

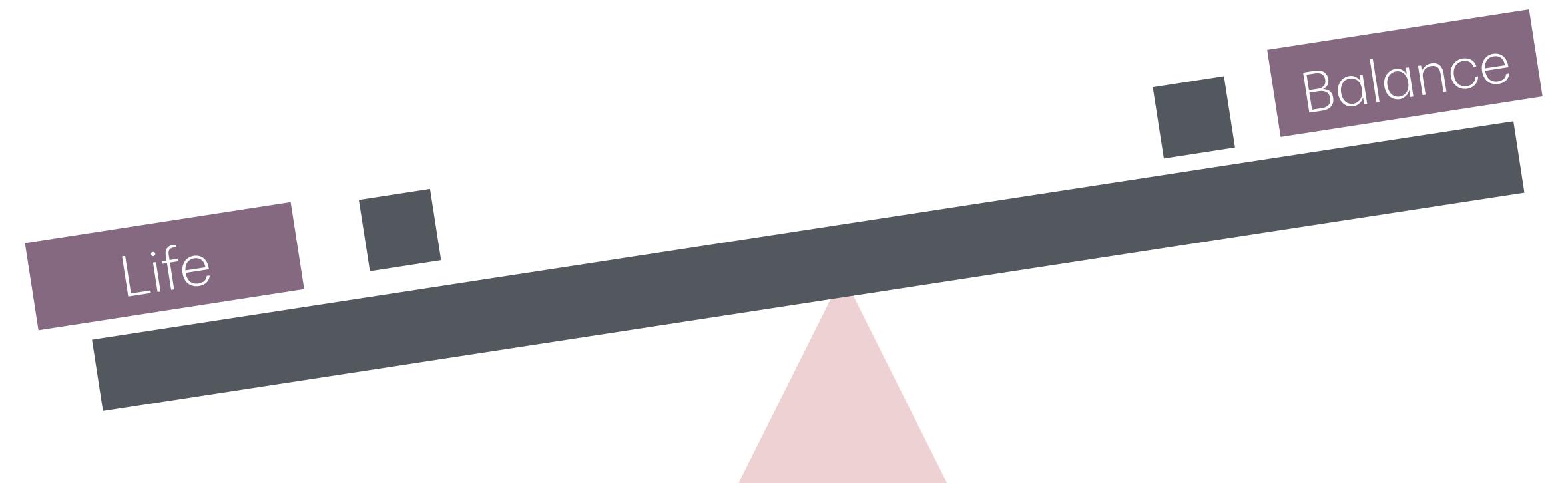
# Helping Understand Balance

Using the Holistic  
Wellness Wheel as a  
Tool for Practice and  
Assessment

A Teaching Demonstration

with Jacob Campbell, Ph.D. LICSW  
at Heritage University

April 18th, 2024



# Agenda and Objectives

Jacob Campbell's  
Teaching Demonstration

## **Agenda Topics**

Getting settled in our discussion

Examining the historical context of a practice

Completing individual wellness wheel

## **Learning Objectives**

Experience a demonstration of teaching strategies

Describe a medicine wheel and its context and history related to the tool being shared

