

AMERICAN BOARD OF INTEGRATIVE HOLISTIC MEDICINE BOARD CERTIFICATION APPLICATION / REGISTRATION



American Board of Integrative Holistic Medicine

Application Criteria

- **Eligibility:**

Applicants must hold an MD or DO degree and a current license to practice medicine in the United States or Canada. Applicants must have been in practice or academic medicine as a licensed MD or DO for a minimum of two years.

On specific application, physicians in residency or having recently finished residency training may be granted permission to take the examination if they have had significant integrative/holistic experience.

- **The Application Requirements:**

- a. Completion of the Application Form from the application packet (page 2, below).
- b. Submission of copies of current medical license, and one additional document: e.g. residency training certificate, medical school diploma, specialty certificate.
- c. Submission of a 600 -1,000 word paper (1-2 pages) describing the applicant's "journey" as a physician and his/her interest in integrative/holistic medicine. Mention of prior Continuing Education deemed appropriate is encouraged.
- d. One written letter of recommendation from a knowledgeable colleague or associate.
- e. Complete payment of application fees.
- f. Achievement of a passing score on the written examination November 12, 2010.
- g. Completion of the Holistic Health Score sheet for the applicant's personal information and reflection only (do NOT return with the application. The health score is for personal reference and feedback only.) This questionnaire has been used in a published study: Myklebust M, Pradhan EK, Gorenflo D. An integrative medicine patient care model and evaluation of its outcomes: the University of Michigan experience. *J Altern Complement Med* 2008 Sep; 14(7):821-6

Available and Recommended: Contact with an ABIHM diplomate mentor, who will provide information, acquaintanceship and support for each candidate undergoing ABIHM certification. If requested by candidate, mentors will be assigned by the ABIHM office on receipt of the completed application.

Important: All application requirements must be received prior to sitting for the examination. Please come to the examination prepared to provide identification (valid driver's license or passport).

For Additional Information, contact:

Nancy Sudak, MD, ABIHM, DABFM, Executive Director
The American Board of Integrative Holistic Medicine
5313 Colorado St Duluth, MN 55804-1615
Ph 218-525-5651 Fx 218-525-5677
e-mail nsudak@holisticboard.org
www.holisticboard.org

THE AMERICAN BOARD OF INTEGRATIVE HOLISTIC MEDICINE

For treating acute medical problems and trauma, conventional medicine in the United States has evolved a very efficient system unsurpassed by any of the world's "developed" nations. However, 85 percent of our health-care costs are paid for the management of chronic and degenerative disease. The conventional approach to chronic illness has utilized techniques that attempt to intervene in the degenerative process, relying heavily on drugs and surgery, while the importance of lifestyle and the mental, emotional, social and environmental aspects of human experience have attracted only minimal attention. Energy medicine and spiritual experience and their relationship to healing have received even less emphasis.

Studies during the last decade have repeatedly confirmed the intense interest of consumers in the areas encompassed by Integrative Holistic medicine. Government agencies, legislatures, medical educators and insurance carriers are attempting to respond to the challenges precipitated by this interest.

Integrative Holistic Medicine is the emerging medical specialty that incorporates the art and science of (1) caring for the whole person – body, mind, and spirit – to treat and prevent disease; and, (2) empowering patients to create a condition of optimal health far beyond merely the absence of illness. Both inside and outside the medical profession, this concept of **medicine of the whole person** is gathering increasing support. The body-mind-spirit approach integrates many disciplines and modalities, including physiology, biochemistry, nutrition, exercise, environment, emotions, attitudes, beliefs, social relationships, manual medicine, herbs, homeopathy, energy medicine, acupuncture, ethnomedical disciplines, meditation, prayer and biofeedback.

Holistic medicine is based on the core belief that unconditional love is life's most powerful healer. At its essence, the practice of holistic medicine embraces a spirit of interdisciplinary and physician-patient cooperation; balances the mitigation of causes with relief of symptoms; integrates conventional and complementary therapies; and facilitates the experience of being fully alive.

