

Unit 9 Final Project- Personal Assessment

Elizabeth C. Freitas

HW420-01

Kaplan University

Unit 9 Final Project- Personal Assessment

Thankfully the path toward flourishing health is ongoing. It is not something that has a precise ending nor should it for it is a constantly evolving process that adapts to your needs, it pertains directly to your given circumstances, it takes the time for you to develop further in the present world you currently interact, it takes into account all the travels that have lead you down whichever fork in the road that is ahead. As the signs may be different each time, so will the road be as fearful as it is liberating, and there is always something new to discover, unravel, promote or discard, realize, appreciate, scorn, exalt, and gradually ultimately heal.

My personal assessment and subsequent plan is the culmination of years of how a formative happening that, as one author summed up accurately in one book, has repeatedly created "...unresolved chronic emotional stress." (Seaward, B., p. 85, 2009) My coping strategies have been molded in response to how best deal with the stress found in other aspects of my life. This turning point has been shut out and brought up numerous times over these last thirty years and only in the past two have I decided it was time to come to terms with it and form some sort of resolve. It is not an easy task for the happening is one of distress, it is not something for casual discussion in the coffeehouse and it has made several people uncomfortable for it does shake at the very foundation of trust between two people. It has forced me to believe and accept there are certain parameters that if they are broken, the reasoning countering the societal norms and a Christian Commandment is okay. It was not something I could have stopped completely, I was not strong enough to understand right and wrong for the other messages bombarding me, and I fully accept it being a part of my past experiences. But now I have the opportunity to begin the next stage of my healing process.

Unit 9 Final Project- Personal Assessment

If I am to help others in healing and to experience health and wellness, I must show there are parts of me that have been damaged and therefore are capable of healing from the practices herein. Developing awareness and flourishing in good health physically, psychologically, and spiritually is time-consuming, you must center on patience, and can be seen as bizarre. Bizarre in that you are asked to make a leap of faith, you must find your connection between psychology and spirituality within your physical being. A belief in a Higher Power may be necessary, but the idea it all may reside in you? Why is it hiding? And what is the mechanism that will crash the floodgates?

The purpose for every health and wellness professional is to assist others in finding what will uniquely be of benefit to oneself individually. (Dacher, E., 2006) Part of the process is to see how well it works for you, clients will see how it works, they will smile attentively wanting to learn your secrets. Physically you recognize how your body reacts to the world surrounding in the manifestations of your personal health, psychologically you stop, see, explore, and learn from the effects of your thoughts and reactions, spiritually you swell with inner happiness and peace. Eventually you want to share that bountiful joy with others. That is the hope and promise clients need to be convinced of.

*****Assessment and Goal Identification**

The following are areas I identify as the sources of stress (the areas in need of healing) and ways I can implement my current coping strategies. (Dacher, E., Chapter 11: The Integral Assessment, 2006)

Unit 9 Final Project- Personal Assessment

Worldly Flourishing: My life work, currently rating this low as a 3. It is not directly on health and wellness as of yet. You cannot convince me Pastry Arts has physical health in mind! But it has potential as flourishing health through simple happiness, from the chemical processes that fascinate me and others to the completed work being gobbled up and eliciting joy. I have spent years exploring various expressive arts and have latched recently onto pastry. My goal here is to create a balance in physical health and the seductive allure in pastry, demonstrating sweets are possible in a healthy lifestyle but moderation in more than nutrition is needed. And I cannot do this unless I begin more completely working in Pastry Arts and in health and wellness (I'm thinking volunteering in a health facility connected to a hospital is in order).

Interpersonal Flourishing: Make strong personal bonds in relationships, rated as a 5. I consider this the recurring problem. I have seen how destructive not having close family bonds has been on me, and the distance in geographic locations makes it difficult too. Most important is not having a current interpersonal relationship not involving a long distance that I could say is healthy. I have spent too long shuttering out much of the world and need to grow within personal bonds...and not be fearful of them as I have accustomed myself.