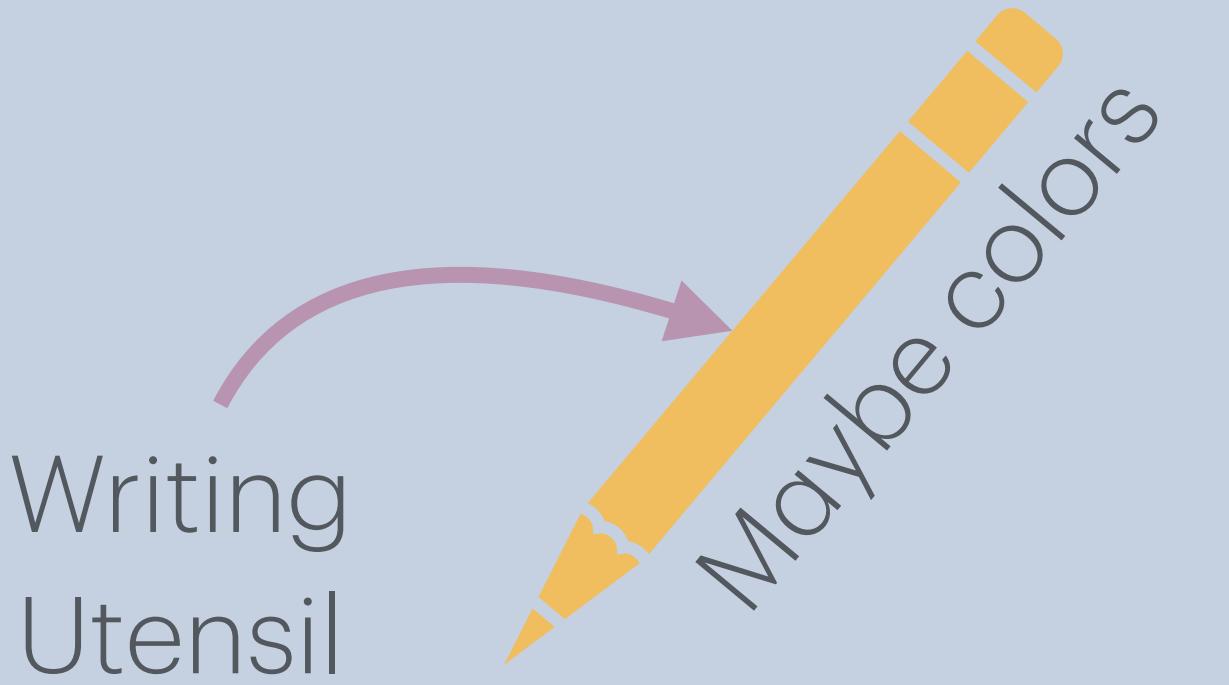
Engage in self-reflection areas of my life related to the whole

Basic understanding of using the wellness wheel and how it helps develop insight

# What You Will Need



A blank  
sheet of  
paper



Writing  
Utensil

Maybe colors



Willingness  
to Self-  
Reflect

## **Education**

- BA and Masters in Social Work from Eastern Washington University 2009
- Ph.D. from California Institute of Integral Studies 2023



## **Dissertation Title**

A Professional Learning Community for Developing Trauma-Informed Practices Using Participatory Action Methods: Transforming School Culture for Students with Emotional and Behavioral Disabilities

## **Employment**

School social worker at Pasco High School since 2014

Adjunct Faculty at Heritage University since 2013

Licensed Independent Clinical Social Worker

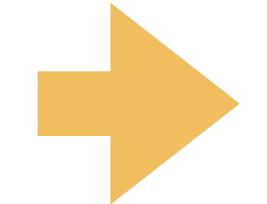
Previous employment include Tri-Cities Community Health, Crisis Residential Center, and Jubilee Youth Ranch

- **Adapted from content I teach BASW students**
- **Positive feedback from students and usefulness in real-world practice**
- **It has been a formative tool for me**
- **I wanted to take on the challenge and something that would require care and consideration in presenting**

You may cover any topic you choose, and your audience will be looking at your fit for teaching graduate courses in social work. Please feel free to include any teaching strategies you would use in a class.

# **Problem Assessment in Social Work**

(Hepworth, et al., 2017)



Identifying the presenting problem

Uncovering the sources of this problem

Engaging the client in planning

The Holistic Wellness Wheel

A tool for  
helping a client  
understand  
balance

But first, we have to look at  
some history and where  
this has developed from



Our Practices



## The Bighorn Medicine Wheel, 2011

The rock circle is about 80 feet in diameter, with 28 'spokes' radiating from a central cairn, five cairns around the rim and a sixth slightly outside the perimeter. US Forest Service photo (Chapman, 2019).

