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# Using a Healing Wheel in the Healing Journey

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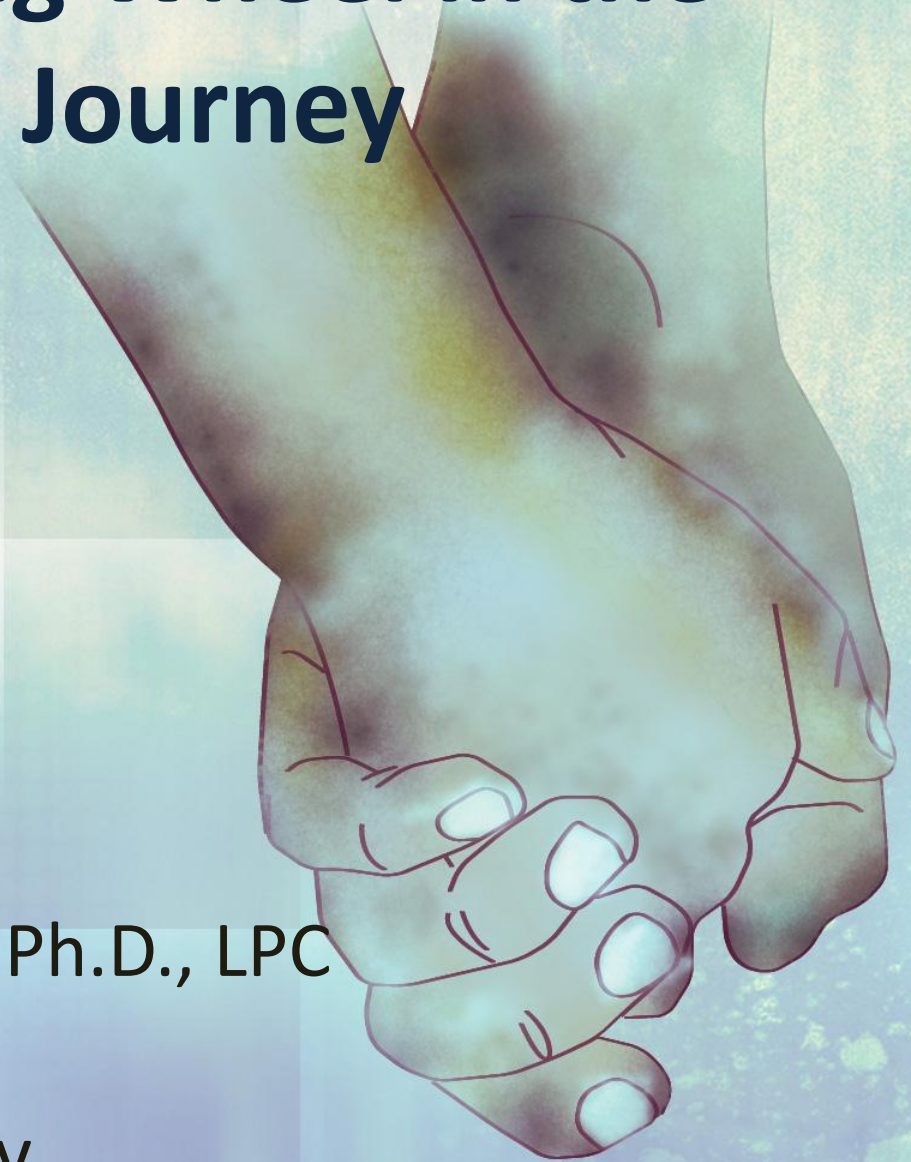
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# Using a Healing Wheel in the Healing Journey

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- Rebecca Tadlock-Marlo

- Assistant Professor
- Eastern Illinois University
- Teaches school counseling, crisis counseling, cultural counseling, and group

In a previous life:  
School counselor  
with Shoshone  
and Bannock  
Tribes

Areas of research:

- Quantitative design,  
school counselor  
cultural competencies,  
supervision





**Now for you....**



# The Basic Principles:

## Holistic Counseling Perspective

- ❖ Conceptualize achievement of wholeness.
- ❖ Framework for growth in life.
- ❖ Combines elements of physical, mental, emotional, and spiritual realms.

## Divided into Four Coordinates

- ❖ Elements
- ❖ Cardinal Directions
- ❖ Relationship to self and others
- ❖ Four grandfather animals



## North:

- Values and goals
- Wisdom and potential
- Mental well-being
- Community

## East:

- Sense of belonging
- Spiritual enlightening
- Unity and connection

## Holistic Self

## West:

- Self-reflection
- Meaning making
- Physical care
- Respecting differences
- Opportunity

## South

- Source and means by which to grow
- Emotional balance, strength, and understanding
- Equity



# Potential Materials

- Paper plate and crayons (or markers)
- Paper and crayons
- Pipe cleaners
- Twigs (green works best)
- Wire and cloth coverings or beads



# Process questions

- Which areas do you feel strongest in?
- Which do you want most growth?
- Describe yourself in each of these areas?
- Which areas need adjusted to find balance in your life?
- Process on the fly to enhance meaning making in the moment
- Other suggestions?



# Questions and Collaboration

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