As these concepts were slowly incorporated into American medical practice, medical education, health planning, and research, **reasonable standards needed to be established** regarding the application of the body of knowledge which encompasses the field of Integrative Holistic Medicine. The ABIHM is not a membership organization. The ABIHM is not a member of the American Board of Medical Specialties (ABMS), but we are a third party certification board that establishes the criteria and standards for Integrative Holistic Medicine across the United States, similar to other specialty boards.

The ABHM was founded and incorporated in 1996 for the purposes of:

- Evaluating the candidacy of applicants desiring certification as specialists in Integrative Holistic Medicine.
- Establishing and maintaining a recognized standard of excellence in the specialty of Integrative Holistic Medicine.
- Improving the quality of medical care provided to the public.

The founders envisioned a paradigm shift in the practice of medicine in the United States. Certification will help meet the public demand and professional interest in the inclusion of "complementary," "integrative," and "holistic" options in the delivery of the best medical care. The offering of the Board's first certifying examination in December of 2000 marked a milestone in the realization of the vision of the founders of the ABHM.

In today's concern for excellence and accountability in medical care, qualification by virtue of having met this peer-reviewed standard has implications for medical training and practice, as well as the

legal and reimbursement systems. As a result of achievement of board certified status, the 1,289 Diplomates of the ABIHM know that:

- They have met the only comprehensive peer-reviewed test standard for MDs and DOs regarding knowledge in Complementary, Integrative and Holistic Medicine.
- Their patients will benefit from the enhancement of their holistic skills as the result of attendance at the review course and preparation for the certifying examination.
- Their location as board-certified holistic physicians will appear on the ABIHM website which is available for inquiries by patients seeking holistic resources.
- They have contributed to the advancement of the cause of Integrative Holistic Medicine as part of the growing number of certified physicians.
- In licensure, medical disciplinary and medicolegal issues, they will be recognized as members of a group with peer-reviewed, acknowledged standards based on an identified body of scientific knowledge.
- Their diplomate status will be available to credentialing verification services

The **American Board of Holistic Medicine** officially changed its name to the **American Board of Integrative Holistic Medicine** in January of 2008. The ABIHM offers its next written examination November 12, 2010, following the Eleventh Annual Intensive Review Course co-sponsored by The Scripps Center for Integrative Medicine. The best preparation for the certification examination is attendance at the Annual Review Course. Candidates can also prepare by reviewing the ABIHM Curriculum Study Guide, which is provided as a CD and printed copy on registration for the exam and payment of the examination fee. This 600 page Curriculum Study Guide has been prepared by the presenters at the review course to specifically aid physicians who wish to advance their medical practice in a holistic direction as well as prepare for the written examination.

- **Recertification** with the ABIHM is required every seven years. The certification maintenance process consists of •updating current contact information, •submitting a copy of current licensure, •documenting of 120 hours of category I CME with an emphasis of integrative holistic content over the seven year span, •submission of a case history (or an academic growth log for those not involved in patient care), and •answering two questions in each of six self-selected topics of integrative holistic medicine from materials taken from the ABIHM curriculum syllabus and supplied by the ABIHM office.

**For Additional Information:
contact**

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PRINCIPLES OF INTEGRATIVE HOLISTIC MEDICAL PRACTICE

1. **Optimal health** is the primary goal of integrative holistic medical practice, deriving from the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human experience. The result is a state of being fully alive, a condition of well-being transcending the mere absence or presence of disease.
2. **The healing power of love:** Integrative holistic physicians strive to relate to patients with grace, kindness and acceptance, emanating from an attitude of unconditional love as life's most powerful healer.
3. **Wholeness:** Illness is a dysfunction of the whole person – body, mind and spirit – or the environment in which they live, rather than simply a physical disorder or a random isolated event.
4. **Prevention and treatment:** Integrative holistic practitioners promote health, prevent illness and manage disease processes. Integrative holistic medical treatment balances relief of symptoms with mitigation of causes.
5. **Innate healing power:** All persons have innate powers of healing of body, mind and spirit. Integrative holistic physicians evoke these powers and help patients utilize them to affect the healing process.
6. **Integration of healing systems:** Integrative holistic physicians embrace a variety of safe and effective options in diagnosis and treatment, including education for lifestyle changes and self-care, complementary approaches, and conventional drugs and surgery.
7. **Relationship-centered care:** The quality of the relationship between physician and patient is a major determinant of healing outcomes which encourages patient autonomy and values the needs and insights of patient and practitioner alike.
8. **Individuality:** Integrative holistic physicians expend as much effort in discerning a patient's uniqueness as they do in establishing what disease may be present.
9. **Teaching by example:** Integrative holistic physicians continually work toward the personal incorporation of the principles of holistic health, in turn profoundly influencing patients by their own example and lifestyle choices.
10. **Learning opportunities:** All life experiences including birth, illness, suffering, joy, and the dying process are profound learning opportunities for both patients and integrative holistic physicians.

