

# CLEAR Whole Person Care® Education – Level 1

## ACKNOWLEDGE film reflection

### ACKNOWLEDGE Content reflection

1. What does it mean to *acknowledge* through *empathizing*? (choose all that apply)
  - Step into the shoes of the other
  - Lose yourself in the lives of others
  - Acknowledge what is verbalized as valid even if you don't agree with it
  - Acknowledge one's own weaknesses and challenges
2. Scenario: Sarah is a 26-year-old pregnant woman who is in the hospital for hyperemesis (severe nausea, vomiting and dehydration). Dr. Johns is her physician and he experienced the death of his own 3-month-old baby approximately two months prior. During rounds, Sarah says, "Dr. Johns, thank you for the care you give. It seems to matter to you that I bring this baby into the world." Dr. Johns responded, "I do care. We want to do what we can to help you deliver this baby."

After reading the above scenario, please choose the items below that indicate what the team **DID NOT DO** in the encounter (choose all that apply):

- Made reflective comments that exhibit warmth, comprehension, and compassion (imagine being "in the shoes" of other)
  - Maintained appropriate boundaries (attach in healthy ways without losing self)
  - Verified meaning of what was said
  - Conveyed empathy for the situation and/or emotions without condoning or criticizing
  - Exhibited ability to identify pain with authenticity and healthy emotions (self and others)
  - Exhibited ability to manage own pain and pain of others
  - Acknowledged biases and limitations in self and others (and circumstances that lead to them)
  - Exhibited compassion toward biases and limitations while acknowledging need for growth (self and others)
3. The *outcome* of *acknowledging* well according to the CLEAR WPC® model is to "Recognize \_\_\_\_\_"
    - Perspectives
    - Responsibility
    - Acceptance
    - Pain
  4. *Exhibiting ability to manage own pain and pain of others* (skill) can increase one's capacity for *authenticity* (value) (*true or false*).
    - True
    - False

### FOR MORE INFORMATION, CONTACT:

Center for Spiritual Life and Wholeness, Loma Linda University Health  
[wholeness@llu.edu](mailto:wholeness@llu.edu) | (909) 558-7786 | [llu.edu/wholeness](http://llu.edu/wholeness)

5. Being *authentic* (value) can increase one's capacity for *exhibiting ability to manage own pain and pain of others* (skill) (*true or false*).

- True  
 False

### **ACKNOWLEDGE Personal reflection**

6. The following is difficult for me (choose all that apply):

- Watching others make a wrong choice (something that will not help them)  
 Acknowledging a belief that is not my own  
 Acknowledging a belief that seems illogical  
 Watching others make the same mistake repeatedly  
 Acknowledging without feeling like I have to agree  
 Other:

7. If I am talking to someone and notice spinach between their front teeth, I would most likely acknowledge it in the following way(s) (*choose all that apply*):

- Try to ignore it  
 Pick at my own teeth in hopes that they "get the hint"  
 Point to my teeth and gesture to theirs  
 Say, "I think you have something between your teeth"  
 Take them aside (away from others) and explain  
 Other

8. In the above scenario (spinach in the teeth), what guides how you acknowledge something in others? (*choose all that apply*)

- I don't want to embarrass others  
 I imagine what I would want in his/her situation  
 I prefer to resolve discomfort without talking  
 I value truth and honesty  
 Other

9. Recognizing perspectives (others and my own) is important because: (*choose all that apply*)

- It conveys empathy  
 Others feel validated  
 The shared human condition increases connection  
 It helps me recognize my own biases and limitations

10. The following are the types of biases that are difficult for me to deal with in relation to others:

- Gender issues  
 Issues related to race and culture  
 Extreme political stances  
 Attitudes towards those in different socioeconomic groups  
 Attitudes towards those in different educational levels

### **FOR MORE INFORMATION, CONTACT:**

Center for Spiritual Life and Wholeness, Loma Linda University Health  
[wholeness@llu.edu](mailto:wholeness@llu.edu) | (909) 558-7786 | [llu.edu/wholeness](http://llu.edu/wholeness)