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- Possibilities Counseling Center
- Village of Oak Creek & Sedona
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** with **Harmony**
- Replace **Anger** with **Peace**
- Replace **Despair** with **Hope**
- Replace **Isolation** 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