ABIHM Intensive Review Course Attendee Comments

- "This course has been by far the best continuing medical education program I have ever attended."
 Peggy Lamkin, MD ABIHM 2000 Silver Spring, MD
- "I just wanted to let you know before the feeling faded how much I appreciated the ABHM Review Course. While I arrived in Denver as a somewhat confused and burned out doctor, I left excited to be a physician/healer and encouraged about the chances for helping 'my' patients and make real changes in their/our lives. For that I'm very grateful; it was a transformative experience."
 Marc Weinberg, MD, ABIHM 2000 Sarasota, Florida
- "This was the most exciting medical educational experience I have ever encountered."
 Earl Trievel, DO, ABIHM 2001 Lionville, Pennsylvania
- "Thank you for a wonderful conference; I no longer feel so alone in my beliefs."
 Colette Kirchoff-Goméz, MD, ABIHM 2001 Bozeman, Montana
- "This was the very first medical meeting I've ever been to where I wanted to stay for every minute."
 Angelique Hart, MD, ABIHM 2001 Miami Springs, Florida
- "The ABHM Review Course was a wonderful springboard and base from which to grow . . . to make it possible for me to be the type of physician I desire to be. It became an open-minded bridge to the deepest realms of healing which reside in the heart and spirit."
 Steve Panebianco, MD, ABIHM 2001 Oro Valley, Arizona
- "The Course was fantastic. The speakers were remarkably able to cover a lot of material, and they too were 'real people.' I have rarely been to such a conference. It made me feel like I had found a new home."
 Pat Ausman, MD, ABIHM 2001 Montgomery Village, Maryland
- "I thoroughly enjoyed the spirit and content of the ABHM review course, whether I pass the boards or not!"
 Wayne Belanger, MD ABIHM 2001 Avila Beach, CA
- "I just wanted to thank you for an absolutely fantastic course. I had a marvelous time . . . the content and presenters were 'the tops.'
 W. Michael Carragher DO, ABIHM 2002 Los Angeles, CA
- "I have never been to a course like this. I am so glad that I heard about it."
 Paula Bennett, MD ABIHM 2002 Dover Plains, NY
- "This is the best conference I've ever been to."
 Al Lewis, MD, ABIHM 2002 Billings, Montana
- "I just wanted to thank you for an absolutely fantastic course. I had a marvelous time . . . the content and presenters were 'the tops.'"
 Bill Ferill, MD, ABIHM 2002 Whitefish, Montana
- "The course was marvelous and spiritually uplifting. The speakers were willing to just hang out with us."
 Sue Stone, MD, ABIHM 2002 Fresno, California
- "I came to this conference to change my career and leave with it changing my life."
 Michael Allen, MD, ABIHM 2004 Sacramento, California
- "The course for me was a life-changing event, one of those 'aha' experiences. I had not felt so alive in several years. You have changed my life by making me realize that I was living in too small a world."
 Leo Walker, MD ABIHM 2004 Columbia, South Carolina
- "The conference was unlike any other medical conference I had ever attended. It combined passion and humanism with cold unrelenting scientific principles and the material presented was evidence based and grounded by practitioners with clinical experience."
 Lloyd Costello, MD, ABIHM 2006 Pomona, California
- "Let me tell you again how much I enjoyed the course in San Diego - it was an inspiring week."
 Pat Normand, MD ABIHM 2006 West Newton, Massachusetts
- "Thank you again. Wonderful conference."
 Rob Banner, MD, ABIHM 2007 London, Ontario, Canada