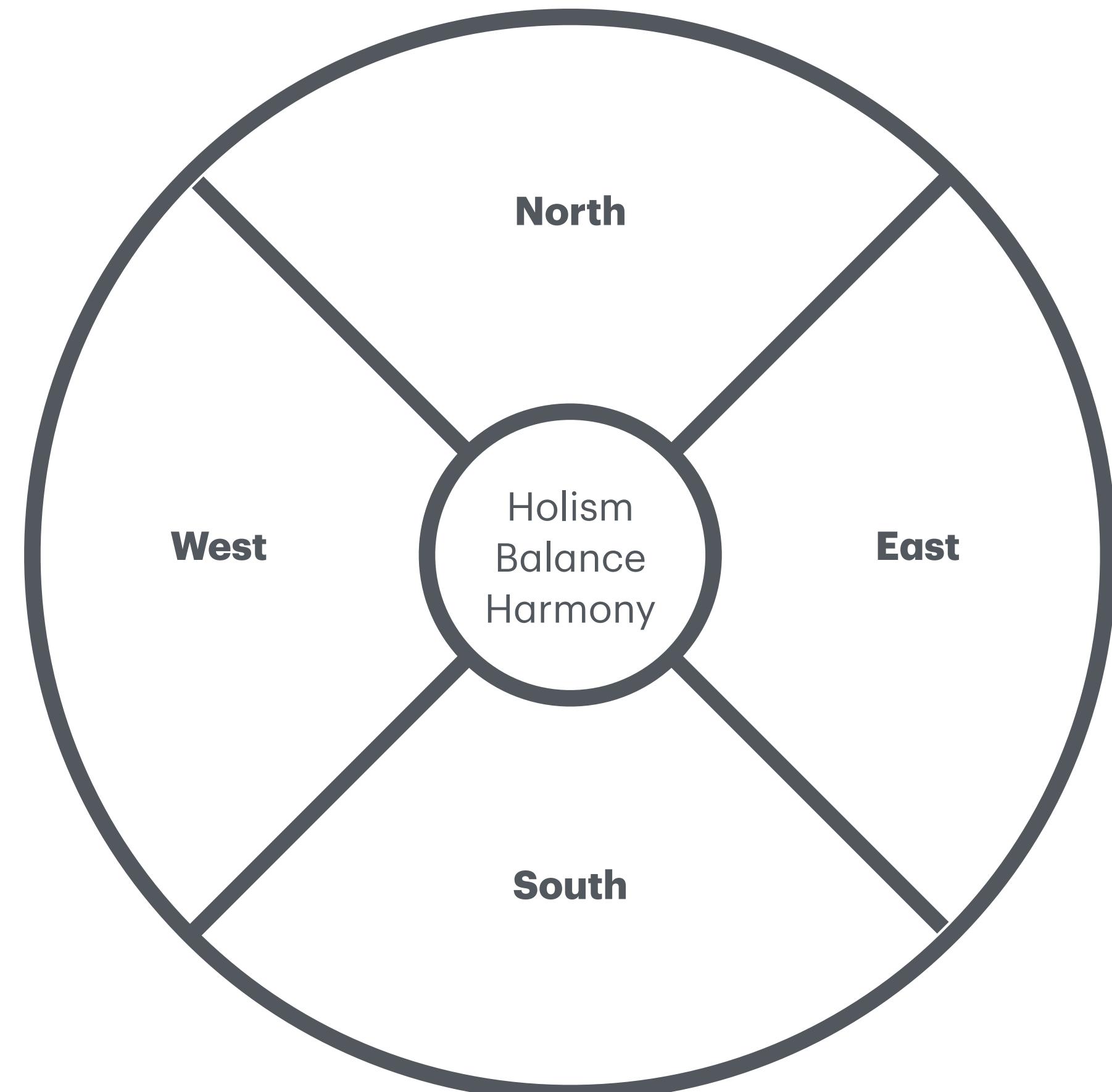
When Europeans arrived in the Americas, thousands of medicine wheels existed throughout the continent (Gilgun, 2002)

The Medicine Wheel is sometimes referred to as the Hub. The spokes on it describe both positive and negative aspects of our being (Manitowabi, 2018)

# The Medicine Wheel as a Symbol

## Some of the challenges and depictions

- The initially published depiction as a graphical symbol was problematic (Shaw, 1995)
- There are a wide variety of symbols of the medicine wheels exist (Robertson, 2021)
- Teachings regarding the medicine wheel are different between communities, but there are some foundational concepts that are similar (Manitowabi, 2018)



The generic medicine wheel based on Roberts et al. (1998).

