

CLEAR Whole Person Care® Education – Level 1

CONNECT film reflection

CONNECT Content reflection

1. What does it mean to quietly reflect (spiritually) before interacting with others? (*choose all that apply*)
 - Pause before visiting in order to focus on others
 - Hope to hide personal inner stress
 - Focus attention on the here and now
 - Offer a prayer for the upcoming encounter
 - Establish inner calmness
2. Scenario: Jim Brown has come to the outpatient clinic because of a cough and high fever. His wife Nancy accompanies him. This is their first visit to the clinic. Before going into the room where Jim and Nancy wait, Dr. Edwards quickly reads the chart and rushes into the room since she (Dr. Edwards) is a little behind schedule.

“You must be Jim,” she states.
“Yes,” he responds, “Nice to meet you.”
“Let’s take a look at those lungs.”

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

- Quietly reflected before interacting with others
 - Focused attention on experiencing and exhibiting inner calmness
 - Greeted Jim and Nancy with kindness
 - Gave full attention and showed selfless concern for Jim and Nancy
 - Introduced everyone present (including Nancy)
 - Scanned the environment for something unique or specific to reference
 - Explained purpose of the interaction
 - Clarified questions regarding purpose using understandable language
 - Explained timeframe for the interaction
 - Correctly estimated time needed
 - Invited response and engaged Jim and Nancy in mutual conversation
 - Exhibited openness to needs, concerns and emotions
3. The *outcome of connecting* well with others according to the CLEAR Whole Person Care® model is to “Build _____”
 - Self-regulation
 - Respect
 - Resilience
 - Trust
 - Acceptance
 4. *Giving full attention and showing selfless concern for the well-being of others* (skills) can increase one’s capacity for *compassion* (value). (i.e. Skills can impact values) (*true or false*).
 - True
 - False
 5. Having *compassion* will increase one’s capacity for *giving full attention and showing selfless concern for the well-being of others* (i.e. Values can impact skills) (*true or false*).
 - True
 - False

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CONNECT Personal reflection

6. The following metaphor best describes how I tend to connect (*choose all that apply*):

- Bull in a china shop
- Teenager on a first date
- New Year's resolution
- Drinking water
- Eating chocolate
- Other

7. I connect well with others.

- Strongly Disagree Disagree Neither Disagree nor Agree Agree Strongly Agree
-

8. I could improve my ability to connect with others by the following (*choose all that apply*):

- Quiet reflection before interacting with others
- Focus attention on experiencing and exhibiting inner calmness
- Greet others with kindness
- Give full attention and show selfless concern for others
- Introduce everyone present in the conversation
- Scan the environment for something unique or specific to reference
- Explain purpose of the interaction
- Clarify questions regarding purpose using understandable language
- Explain timeframe for the interaction
- Correctly estimate time needed
- Invite response and engage in mutual conversation
- Exhibit openness to needs, concerns and emotions

9. I am aware of how I come across to others.

- Strongly Disagree Disagree Neither Disagree nor Agree Agree Strongly Agree
-

10. The following could increase my self-awareness (*choose all that apply*):

- Nothing
- Self-reflection
- Get feedback from others

11. The following are ways I recognize the uniqueness of others (*choose all that apply*):

- Ask about physical appearance (tattoo, scars, hairstyle, etc.)
- Notice a piece of clothing or appearance
- Notice clues about his/her life (cards, photos)
- Ask a question about his/her life
- Other:

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