“Thank you. The conference was a rejuvenating experience. I found the exam challenging, but re-affirming my studies.”
Sudhir Nagaraja, DO, MS, ABIHM 2007 Arlington, Virginia

“I first of all wanted to thank you for all your help and your wonderful lectures at the recent conference in San Diego. . . . All the lecturers at the ABHM have truly enlightened my life.”
Abraham Broudy, MD, ABIHM 2007 San Diego, California

“I wanted you to know how much I enjoyed the seminar and how valuable it was.”
Michael Keramati, DO, DDS, ABIHM 2007 Encino, California

“Thank you. The whole process has been life changing for me.”
Drew Christensen, MD, ABIHM 2007 Safford, Arizona

“Again, thank you for putting together the BEST conference I have attended.”
Gadi Revivo, DO, ABIHM 2007 San Diego, California

“The course was by far one of the best conferences I have gone to.”
David Lancaster, MD, ABIHM 2007 Dallas, Texas

“Thank you so much for a fantastic week. It must make you feel so good about the number of providers passionate about holistic medicine.”
Anne Knott, MD, ABIHM 2007 Burlington, Vermont

“I very much enjoyed the conference in San Diego. Listening to experts discuss from the head as well as the heart was refreshing and informing. Meeting ther physicians with whom I felt a deep connection on mental, emotional and spirit levels, I re-turned to my practice with renewed vigor and conviction that I am in very good company.”
Marianne Rothschild MD, ABIHM 2008 Mt. Airy, Maryland

“I just wanted to thank you for the awesome conference. It was certainly the best I've ever attended and added much enthusiasm and enjoyment to my practice . . . Thank you again.”
Greg Putalik MD, ABIHM 2008 Harbor Springs, Michigan

“The course in November truly changed my life and my thoughts of how to practice medicine. I have incorporated all the thoughts, ideas, and lessons into my daily life and practice.”
A. David Lerner MD, ABIHM 2008 Sacramento, California

“I just wanted to thank you again for an excellent conference.”
Brian Goldshlack MD, ABIHM 2008 Appleton, Wisconsin

“What a fantastic experience learning and testing with you all ! Many thanks.”
Suzanne Gilberg-Lenz MD, ABIHM 2008 Los Angeles, California

“I want to thank you for the exceptional experience I had during the ABIHM conference in San Diego. I learned new things in a friendly environment, enjoying the company of many wonderful persons.”
Brankica Lazic-Mazlagic MD, ABIHM 2008 Pittsfield, Massachusetts

“Thank you so much for . . . the conference; it was a very inspiring, affirming, enlightening and invigorating conference this year [2008] as it was in 2003!”
Penny I. Burdick, MD, ABIHM 2008 Sequim, Washington

“I have enjoyed recalling the wonderful experience that our week in San Diego gifted to all of us. I continually tell others just how beautifully organized the course was organized and presented and thank you for all of your efforts to produce such a high-level curriculum and faculty.”
Deborah L. Tussing, MD ABIHM 2008 Annapolis, Maryland

“I had a great experience at the conference and am looking forward to furthering my knowledge.”
Jayashree Rao MD ABIHM 2009 Troy, Michigan

"Thank you for a wonderful conference, I really enjoyed it! It was very inspiring!"
Andrew Wong, MD ABIHM 2009 Silver Spring, Maryland

"Thank you so much for the wonderful ABIHM conference. I learned a lot and left with with a feeling that I had found my tribe. Thanks for honoring our humanity and reating us with respect."
Delia Chiaramonte, MD ABIHM 2009 Baltimore, Maryland

"I just wanted to thank you before attaching my journey statement. The conference was terrific and I am looking forward to learning much more in the future. I feel passionate about medicine again."
Annell Adams, MD ABIHM 2009 La Crosse, Wisconsin

"Thank you. It was a wonderful course!"
Linda Foust MD ABIHM 2009 Winchester, Virginia

"The conference in Chantilly, VA was incredible. I have already used many tips and information I learned from this conference to make a difference in the lives of my patients. "
Cecilia Novitt MD ABIHM 2009 Cornelius, North Carolina