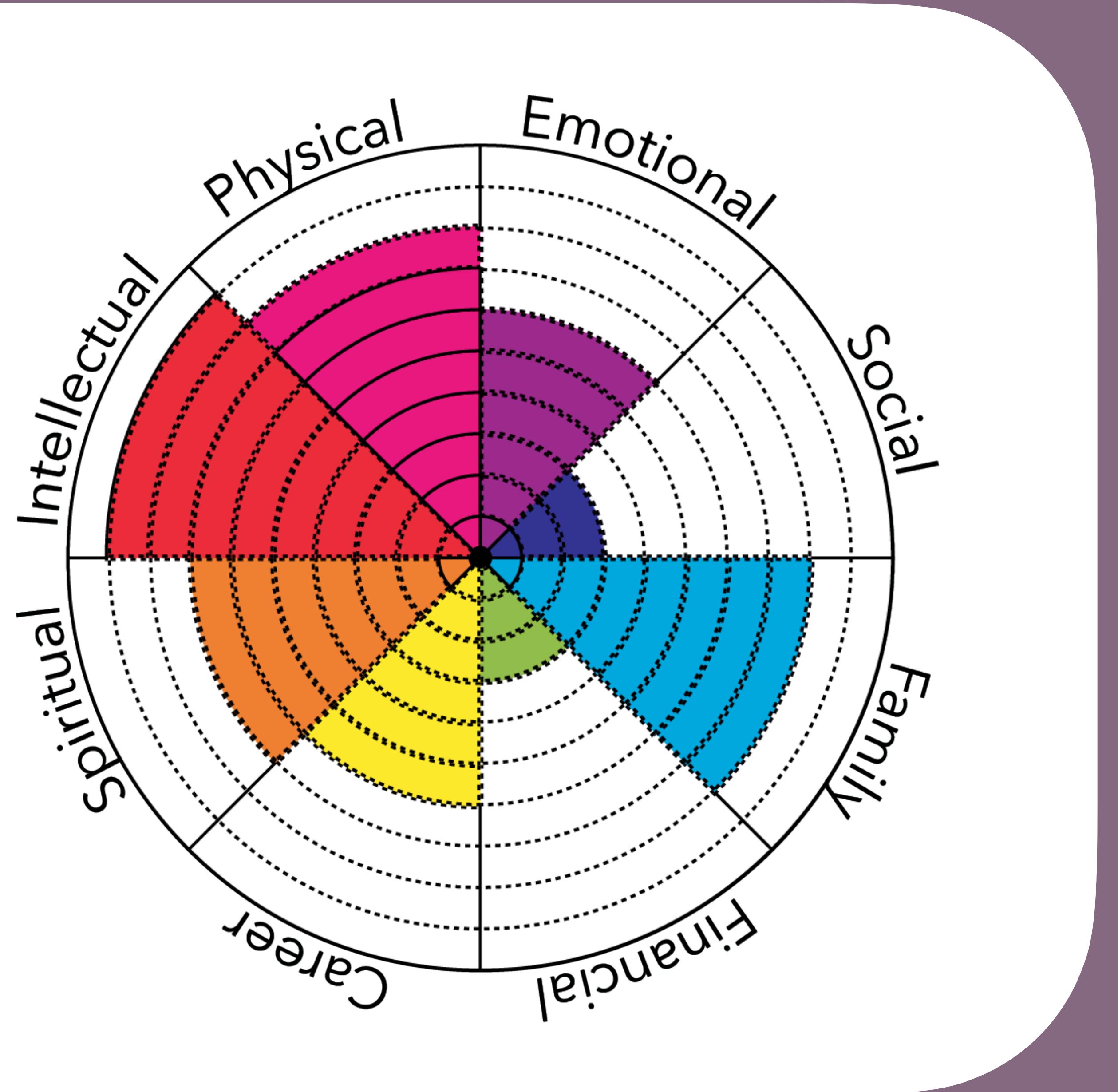
# Teaching The Medicine Wheel

How might non-Indigenous teachers sensitively work with this subject

- Identify and analyze our own positionality within the dominant culture
- Practice empathy and consciousness in understanding the negative impact that colonization still has (and previously had) on the Indigenous culture and way of living
- Acknowledge the diversity of the teachings from various indigenous cultures
- Remain open to discussion and criticism from the supports around you
- Present with respect and an honest heart
- Cite an Elder or Knowledge Keeper as part of your reference

The challenge then is not to replace “western science” with “cultural wisdom” but to link the knowledge therein to indigenous cultures. By facilitating a meaningful appropriation of the techniques by which new knowledge may be learned, aboriginal people will generate new knowledge.

(Robertson, 2021, p. 7)



# Holistic Wellness Wheel

# Ideas for Implementation

- Track progress over time
- Uncover priorities and next steps
- Develop insight and links between aspects of our lives
- Visual example of how challenging aspects of life can cause bumps in the road
- Have client develop their own area for review
- Use as a tool with groups and families

Loiselle and McKenzie (2006) describe a system with four steps:

1. A space to self-reflectively write about where you are
2. A graph to track and review progress
3. An opportunity to review life events and impacts
4. A place to write out a self-care plan

# Questions



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