Psychospiritual Flourishing: Emotional Trust, also rated as 5. This is the single most troubling aspect that goes down to the core of the emotionally charged problem. I have lost trust in many people and in situations that are commonplace, so much it is now my defense mechanism. I must learn how to recognize trust in people and express my feelings in emotionally responsive but appropriately healthy methods.

*****Goal Development**

My life work: pastries and sweets in general are frowned upon. But they are not going away by a long shot. While I will promote health being physically active I will also promote health in food choices that affect physical fitness. Nutrition is the focus on my undergraduate education but at the heart of it all I see myself as a Pastry Chef. The goodness of fresh fruits and vegetables will be emphasized, I will point in the direction of good purchasing and personal menu planning. I can show it is possible to eat healthy on a budget, to prepare dishes and meals of interest, and how to keep your body moving and your physical health in check. And pastry? You would not think of celebrating your birthday without cake and ice cream. Special get-togethers call for special desserts. Our Western culture says milestones are to be remembered and expressed in a sweet that embodies the occasion, and some will even give sweets to the departed. The other part of my life work will be developing sweets in moderation to one's diet, bite size and dramatic. I need to explore ideas and the fun in methods and preparations of foods, to show how the process is meditative in itself and the end result is nourishing to the soul. All in the name of sharing joy with each other at the feast.

Strong personal bonds: no one needs a huge throng of friends without becoming claustrophobic. But a few good relations are needed for everyone, no one really wants to live alone. I need to identify a meaningful connection to another, see a good person as non-threatening, and be especially confident in my heartfelt intuition. Already I have the ability to walk away from any situation, I need to stop it from being my main response. I have the ability to recreate a new form of positive thinking from the resources I have as strengths. And my

strengths are intelligence and resiliency. When I express these strengths towards others, I will trust my identification of good people, and it will be my prerogative to foster those good relationships thereafter.

Emotional Trust: trusting others takes a leap of faith. In that you hope they will take care of you and of themselves all in good faith. It also means a level of vulnerability exposing And relationship (interpersonal, business, et cetera). And the main problem is not to be so sensitive as many have explained, I need to allow my strength in assessing the situation, express my intuition, and let my strength shine through guilt others may attempt to incur.

*****Practices for Personal Health**

Physical: Pilates. I need a form of exercise that engages both movement and centered concentration. In the ability of controlling the mind and its “mental chatter” I need something a little more than normal meditation. Pilates combines core conditioning exercises that are gentler on the abdominal and lumbar regions, emphasizing posture development, while utilizing breathing and visualization techniques. Since the location of my physical pain is in my lower back, having a physical exercise that focuses more on the same area would be of more benefit. Running is something I still do on occasion but I should run a little more, I still find it is a great way to let out immediate stress and increase blood flow. (Parragon Books, *The Book of Pilates*, 2002)

Psychological: Nature and the Expressive Arts. These two have been my “best friends” and for some odd reason I have slowly moved away from such activities as hiking and painting. The natural world has been a source of communication, of laughter, wonder, and quiet

Unit 9 Final Project- Personal Assessment

observation. When I was a child, I wanted to draw out all I saw in detail, sometime rearranging the colors and transforming the shapes and sizes. It was a release that was very personal and I couldn't explain why other than I liked putting it down on paper. Now I find writing is my main form of expression, many journals have been filled with the thoughts in my head for later reexamination and reflection, some have been destroyed to close that chapter once and for all. Nature has always provided with trails to walk down and a zoo to watch the animals play at the early morning sunrise. Nowadays I do have a slight combination of the two: pastry is the scientific balance of ingredients from nature, created through the combined effort of heat, chemical reaction, knowledgeable hands, and an inquisitive scientific approach. Pastry is different from regular cooking in that you can create three-dimensional shapes like with cornstarch and dairy or cake that is carved much like sculpture. The added benefit from pastry is creating a gift from nature and science that delights the senses and encouraging my inquisitive side. (Dacher, E., *Life-as-Practice*, p. 125, 2006) (Potter, J., 2010)

