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Coordination and Collaboration as a Mindset

Discussion for Private Practitioners

Assumptions Lead To Trouble




If it fits in my head, it's probably too small



Don't just do something, sit there!






“ The development of personal strengths (potentials) in the context of balanced life may be the key to well being. ”

Aristotle

Question: Does this ancient concept fit into the idea of integration/collaboration as a mindset?



Not New – Promoting Healing and Health

- ▶ The Ancient Greeks attended Temple to remove themselves from stress and pulls of life. They focused on diet, relaxation, self-examination that was believed to help restore energy and vitality as well as a sense of wholeness, harmony, and balance. There was a holistic view of individuals.
- ▶ *Music Arts Exercise Healthy Nutrition Play and Imagery*

Art, Philosophy, Humor and Spirituality

Lifestyle Practices To:

- Replace *Stress*
- Replace *Anger*
- Replace *Despair*
- Replace *Isolation*
- With *Harmony*
- With *Peace*
- With *Hope*
- With *Community*



High-Level Wellness - term coined by Halbert Dunn in 1961

- Defined as: “An *Integrated* method of functioning of which the individual is capable within the environment.” In Dunn’s definition there is no optimal level of wellness. Instead, he recognizes that wellness is a direction in the progress toward an ever higher potential of functioning.



Dunn stressed the importance of **Mind/Body/Spirit**
Connections

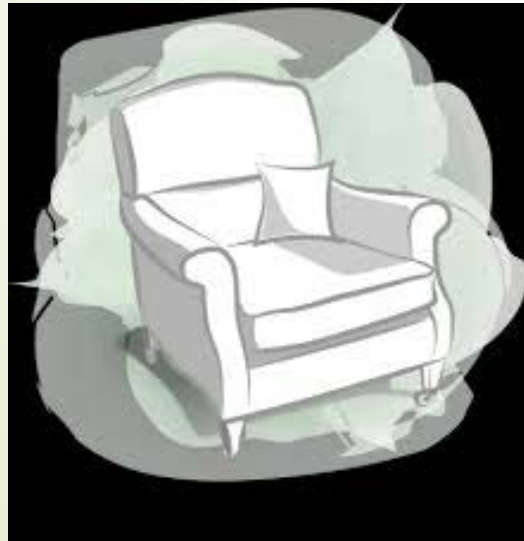
- The Need for Satisfaction and Valued Purposes, and a View of Health is Dramatically More than Non-Illness.
- Wellness is not the absence of disease, illness and stress but the presence of:
 - Purpose in Life
 - Active Involvement in Satisfying work and play
 - Joyful Relationships
 - A healthy body and living environment , and
 - *The Presence of happiness*

Wellness in Eight Dimensions



Swarbrick & Yudof 2014

How Do The 8 Dimensions of Wellness Dovetail with The Mindset of Integration as Private Practitioners?



Private Practitioner – Where Is The Fit?





Time To Think, Process, Discuss

Concepts Readily
Workable

Concepts Challenging to
Adapt





Take Aways