

CLEAR Whole Person Care® Education – Level 1

EXPLORE film reflection

EXPLORE Content reflection

1. What does it mean to “invite whole person conversations”? (*choose all that apply*)
 - Value the four dimensions of health as interconnected through the spiritual
 - Discern areas of disconnect within and between the four dimensions
 - Consider the physical, mental/emotional, social, and spiritual dimensions
 - Consider lifestyle behaviors
 - Consider high-risk behaviors
 - Recognize and respect various types of diversity
2. Scenario: Ted is 45-years-old and is afraid of dying from lung cancer, which was recently diagnosed. He is currently in the hospital for treatment. During rounds the nurses and physicians explain the treatment and then ask if he has questions.

“I worry about my wife,” he states.
A member of the team states, “We will make sure she understands all that is going on.”
“Thanks.” Ted responds, “I feel guilty that I have done this to her.”
One of the team responds, “Would you like to say more about your feeling of guilt?”
“Not really, except that I should have quit smoking long ago.”
“We can certainly connect you with resources that can help you with that,” the team responds.

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

- Consider aspects of well-being beyond those presented (recognize presenting situation as only part of the story)
 - Exhibit ability to detect areas not in alignment with goals and well-being
 - Show ability to identify the main concern(s) even if not presented as such
 - Recognize presenting physical challenges
 - Recognize cues that reflect both absence and presence of mental/emotional well-being
 - Recognize the capacity for self-care and identify areas of resilience
 - Consider social determinants (economic and social conditions that influence health)
 - Explore whether there is at least one healthy / supportive social connection
 - Consider source(s) of strength, meaning and purpose
 - Consider presence of healthy lifestyle behaviors (exercise, diet, etc.)
 - Consider presence of unhealthy lifestyle behaviors (smoking, substance abuse, etc.)
 - Recognize cues that are suggestive of high-risk behaviors
 - Identify various areas of diversity and how they inform health practices, attitudes and needs
3. The *outcome* of exploring well with others (according to the CLEAR WPC® model) is to “Encourage ___”
 - Wholeness
 - Responsibility
 - Presence
 - Accountability
 - Community

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EXPLORE Personal reflection

4. I am least skilled at exploring the following aspect(s) of other people's lives (*choose all that apply*):

- Physical
- Mental/emotional
- Social
- Spiritual

5. I bring my whole self to conversations with others.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| Strongly Disagree | Disagree | Neither Disagree nor
Agree | Agree | Strongly Agree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

- Consider aspects of well-being beyond those presented (recognize presenting situation as only part of the story)
- Explore a variety of beliefs, values and practices (regardless of one's own) with openness and interest
- Exhibit ability to detect areas not in alignment with goals and well-being
- Show ability to identify the main concern(s) even if not presented as such
- Recognize cues that reflect both absence and presence of mental/emotional well-being
- Recognize the capacity for self-care and identify areas of resilience
- Consider social determinants (economic and social conditions)
- Explore whether there is at least one healthy/supportive social connection
- Exhibit ability to assess and address spiritual concern(s)
- Consider source(s) of strength, meaning and purpose
- Consider presence of healthy lifestyle behaviors (exercise, diet, etc.)
- Consider presence of unhealthy lifestyle behaviors
- Recognize cues that are suggestive of high-risk behaviors
- Exhibit ability to assess risk and safety
- Identify various areas of diversity and how they inform health practices, attitudes and needs
- Exhibit ability to respectfully integrate identified diversity needs (appropriate touch, language translation, pronoun use, etc.)

7. I feel whole.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| Strongly Disagree | Disagree | Neither Disagree nor
Agree | Agree | Strongly Agree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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