Spiritual: Prayer. Religion has lost some of its practicality for I associate it primarily with family, and most of the relatives I went to Church with have passed away. It has developed into a lonely experience attending Mass. Instead I should build the spiritual side as opposed to the rituals themselves. Catholicism does provide a unique solution when considering spirituality. The Rosary as a collection of prayers centered on Mary, the Mother of God and the one human who was created without sin and therefore able to conceive the Savior. Mary as human may give comfort in forgiveness and gratefulness. For me it seems a more accessible connection, to connect with an image that is more human. And to continue forward and heal I believe I need to follow down a path that welcomes forgiveness and acknowledge gratefulness for what I have

attained. Plus I need a spiritual practice that assures me I am not alone and fosters hope. (Dossey, L., The Return to Prayer, 2005) What I also believe would be helpful in cultivating spirituality is cultivating a garden. Taking something from seed to fruit to harvest may give an extra connection to the spiritual world represented in herbs and spices. I could create these atmospheres within my house in cosmetics and household products. It was something I used to do fairly regularly, and I'm not too concerned why I stopped I think I just need to start back up again.

*****Commitment to My Progress in Flourishing Health**

Here is my barrier and I have found there is a definition for is the probable cause. I have found commitment has sometimes been difficult for the lack of actual realization of previous life goals. Most specifically not being completely immersed in my current profession, not having that interpersonal relationship I can say is fulfilling, and eroding trust from the previous two life goals. The probable cause has been something I didn't even know there was a diagnosis until recently: anhedonia. Or, the inability to experience pleasure in everyday or previously enjoyed activities. This problem has been going on for years I have been told, the possible reason I jump from different experiences and not finding true happiness. Also, this is the inability to experience pleasure and happiness later in repeat engagement of the same activities. I know I have lost some of the fervor I had before over some activities, but I should revisit a few, I named herb gardening as one possibility, I need to get back to something I had pleasure in and examine why I felt it was necessary to leave it behind.

I do see a light ahead in resolution of this “medical” problem and not in the medications I have been recommended. If I take this integral health assessment and plan to heart, and accept the distinction between immediate pleasure and long term flourishing, then I am to engage in the variety of practices I have personally outlined with patience. As confirmation, I need to reassess my development with a third party, an outside practitioner, someone who I feel is helping me and can look at the entire journey objectively. Finding outside support is essential to any healing practice, both conventional and integral, and I need to value support when it works for me and I feel my emotional health improve.

*****A Closing Observation**

In hindsight maybe I am able to say these practice do work and here’s why. If I have had a long-standing problem unresolved emotional issues, why has it only manifested in my emotional side? I do have a few physical problems, my lower back and knees exasperated by some forms of physical activity, but beyond that...that’s it. Cardiovascular disease runs in my family. Notably my grandmother suffered congestive heart failure, and one branch of the family tree has been devastated by cancer with no two cases being the same type of cancerous diagnosis. My sisters have afflictions of their own, one suffered a heart attack at age 36 the other came down with lupus, but here I am given full bill of health by every conventional doctor out there while my emotional health is recognized as the source of my personal affliction.

My observation here is why my health seems lopsided, and from researching and writing this paper I now see some of the benefits of integral health and I had no idea I was practicing them, namely in nature and the expressive arts. I feel a connection to the natural world that some

Unit 9 Final Project- Personal Assessment

do take as “new age”, where I sense a vibration in herbs and spices, bringing out their qualities based in taste and texture. I revel in an animal’s pure emotive expression and attach personality to their instinctual behaviors. It makes me smile in retrospect, that when I have felt emotional stress in whatever sort, I have returned to these two areas of psychological relief albeit not in the same procedure every time. And I could probably say with confidence there is some evidence that integral practice is beneficial, for I have some proof I can pass on. Now I need to pave the course in the direction I feel can provide me with what I long for, and probably what others ask for in health and wellness, peace created within my heart and soul.

