

Spiritual Assessment Detail Page – “ABOVE”

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 one of seven assessment areas: ABOVE. This area is of central concern to those who are practitioners in the area of ministry. It refers to the way in which the subject perceives and relates to a transcendent element in life.

– AREA DETAIL PAGE: ABOVE-

ASSESSMENT AREA	IDEAL	TOO LITTLE (!)	TOO MUCH (!)
<p>ABOVE. Theology or life perspective. Spiritual resources. Whether beliefs and perspectives regarding the transcendent provide groundedness, comfort, hope, and meaning. Potential source of spiritual compass.</p>	<p>Coherent beliefs and perspectives regarding the transcendent (or, regarding the cosmos). The spiritual as an area of interest, and is recognized as a potential source of personal growth. Beliefs can be articulated. Practices provide strength, peace, hope, comfort, meaning, grounding, or a sense of purpose. A framework for ethics</p>	<p>Area is not thought through. Inconsistencies in beliefs. Little or no interest; not perceived as a possible source of support. Lacking moral compass.</p>	<p>Source of discomfort, fear, or loathing. Closed-minded, reactive, judgmental, or self-righteous attitude that traces back to subject’s belief system. Ideologue. Rigidity. Area is a source of fear and dis-ease rather than comfort and ease.</p>





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(spiritual compass) is
present.

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Questions inquiring about relationship to transcendent element

- What is your philosophy of life?
- Do you believe in fate, or destiny, or ... ?
- What is your source of strength, through rough spots in your life?

Kinesthetic Exercises (Dance or Drama Therapy)

- Express (in dance or drama) your life philosophy
- Express (in dance or drama) your feelings on the subject of God

Other Notes for the Practitioner

The key, especially in interfaith ministry, is not to judge the person's choice of theological framework, but rather to understand how helpful that framework is, in the person's life. How well-thought-through is the theological perspective? Is it coherent? Has it been completely ignored, or is it an area of interest or growth?

One person may very believe that there is a God, but have an incoherent and vague notion of what that God might be. Another may be reactive – self-righteous and judgmental – in their thinking, regarding their position about God or anything transcendent. And yet another may have beliefs that provide a source of comfort, hope, meaning, peace, and strength.