"I found the course to be wonderful and brought back so much information to my practice. I am excited to continue to incorporate as much as I can into my practice to help every patient achieve wellness."
Amy Zacharias MD ABIHM 2009 Goodfield, Illinois

"I am so happy that I attended the conference and have applied many of the information to my practice. I feel so much more inspired and motivated to practice medicine."
Roya Zarabee MD ABIHM 2009 Dublin, Ohio

"Thank you very much for the oppportunity to practice medicine under the ABIHM banner. I found your conference to be very inspiring and very insightful. Once again, thank you."
Edward Senu-Oke MD ABIHM 2009 Chesapeake, Virginia

"Just a quick note to sat that the conference has totally changed my practice and my life (no exaggeration) . . . my passion was so ignited by what I heard, that I have continued to focus on all the great information that I have gained. Thank you.
Meg Simpson MD ABIHM 2009 Lethbridge, Alberta, Canada

"I very much enjoyed the ABIHM Course. Overall it was a great experience and all of you need to be commended for doing a terrific job in putting this course together."
Pramod Kelkar MD ABIHM 2009 Blaine, Minnesota

ABIHM Certification Examination SAMPLE QUESTIONS

• Multiple Choice Questions

In carpal tunnel syndrome, clinical experience and basic research confirm the benefit of a trial of high dose vitamin

- a. B1
- b. B6
- c. B5
- d. B12

The common cold is less common in those

- a. run marathons
- b. exercise twice weekly
- c. remain relatively sedentary
- d. do limbering and stretching exercises

In migraine with aura, low levels of which mineral will likely be found?

- a. chromium
- b. sodium
- c. manganese
- d. magnesium

Zinc is especially critical in the treatment of diseases of the immune system, skin, prostate, and

- a. liver
- b. lung
- c. eye
- d. small bowel

A holistic approach for a 26 year-old man giving a history of 3 years of cocaine and alcohol addiction might include:

- a. eye movement desensitization
- b. static magnet therapy
- c. acupuncture
- d. short acting benzodiazepines

Responding to depression in a 45 year-old woman who has experienced a major loss, you would recommend:

- a. chiropractic manipulation
- b. Kava kava
- c. resistance exercise
- d. cognitive behavioral therapy

Prognosis for a patient recovering from myocardial infarction is highly influenced by

- a. intake of Echinacea purpurea
- b. depression
- c. blood pressure on day 3 of recovery
- d. ratio of intracellular to extracellular iron

• **Key Feature Questions**

CC: A 50 year old Caucasian accountant, an established patient, comes to the office requesting advice on how to prevent osteoporosis because her mother has developed it in her late seventies.

To most significantly decrease her risk of osteoporosis, recommendations would include:

Swim instead of walk	YES	NO
Upper body resistance exercise	YES	NO
Avoid caffeine and soft drinks	YES	NO

CC: MA is an established patient whose blood pressure is found to be elevated in the process of a "routine physical" exam at the age of 38.

HPI: On rechecking, blood pressures are consistently 145-150/90-95 mmHg. At-home pressures are not significantly different. At a follow up visit, significant stress is apparent, part of which stems from his occupation as a high school teacher.

Initial diagnostic options should include:

renal arteriogram	YES	NO
determination of ankle/brachial index	YES	NO

At the next visit, after you and the patient have discussed the ramifications of his diagnosis, a mutually acceptable therapeutic approach is selected, appropriately including:

Biofeedback training	YES	NO
ACE inhibitor monotherapy	YES	NO
Garlic leaf extract	YES	NO

CC: A 45 year old divorced stockbroker presents with chronic low back pain and left sciatica and unresolved depression of 10 years' duration.

HPI: He rates his pain intensity as 7/10. His current medications are Darvocet-N 100 (6 daily), Ativan (lorazepam) 1 mg q.i.d., and Prozac (fluoxetine) 40 mg daily. He has had two lumbar laminectomies with a posterior fusion.

ROS: It is apparent that the patient has an unresolved gender conflict

SH: He has recently established a close acquaintance with a new man, which is promising as a long term relationship.