*** **

One final thought on the journey so far: when I was a child I remember a time in 2nd (maybe 3rd) grade when our teacher covered the music lesson. The subject was folk song and the recorded sonic examples were of sea shanties. I could never remember who was singing, just an all-male choir, and I was enthralled! I made the decision I wanted to sing like they did and the same types of songs. Later years had directed me to choral music and I sang in middle and high schools, one year in college, introducing me to a world of music that I still continue for my listening pleasure today but only in recordings. I have wondered why I stopped singing, I understood the feeling in that I did not have the desire any longer. When I worked in retail selling music I finally found the recording: the Men of the Robert Shaw Chorale, Sea Shanties, and the song, my lasting memory was the chorus: Bound for the Rio Grande.

I cannot say it was predestined for me to be here in El Paso Texas next to where the Rio Grande flows (the song actually refers to the Rio Grande in Brazil). But it is fascinating that the

Unit 9 Final Project- Personal Assessment

point in my life when I desire to feel healed it happens to be a place that is personally and recognizably inspiring from its locale, a river that has gone many places but goes in one direction only, forced down a gravitational path and pushes around the earthen formations, opening to a wider world. Strangely and spiritually I may be straining to sing again.

Unit 9 Final Project- Personal Assessment

References:

Bremness, L., *the Complete Book of Herbs: A Practical Guide to Growing and Using Herbs*. 1988, New York, NY: Viking Studio Books, a division of Penguin Books.

Brynie, F., Brain Sense: Depression and Anhedonia. Published December 21, 2009, Psychology Today, copyright 1992-2012, Sussex Publishers, LLC.

<http://www.psychologytoday.com/blog/brain-sense/200912/depression-and-anhedonia>

Dacher, E., *Integral Health: The Path to Human Flourishing*. 2006, Laguna Beach, CA: Basic Health Publications.

Dossey, L., The Return to Prayer. *Altern Ther Health Med* 3(16) 10-17, 113-120, 1997.

Parragon, *the Book of Pilates*. (no author) copyright Parragon Books Ltd, 2002, Bath, England, United Kingdom. Edition re-released 2010.

Potter, J., *Cooking for Geeks: Real Science, Great Hacks, and Good Food*. 2010, Atof Inc., Sebastapol, CA: O'Reilly Media Inc.

Schlitz, M., Amorok, T., Micozzi, M., *Consciousness and Healing: Integral Approaches to Mind Body Medicine*. 2005, St. Louis, MO: Elsevier Churchill Livingstone.

Seaward, B., *Managing Stress: Principles and Strategies for Health and Well Being*. 2009, Sudbury, MA: Jones and Bartlett Publishers.

Shaw, R., (Conductor) Men of the Robert Shaw Chorale, *Sea Shanties*. RCA Victor Living Stereo, recorded 1960. Copyright 1999, 1993, 1961, BMG Entertainment. New York, NY. 0926-63528-2

assessments such as the Strong Interest Inventory (SII), which assesses general occupational themes, occupational scales, basic interest scales, personal style scales, and provides a response summary (Fawcett & Neukrug, 2010). This will help Marceline obtain an idea of what career she is desensitized to information that is personal and very intimate, allows the therapist to view facial expressions and behaviors (especially when talking about sensitive information), helps the examiner to learn about the client's problem areas and put them in perspective, and helps the client understand their own behavior. Documents Similar To Unit 9- Assessment Report Final Project (Screening and Assessment Class). Carousel Previous Carousel Next. Unit 9: Course Review, Final Exam, and Disaster Simulation. Sample Disaster Scenario. Apple Valley is a rural community with a population of 13,000. 1. A. Join the CERT in disaster response efforts B. Help professional responders C. Ensure personal and family safety D. Do the greatest good for the greatest number of people. 2. CERT members volunteer to fill non-disaster roles. An example of a non-disaster function of CERTs is: A. Staffing parades, health fairs, and other special events B. Monitoring the news for potential disaster threats C. Petitioning local officials for more local emergency response funding D. Distributing political pamphlets and other materials. Personal Project Assessment Criteria Template. corningareaschools.com. Your project assessment template conclusion must be based on the end result of the project's effect in a certain place and not on personal view alone. > We are Here to Help. Project management requires careful planning and execution of each procedure to make sure that it will serve its purpose.