



WORLD SOCIETY OF PERSON-CENTERED MEDICINE (WSPCM)

Nomination of Peter Sterling for the honorary fellowship of WSPCM

To the Board of the World Society of Person-Centered Medicine,

It is with deep respect and admiration that I nominate **Professor Peter Sterling** for the **Honorary Fellowship** of the World Society of Person-Centered Medicine in recognition of his transformative contributions to physiology, clinical thought, and the epistemological foundations of person-centered care.

Background and Key Contribution

Professor Sterling is the originator and principal architect of the theory of **allostasis**, a conceptual revolution that redefined **how living systems maintain stability through change**. By replacing the narrow, static notion of Cannon's "homeostasis" with a dynamic model of adaptive regulation, Sterling established the scientific basis for **interactionism**—a framework that situates the person as an active, relational agent whose biology is inseparable from experience, context, and behavior.

Scientific and Theoretical Impact

- **Paradigm shift in physiology:** Allostasis reframes physiological regulation as anticipatory, context-sensitive, and inherently relational, opening a path from mechanistic determinism toward a science that accommodates complexity and indeterminism.
- **Epistemological foundations:** Sterling's work supplies the theoretical scaffolding for person-centered medicine by legitimizing an integrative view of **spirit, mind, social context, and body**.
- **Cross-disciplinary influence:** The theory has informed research across neuroscience, behavioral medicine, psychiatry, and public health, providing a unifying language for studies of stress, adaptation, and resilience.

Educational and Clinical Relevance

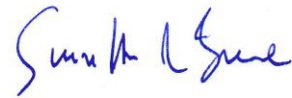
- **Clinical implications:** Allostasis offers clinicians a richer conceptual toolkit for understanding chronic disease, multimorbidity, and the role of psychosocial factors in health trajectories, thereby guiding more humane and effective interventions.
- **Teaching and dissemination:** Although profoundly influential, Sterling's ideas remain underrepresented in many medical curricula. Awarding this Fellowship would both honor his legacy and accelerate the integration of allostatic principles into medical education and practice.

Broader Significance for Person-Centered Medicine

Professor Sterling's scholarship is as consequential as the historical shifts from Newtonian mechanics to quantum theory: it compels medicine to recognize persons as purposive, context-embedded beings rather than passive biological machines. This reorientation is essential to the mission of the World Society of Person-Centered Medicine and to the development of health systems that prioritize meaning, agency, and relational care.

Recommendation

For his seminal theoretical contributions, his enduring influence on clinical reasoning, and his foundational role in establishing the scientific premises of person-centered medicine, I wholeheartedly recommend that **Professor Peter Sterling** be conferred the **Honorary Fellowship** of the World Society of Person-Centered Medicine.

A handwritten signature in blue ink, appearing to read "Sumit K. June".

WSPCM