PE: His examination is negative except for a straight leg raising limited to 45 degrees bilaterally, with left sciatica produced by right straight leg raising, absent left ankle jerk and 50 percent loss of sensation in the left S1 dermatome.

LAB: MRI of the spine shows an old spinal fusion and moderate soft tissue and mild intra-theal swelling. Drug screening is negative.

The differential diagnosis includes:

osteoporosis	YES	NO
sub-acute arachnoiditis	YES	NO
failed lumbar fusion	YES	NO
recollection of early child sexual abuse	YES	NO

The comprehensive components of an initial treatment regimen are:

acupuncture	YES	NO
TENS	YES	NO
biofeedback training	YES	NO
drug withdrawal plan	YES	NO
trans-gender counseling	YES	NO
massage therapy	YES	NO
intravenous colchicine	YES	NO
stretching exercises	YES	NO
osteopathic manipulation	YES	NO
epidural steroid injections	YES	NO
facet nerve block	YES	NO

Answers: b, b, d, c, c, d, b. no, yes, yes; no, yes; yes, no, yes; no, yes, yes, yes; yes, yes, yes, yes, no, yes, yes, yes, yes, no, no

The ABIHM Holistic Health and Wellness Questionnaire

For candidate information and feedback only
Not to be returned as part of the application

Answer the questions in each section below and total your score. Each response will be a number from 0 to 5. Please refer to the frequency described within the parentheses (e.g. "2 to 3x/wk" when answering questions about an *activity*; e.g., "Do you maintain a healthy diet?" However, when the question refers to an *attitude* or an *emotion* (most of the Mind and Spirit questions), e.g., "Do you have a sense of humor?" the response is more subjective, less exact, and you can refer only to the items describing the frequency, such as *often or daily*, but not to the numbered frequencies in parentheses.

0 = Never or almost never (once a year or less)
1 = Seldom (2 to 12 times/year)
2 = Occasionally (2 - 4 times/month)

3 = Often (2 - 3 times/week)
4 = Regularly (4 - 6 times/week)
5 = Daily (every day)

BODY: Physical and Environmental Health

- 1. Do you maintain a healthy diet (low fat, low sugar, fresh fruits, grains and vegetables)?
- 2. Is your water intake adequate (at least 1/2 oz/lb of body weight; 160 lbs. = 80 oz.)?
- 3. Are you within 20 percent of your ideal body weight?
- 4. Do you feel physically attractive?
- 5. Do you fall asleep easily and sleep soundly?
- 6. Do you awaken in the morning feeling well rested?
- 7. Do you have more than enough energy to meet your daily responsibilities?
- 8. Are your five senses acute?
- 9. Do you take time to experience sensual pleasure ?
- 10. Do you schedule regular massage or deep-tissue body work ?
- 11. Does your sexual relationship feel gratifying ?
- 12. Do you engage in regular physical workouts lasting at least 20 minutes ?
- 13. Do you have good endurance or aerobic capacity ?
- 14. Do you breathe abdominally for at least a few minutes ?
- 15. Do you maintain physically challenging goals ?
- 16. Are you physically strong ?
- 17. Do you do some stretching exercises ?
- 18. Are you free of chronic aches, pains, ailments and diseases ?
- 19. Do you have regular effortless bowel movements ?
- 20. Do you understand the causes of your chronic physical problems ?
- 21. Are you free of any drug or alcohol dependency (including nicotine and caffeine) ?
- 22. Do you live in a healthy environment with respect to clean air, water and indoor pollution ?
- 23. Do you feel energized or empowered by nature ?
- 24. Do you feel a strong connection with and appreciation for your body, your home and your environment?
- 25. Do you have an awareness of life-energy or qi?

