

Spiritual Assessment Detail Page – “IN”

This Page Not Intended to Stand Alone – See Main S.H.I.P. Page For Overview

About the Methodology: This process is offered in the conviction that a holistic approach – one that considers the whole person and life setting – will capture important clues to wellness and wholeness that are helpful to the healing professional. The S.H.I.P. areas of inquiry can be thought of in three pairings: in/on/around, above/beneath, and behind/before. These pairings are easy to remember: simply consider the space around your own body. First, the space spiraling out from within you to on you and then around you. Then, a line that stretches from behind you and continues on to the horizon in front of you. Finally, a line stretching from the stars above you down to your roots beneath your feet. The seven prepositions we use – in ~ on ~ around // above ~ below // behind ~ before – relate to the following life areas: mind-body wellness, external role, connectedness // spirituality, roots // self-narrative, and outlook. This page focuses on the first of seven assessment areas: IN, standing for the internal wellness of the mind-body.

AREA DETAIL PAGE:

ASSESSMENT AREA	IDEAL	TOO LITTLE (!)	TOO MUCH (!)
IN: Mind-body. Physical and mental well-being. Daily self-care. Embodied internal landscape, including self-perception (young, old, weak, strong). Mental and physical stability.	Body and mind in comfort and at ease. Sense of well-being. Healthy self-care, prevention steps, and treatment of diagnosable conditions where applicable. Understanding and acceptance of one’s physical and mental attributes.	Self-denial. Anorexia. Inattention to physical, mental or emotional needs. Wasting conditions. Untreated illnesses, resulting in anguish. Defenses weaken and body or mind succumbs to infirmity.	Gluttony. Excess. Addictions and the resulting wear on the body, mind, & spirit. Body self-attack (cancer, autoimmune, overproduction of antibodies, gout, GERD). Favoring mind or body above all else.

Questions inquiring about the embodied self

- Tell me about your condition.
- How do you take care of yourself?
- Are you sleeping?
- Are you eating?
- Where are your thoughts taking you?



Kinesthetic Exercises (Dance or Drama Therapy)

- Express (in dance or drama) how your body feels right now (or, usually).
- Express (in dance or drama) what it feels like to be young or old, well or ill.
- Dance to me in a way that expresses the landscape of your mind, or use some other way to express this reality in a way others can see it.

Other Notes for the Practitioner

Consider answers to questions or exercises. In a medical situation, consider primary physical complaint and chart notes from physician or mental health practitioner, where available, and/or the results of diagnostics tools. Notice demeanor, coherence. Is there an understanding and acceptance of life stage and physical condition?

This assessment area goes beyond simply the apparent state of health of the patient to also consider the experience of that state. One person can experience a sense of disruption where another would hardly notice an issue. Likewise one person can be at ease even in light of physical challenges. A tendency towards obsession can be experienced as painful, or celebrated as useful, as it might be in meticulous fields, such as computer programming, for example. When a condition is obvious to the casual observer, reaction of others could be experienced as more problematic than the state itself (note this in the 'around' category).

In the ideal for this area, there is healthy self-care and a sense of balance. Reasonable prevention steps are taken, and the body state can provide a sense of physical well-being. When there has been a health crisis, the subject comes to an acceptance and understanding of a "new normal" or baseline. However, lack of treatment, lack of stability, and lack of mental or physical harmony would be problematic. So would focusing on the mind or body to the detriment of the body or spirit. The goal is to have the mind and body at ease, treating any diagnosable conditions and understanding and fully utilizing facilities and differences.

