Whole Person Care Course 3 Worksheet

This worksheet is meant to help collect your thoughts and to help develop a robust plan of action in your life and in your practice. This worksheet is for your personal use and will not be submitted.

During the Course 3 presentation, you will be prompted to complete work within this worksheet. Below is an example of the first prompt.

**\*Worksheet Activity** (Please refer to the "Part 1: Spiritual Practices Evaluation.")

# Part 1: Spiritual Practices Evaluation

Developing a plan to grow in your personal relationship with God is a vital step in every Christian’s life. First, outline your current spiritual practices below and then answer the following questions.

1. **How many hours do you devote to the following spiritual activities per week or month?** *(It is important to note that the total number of hours spent in spiritual activities does not equate to being a good Christian. Instead this data should be used to analyze current spiritual intentionality.)*

|  |  |  |  |
| --- | --- | --- | --- |
| **a)** | **Read the Bible** | **<number of hours>** | *(Per Week*[ ]  */Month*[ ] *)* |
| **b)** | **Spend time in prayer** | **<number of hours>** | *(Per Week*[ ]  */Month*[ ] *)* |
| **c)** | **Participate in corporate worship experiences** | **<number of hours>** | *(Per Week*[ ]  */Month*[ ] *)* |
| **d)** | **Participate in small group experience** | **<number of hours>** | *(Per Week*[ ]  */Month*[ ] *)* |
| **e)** | **Other:**  | **<Activity>** | **<number of hours>** | *(Per Week*[ ]  */Month*[ ] *)* |

1. **Are you satisfied by the number of hours you are currently devoting to these activities?**

[ ] Yes [ ] No

1. **If No, answer the following questions:**

|  |  |
| --- | --- |
| **a)** | **What specific categories do want to adjust? Why is this important to you?** |
|  | <Answer> |
| **b)** | **What would modifications in these specific categories above look like in your current daily/weekly schedule? Is your plan realistic, sustainable, short/long term?**  |
|  | <Answer> |
| **c)** | **What practical next steps will be needed to put your plan into motion?**  |
|  | <Answer> |

# Part 2: Developing a Personal Testimony

1. **An individual's personal testimony can be a powerful experience. What is your personal testimony? Use the questions below.** *(An ideal length for a testimony should be between 3-5 minutes. Once you have refined your personal testimony, practice it with a friend.)*

|  |  |
| --- | --- |
| **a)** | **What was your life like before Christ?** |
|  | <Answer> |
| **b)** | **How did you come to learn about Christ?** |
|  | <Answer> |
| **c)** | **What helped you make the decision to follow Christ?** |
|  | <Answer> |
| **d)** | **How has your life changed because of Christ?** |
|  | <Answer> |

1. **The more you engage in spiritual conversations outside the exam room, the more comfortable you will be in talking to patients about their faith. Where can you practice having spiritual conversations with others?**

|  |
| --- |
| <Answer> |

# Part 3: Mindset for Spiritual Care Action Plan

1. **After watching the video about developing a mindset for spiritual care, answer the following questions for yourself.**

|  |
| --- |
| **General Notes:** What parts are most important to you? How will this knowledge impact your life or practice? |
| <Answer> |
| **a)** | **How do you plan to develop a mindset for providing spiritual care?** |
|  | <Answer> |
| **b)** | **Do you view yourself as a healthcare professional who happens to be a Christian, or a Christian who happens to be a healthcare professional? Are these ideas different to you? Why?** |
|  | <Answer> |
| **c)** | **What does it mean to you to minister to others as a healthcare professional?**  |
|  | <Answer> |
| **d)** | **How do you plan to leverage your role as a healthcare professional for the kingdom of God?** |
|  | <Answer> |
| **e)** | **In what ways do you feel your mind being influenced by each of the two kingdoms?** |
|  | <Answer> |

# Part 4: Heart for Spiritual Care Action Plan

1. **After watching the video about developing a heart for spiritual care, answer the following questions for yourself.**

|  |
| --- |
| **General Notes:** What parts are most important to you? How will this knowledge impact your life or practice? |
| <Answer> |
| **a)** | **What are you currently doing to prepare your heart?** |
|  | <Answer> |
| **b)** | **How do you plan to further develop a heart for providing spiritual care?** |
|  | <Answer> |
| **c)** | **In what ways are you taking up the cross of Christ daily?** |
|  | <Answer> |
| **d)** | **What does your Christian community look like?** |
|  | <Answer> |
| **e)** | **How have you engaged others in spiritual conversations? With co-workers? With family? With patients?** |
|  | <Answer> |
| **f)** | **How do you implement prayer in your organization?** |
|  | <Answer> |

# Part 5: Long-Term Goals

1. **What activities will you attend over the next year to enhance your mindset and heart for providing spiritual care? For example, seminars, conferences, and mission trips.**

|  |
| --- |
| <Answer> |

1. **What groups will you be a part of over the next year to enhance your mindset and heart for providing spiritual care? Examples include faith-based professional organizations, Bible study groups, and other community groups.**

|  |
| --- |
| <Answer> |

# Part 6: Preparation – Pushback

1. **What pushback do you expect to encounter when trying to make changes to your work environment?**

|  |
| --- |
| <Answer> |

1. **What are solutions to these problems?** *(What did you learn from Course 2 that might help you overcome these challenges?)*

|  |
| --- |
| <Answer> |

1. **What is your plan to build relationships at work?**

|  |
| --- |
| <Answer> |

1. **What lessons can you take from Dr. Lorentsen to build positive relationships in a secular environment?**

|  |
| --- |
| <Answer> |

1. **What lessons can you take from Dr. Tellez about the importance of respecting the secular organization's mission, while providing spiritual care?**

|  |
| --- |
| <Answer> |

|  |
| --- |
| **Note:**When taking a history with a patient who expresses an interest in receiving spiritual counsel, remember these key principles:* Make sure that you handle the discussion in an ethical manner.
* Inform the patient that your approach is not necessarily shared by your organization or colleagues.
* Assure them that Whole Person Care is in alignment with the organization's mission, although your approach may be different from other healthcare professionals.
 |

