities which had at least a chiropractic orientation

Bakkum Chiropractic Clinic and Hospital, Waukon, Iowa



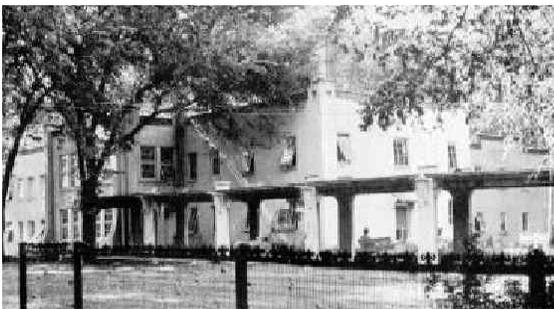
Grand View Sanitarium, Whittier, CA



Kent Clinic and Sanitarium, Galesburg, Illinois



Trotter Park Hotel Sanitarium, Kansas City, MO



Spears Hospital, Denver, CO (1943-1984)



Chiropractic doctors Howard, Lee, and Dan Spears (l-r) in front of the D.D. Palmer Building, the first building of Spears Chiropractic Hospital, Denver.

- The IA Board was stunned with the success of Spears Hospital
- In 1955, the American Psychiatric Hospital Association (APHA) solicited Clear View's membership in the association and listed it in its annual publication



Lee Spears (1894-1964) illustrates his technique for adjusting the cervicals and lumbers with the patient on his back.

Lobbying Continues

- Dr. Quigley continued to lobby many legislators, asking for support
- A number of small communities in Iowa were seeking similar legislation to allow for licensing of less complete hospitals in their towns
- Dr. Quigley combined his efforts with the smaller communities for a successful bid

Forward Movement

- Dr. Quigley was instructed to draw up a set of standards for chiropractic mental hospitals
- Which were then submitted to the Department of Health
- **The standards were in compliance with the APHA, with the exception of the substitution of DC for MD**

Another Change

- May, 1961, B.J. Palmer died
- Dr. David Palmer became the president of Palmer School
- Academic vision for P.C.C
- Dr. Millard Roberts, president of Parsons College (Fairfield, IA), became educational consultant



Another Change

- Dr. Roberts recommendations:
 - Immediate closing of Clear View Sanitarium
 - Remodel the buildings into a nursing home and lease it to a local operator
- On **October 1st, 1961**, Dr. Quigley received notice that all patients were to be transferred by **December 31st, 1961**

Finally, licensure

- The quest for licensure lasted nearly a decade
- On **December 1st, 1961**, Dr. Quigley received a letter from the Department of Health, advising that the Department was ready to discuss the steps of licensing Clear View as a hospital

Dr. Quigley reminisces...

- Clear View Sanitarium did not bring large revenue to the Palmer School, but had operated in the black for a decade
- One of the most valuable services provided by the Sanitarium was the opportunity for senior interns in training



Lost research

- The closing of Clear View interrupted a **10 year longitudinal study** to assess the record of recovery of patients under chiropractic care
 - Each year, a follow-up form was sent to each patient released the previous year and prior years
 - Seven years of follow-up records were obtained, but the files were not promptly moved to Palmer School
 - Remaining records were published in **Mental Health and Chiropractic**, by Dr. Herman S. Schwartz

Dr. Quigley reports...

- “It is neither my intention to present this material as proof, nor as having a great deal of validity. The design of the study was as valid as circumstances would allow, but the loss of the core materials damages the authenticity of these findings. To withhold them completely does not seem justified, so justification for their presentation is only to **urge that a closer examination of chiropractic and the mental disorders is warranted.**”

Total Admissions for Year 1952

| | Admitted | “Released & Socially Restored” |
|-----------------------|----------|--------------------------------|
| • Schizophrenic | 80% | 70% |
| • Affective Disorders | 8% | 33% |
| • Brain Syndromes | 8% | 33% |
| • Other | 4% | 6% |

Mental Health and Chiropractic, 1973

- Herman S. Schwartz, D.C. editor
- Co-authors:
 - C.W. Weiant, D.C., Ph.D.
 - Seymour Lemeshow, D.C., Ed.D
 - Colter Rule, M.D.
 - A.E. Homewood, D.C.
 - W. Heath Quigley, B.S., D.C.
 - Scott Haldeman, D.C., Ph.D.
 - Linus Pauling, Ph.D. (Nobel Laureate)
 - Thomas Szasz, M.D.