TOTAL BODY SCORE _____

0 = Never or almost never (once a year or less)
1 = Seldom (2 to 12 times/year)
2 = Occasionally (2 - 4 times/month)

3 = Often (2 - 3 times/week)
4 = Regularly (4 - 6 times/week)
5 = Daily (every day)

MIND: Mental and Emotional Health

- ___ 1. Do you have specific goals in your personal and professional life ?
- ___ 2. Do you have the ability to concentrate for extended periods of time ?
- ___ 3. Do you use visualization or mental imagery to help you attain your goals or enhance your performance ?
- ___ 4. Do you believe it is possible to change ?
- ___ 5. Can you meet your financial needs and desires ?
- ___ 6. Is your outlook basically optimistic ?
- ___ 7. Do you give your-self more supportive messages than critical messages ?
- ___ 8. Does your job utilize all of your greatest talents ?
- ___ 9. Is your job enjoyable and fulfilling ?
- ___ 10. Are you willing to take risks or make mistakes in order to succeed ?
- ___ 11. Are you able to adjust beliefs and attitudes as a result of learning from painful experiences?
- ___ 12. Do you have a sense of humor ?
- ___ 13. Do you maintain peace of mind and tranquility ?
- ___ 14. Are you free from a strong need for control or the need to be right ?
- ___ 15. Are you able to fully experience (feel) your painful feelings such as fear, anger, sadness, and hopelessness ?
- ___ 16. Are you aware of and able to safely express fear ?
- ___ 17. Are you aware of and able to safely express anger ?
- ___ 18. Are you aware of and able to safely express sadness or cry ?
- ___ 19. Are you accepting of all your feelings ?
- ___ 20. Do you engage in meditation, contemplation, or psychotherapy to better understand your feelings ?
- ___ 21. Is your sleep free from disturbing dreams ?
- ___ 22. Do you explore the symbolism and emotional content of your dreams ?
- ___ 23. Do you take the time to let down and relax, or make time for activities that constitute the abandon or absorption of play ?
- ___ 24. Do you experience feelings of exhilaration ?
- ___ 25. Do you enjoy high self-esteem ?

TOTAL MIND/EMOTIONS SCORE _____

0 = Never or almost never (once a year or less)
1 = Seldom (2 to 12 times/year)
2 = Occasionally (2 - 4 times/month)

3 = Often (2 - 3 times/week)
4 = Regularly (4 - 6 times/week)
5 = Daily (every day)

SPIRIT: Spiritual and Social Health

- ___ 1. Do you actively commit time to your spiritual life ?
- ___ 2. Do you take time for prayer, meditation, or reflection ?
- ___ 3. Do you listen to your intuition ?
- ___ 4. Are creative activities a part of your work or leisure time ?
- ___ 5. Do you take risks or exceed previous limits ?
- ___ 6. Do you have faith in a God, spirit guides, or angels ?
- ___ 7. Are you free from anger toward God ?
- ___ 8. Are you grateful for the blessings in your life ?
- ___ 9. Do you take walks, garden, or have contact with nature ?
- ___ 10. Are you able to let go of your attachment to specific outcomes and embrace uncertainty ?
- ___ 11. Do you observe a day of rest completely away from work, dedicated to nurturing yourself and your family ?
- ___ 12. Can you let go of self-interest in deciding the best course of action for a given situation ?
- ___ 13. Do you feel a sense of purpose ?
- ___ 14. Do you make time to connect with young children, either your own or someone else's ?
- ___ 15. Are playfulness and humor important to you in your daily life ?
- ___ 16. Do you have the ability to forgive yourself and others ?
- ___ 17. Have you demonstrated the willingness to commit to a marriage or compatible long-term relationship ?
- ___ 18. Do you experience intimacy, besides sex, in your committed relationships ?
- ___ 19. Do you confide in or speak openly with one or more close friends ?
- ___ 20. Do you or did you feel close to your parents ?
- ___ 21. If you have experienced the loss of a loved one, have you fully grieved that loss ?
- ___ 22. Has your experience of pain enabled you to grow spiritually ?
- ___ 23. Do you go out of your way or give time to help others ?
- ___ 24. Do you feel a sense of belonging to a group or community ?
- ___ 25. Do you experience unconditional love ?

TOTAL SPIRIT SCORE _____

Add up all your scores to find your **Total Body, Mind, Spirit Score** _____

HEALTH SCALE

- 325 – 375 Optimal Health
- 275 – 324 Excellent Health
- 225 – 274 Good Health
- 175 – 224 Fair Health
- 125 – 174 Below Average Health
- 75 – 124 Poor Health
- 0 – 74 Extremely Poor Health = Surviving