# Part 7: Preparation – Personal Application

1. **List the physical areas you have control over.** (You may have as much as an entire office, or as little as your lab coat, but it is likely you have some space that you can call your own.)

|  |
| --- |
| * <Answer>
* <Answer>
* <Answer>
 |

1. **What small changes can you make to those areas** **(i.e., Lapel pin, business cards, etc.)?**

|  |
| --- |
| <Answer> |

1. **How can these changes impact your practice and patient interactions?**

|  |
| --- |
| <Answer> |

# Part 8: Preparation – Conversation With Leadership

1. **If you meet with your supervisor to discuss your ideas for improved spiritual effectiveness, what should you have prepared?** *(Be willing to work through this process if you meet resistance, rather than demanding that they accept your new approach to patient care.)*

|  |
| --- |
| <Answer> |

# Part 9: Preparation – Staff and Volunteer Application

1. **What culture, activities, and supports can you have in place for your staff?**
2. **Prayer: What will prayer look like in your practice** **(e.g., Group prayer, discreet prayers left in box, etc.)?**

|  |
| --- |
| <Answer> |

1. **Devotions: How will you encourage devotionals (e.g., posted on board, reading groups, etc.)?**

|  |
| --- |
| <Answer> |

1. **Strategies for new Whole Person Care techniques: How will you encourage improvements and celebrate new ideas to improve practices?**

|  |
| --- |
| <Answer> |

1. **Networking: How will you connect with other likeminded professionals to share successes, find solutions to problems, and find and provide encouragement?**

|  |
| --- |
| <Answer> |

1. **Team Conferences and Webinars: How will you encourage your team to participate in spiritual care training that is relevant to them?**

|  |
| --- |
| <Answer> |

# Part 10: Environmental Action Plan

Imagine that all your desired plans for environmental changes and staff/volunteer applications have been approved. Not all your plans can be put into place at once.

1. **What parts of your plan can be implemented sooner than others?**

|  |
| --- |
| <Answer> |

1. **What constraints can you foresee when implementing your plan?**

|  |
| --- |
| <Answer> |

1. **What would be a reasonable goal to set in order to implement all your plans?**

|  |
| --- |
| <Answer> |

# Part 11: Organizational Faith-Based Preparation

Identifying a vision and creating the mission for an organization can be a lengthy process and can involve a number of people. For this reason, take notes to help in this process.

1. **God's vision for your faith-based organization:**

|  |
| --- |
| <Answer> |

1. **Mission of your faith-based organization:**

|  |
| --- |
| <Answer> |

1. **What can you do to help your board develop a Whole Person Care mindset?**

|  |
| --- |
| <Answer> |

# Part 12: Hiring and Training Employees

1. **What is important when considering someone for employment?**

|  |
| --- |
| <Answer> |

1. **What things should be considered in the interview process?**

|  |
| --- |
| <Answer> |

1. **During orientation for new employees, how will you introduce them to the vision and mission of your organization?**

|  |
| --- |
| <Answer> |

1. **How will you provide ongoing training for Whole Person Care for employees?**

|  |
| --- |
| <Answer> |

1. **How will you encourage spiritual growth and maturity for employees?**

|  |
| --- |
| <Answer> |

# Part 13: Hiring and Training Volunteers

1. **What is important when considering someone for a volunteer position?**

|  |
| --- |
| <Answer> |

1. **What things should be considered for recruiting and screening volunteers?**

|  |
| --- |
| <Answer> |

1. **During orientation for new volunteers, how will you introduce them to the vision and mission of your organization ?**

|  |
| --- |
| <Answer> |

1. **How will you provide ongoing training for Whole Person Care for volunteers?**

|  |
| --- |
| <Answer> |

1. **How will you encourage spiritual growth and maturity for volunteers?**

|  |
| --- |
| <Answer> |

# Part 14: Examples for Whole Person Care Preparation

1. **ACTIVITY:** Seeing things from the perspective of your patients is vital when considering environmental changes. For this reason, sit in your waiting room and exam room and ask yourself the following questions.

**Waiting Room:**

* 1. **What am I most likely going to be looking at and interacting with while waiting to be seen by the doctor?**

|  |
| --- |
| <Answer> |

* 1. **What things in the waiting room might I change or adjust to encourage spiritual conversations (e.g., Music, art, magazines, toys, etc.)?**

|  |
| --- |
| <Answer> |

**Exam Room:**

1. **What am I most likely going to be looking at and interacting with while waiting to be seen by the doctor?**

|  |
| --- |
| <Answer> |

1. **What things in the exam room might I change or adjust to encourage spiritual conversations (e.g., music, art, magazines, toys, etc.)?**

|  |
| --- |
| <Answer> |

**Leaving the Office:**

* 1. **Before patients leave, what can they take with them that can encourage or guide them spiritually *(e.g., cards, list of churches in the area, etc.)?***

|  |
| --- |
| <Answer> |

* 1. **Before patients leave, who will they come into contact with? How might these interactions be more intentional?**

|  |
| --- |
| <Answer> |

1. **In what ways can you implement ideas for Whole Person Care preparation presented in this course?**

|  |
| --- |
| <Answer> |