



WHOLISTIC HEALTH PROGRAM © REGULATORY STATEMENT

ABOUT THE WHOLISTIC HEALTH PROGRAM ©

The Wholistic Health Program © utilizes 10 exercises designed to improve physical, mental, and optionally spiritual health by addressing a core influence in our lives: relationships. The program has varying completion timeframes, is easy to follow, interactive, and can be self-directed, group supported, or supported by a clinical professional to meet the flexible needs of the individual. It was designed to fill gaps observed between healthcare practices and regulatory and accreditation requirements. It's format addresses some of the top regulatory and accreditation issues including having individualized and personalized treatment plans, using evidence-based programs, and incorporating spiritual health into treatment which is optional based on individual beliefs.

BENEFITS OF THE WHOLISTIC HEALTH PROGRAM ©

The Wholistic Health Program shows evidence of positive outcomes by: 1) Detoxing physically and mentally, 2) Replacing unhealthy habits with positive habits, 3) Increasing emotional intelligence, 4) Practicing positive self-talk, 5) Setting healthy boundaries with important people, 6) Addressing and processing traumatic experiences, 7) Reshaping the external environment, 8) Reshaping inner circles, 9) Addressing forgiveness, 10) Overcoming fear, and many more factors scientifically found to impact relationships, health, and quality of life.

EVIDENCE BASED WHOLISTIC HEALTH PROGRAM ©

The Wholistic Health Program was designed with extensive literature review, pilot participants, and sound techniques and models: Neuroplasticity Cognitive Training techniques, Cognitive Behavior Therapy techniques, Repetitive Behavior Redirection techniques, and the Stages of Change Model. The overall objective identifies healthy concepts and barriers to healthy relationships, reinforces a healthy foundation through awareness, and uses repetition to build and strengthen neural pathways for habits that encourage healthy relationships, improved health, and an increased quality of life. The accompanying Wholistic Health Assessment © encourages data informed progress and decisions.