

WHOLE HEALTH 202: IMPLEMENTING WHOLE HEALTH IN CLINICAL CARE

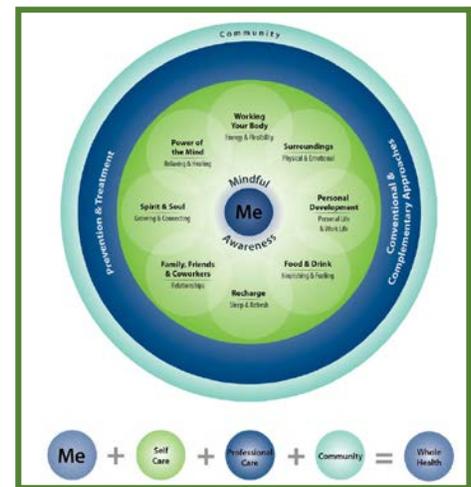
A deeper dive into the “how-to’s” for Whole Health Clinical Care

About the Course

Whole Health 202 is an intensive, highly practical 4-hour experience for busy VA clinicians and clinical teams that provides additional skills and tools to make clinical practice more effective, efficient and satisfying. According to research, the vast majority of patients with chronic disease do not feel they are able to effectively support their own self-care and self-management. Whole Health 202 provides clinicians and teams with a quick-start guide for helping patients optimize their own health and well-being.

Objectives:

- 1) Enhance skill in co-creating shared goals with patients
- 2) Optimize the potential healing impact of a therapeutic relationship, including effectively conveying empathy and caring
- 3) Improve ability to have skillful conversations that facilitate behavior change
- 4) Optimize outcomes by effectively utilizing different interprofessional team members, including traditional team members, as well as patients, families, peers, health coaches, CIH (Complementary and Integrative Health) professionals, etc.
- 5) Incorporate Complementary and Integrative Health approaches into the care of patients as appropriate
- 6) Use force multipliers to support Whole Health Clinical Care, including leveraging teams and systems approaches, to work smarter, not harder



CEUs (3.5 hours) are available for physicians, psychologists, pharmacists, nutritionists, social workers and nurses. Attendance at all four hours of training is requirement for obtaining CEU credits through EES.

Whole Health 202 builds on the foundational knowledge of Whole Health from the Whole Health 100 level programs; prerequisite is Whole Health 101, or Whole Health 102 or 102F, or equivalent).

WH 202: Implementing Whole Health in Clinical Care

Course Agenda

Program Overview 8:00-8:15

Part I: Whole Health- Before We Start 8:15-8:55

- Does it Work: Overview of Systematic Reviews of the Evidence
- Slowing down: Creating Time and Space

Break

Part II: Bringing Whole Health to Life- 1:1 with a Patient 9:00-10:00

- The Power of You- Enhancing Your Therapeutic Presence
- Whole Health Conversations and Mini-Tools

Break

Part III: Complementary and Integrative Health (CIH) 10:10-10:35

- Overview of CIH in VA
- Evidence
- Incorporating CIH into Your Clinical Care

Break- Mindful Movement

Part IV: Whole Health: Using Teams and Systems 10:40-11:40

- Personal Health Planning
- High-functioning Teams
- Systems Approaches to Whole Health

Part V: Wrap-up 11:40-12:00

- Getting to the Ideal State: What If?
- Closing Activity
- Evaluations