Mental Health: A total problem

- A need exist for inter-professional cooperation to care for patients with mental illness
- Chiropractors direct their attention to the neural basis of psychological malfunctioning
- “By reducing interference of nervous activity by manual means and helping to restore the body to normal functioning, beneficial behavioral changes do occur.”

Dr. Lemeshow

Physiological psychology of chiropractic in mental disorders

Why chiropractic “may be of value in the treatment of mental disorders”

1. **Psychotherapeutic effect:** the patient will experience a corrective emotional experience
2. **Psychophysiological disorder:** ulcers, asthma, etc. may obtain relief from these physical dysfunctions
3. **Alterations in the biochemical substratum** of the patient with a psychogenic mental disorder resulting in recovery

Chiropractic as Psychotherapy

Quigley suggested that we must understand two basic concepts in order to understand the therapeutic effects of chiropractic care and mental illness:

1. Conditioning
2. Muscular tension and emotion

Chiropractic as Psychotherapy

- Classical conditioning
 - Conditioning that pairs a neutral stimulus with a stimulus that evokes a reflex
 - Eventually the neutral stimulus comes to evoke the reflex
- It is theorized that one of the factors in developing phobias and other mental illnesses is conditioned responses

Chiropractic as Psychotherapy

- Muscular tension and emotion
 - Memory is not limited to the brain, an extensive portion of the nervous system is involved in the memory process
 - Consequently, **memory of traumatic events is unconsciously expressed through motor behavior**
 - Thus conscious or unconscious retention of stressful experiences can be disturbing both physiologically and psychologically

Chiropractic as Psychotherapy

- Conditioning, motor behavior, and chiropractic
 - Hyper-tense muscles bombard the spinal cord with impulses
 - These impulses to the cord are directed across the interneuronal network where the motor neurons in the anterior horn are again stimulated
 - **This in turn keeps the muscle in a continuous state of contraction (tension)**

Chiropractic as Psychotherapy

- Conditioning, motor behavior, and chiropractic
 - At the same time, the interneuronal pool is excited so that waves of impulses ascend the cord as proprioceptive impulses eventuating in the Reticular Activating System
 - **Continuous stimulation of the RAS causes cortical arousal and over-activity of both emotional and cognitive function (excited emotional state)**

Chiropractic as Psychotherapy

- Conditioning, motor behavior, and chiropractic
 - Vertebral **adjustments significantly reduce muscle tension**, relaxing the body, and **ceasing the cyclic reverberations between the spinal cord, tense muscles, and the RAS**
 - “A calm body does lead to a calm mind.”

Chiropractic as Psychotherapy

- Edmund Jacobson - pioneer investigator of progressive relaxation methods
 - Stated: **A state of anxiety and a state of deep relaxation are incompatible and cannot coexist**
 - Proposed that adjustments reduce anxiety through relaxation, providing the key elements of a conditioned response

Chiropractic as Psychotherapy

- Repetition of the adjustment when required reinforces the conditioning, making it stronger and more durable
- With the progressive reduction in anxiety, the process qualifies it as a **corrective emotional experience, bringing about a change in attitude, mood, and behavior**; therefore a successful psychotherapeutic reaction

ANS and “Fight or Flight”

- Cannon (1932) pioneered the studies of an animal's reaction to pain, fear, or rage with secretion of adrenalin when the cerebral cortex perceived it
- **After a perception of threat, the ANS is triggered**
- A person's sympathetic arousal should be tempered by a parasympathetic response
- If untempered, the emergency reactions lead to both physiological and psychological “disorganization”

- Today's threats are mostly _____

Modern threats

- These threats may be perceived in the same manner as a “life or death” threat, stimulating the ANS
- Leading to an imbalance between the sympathetic and parasympathetic systems
- **If the interference is removed by the adjustment, a symptomatic improvement will occur**
- The restoration of reciprocal action between the two systems occurs

- The chiropractic intervention may not be the end of the problem
 - If maladaptive emotions persist, even the strongest adaptation wears out and symptoms will recur
- Therefore, it is the counsel of the chiropractic discipline that the source of stress must be discovered and psychotherapy sought

References

- Goff, P. (1988). Chiropractic treatment of mental illness: a review of theory and practice. *Research Forum*, 4, 4-10.
- Quigley, W.H. (1983). Pioneering Mental Health: Institutional Psychiatric Care in Chiropractic. *Chiropractic History*, 3, 69-75.