



creating healthy communities

Principles of Holistic Health and Wellness Practice
(adapted from the American Board of Holistic Medicine)

These principles are part of the agreements that all InWellness providers sign and agree to practice when becoming IW providers:

1. Optimal health is the primary goal of holistic health and wellness practice. It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human experience, resulting in a dynamic state of being fully alive. This creates a condition of well-being regardless of the presence or absence of disease or other life challenges.
2. The Healing Power of Love. Holistic health care practitioners strive to meet the client with grace, kindness, acceptance, and spirit without conditions, emanating from the awareness that love is life's most powerful healer.
3. Whole person. Holistic health and wellness practitioners view people as the unity of body, mind, spirit and the systems in which they live.
4. Prevention and treatment. Holistic health and wellness practitioners promote health, prevent illness and help raise awareness of dis-ease and healthy life styles rather than merely managing symptoms. A holistic approach relieves symptoms, modifies contributing factors, and enhances the client's life system to optimize future well-being.
5. Innate Healing Power. All people have innate powers of healing in their bodies, minds and spirits. Holistic health and wellness practitioners evoke, educate and help clients utilize these powers to affect the healing process.
6. Integration of Healing Systems. Holistic health and wellness practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs and surgery.

7. Relationship-centered care. The ideal practitioner-client relationship is a partnership which encourages client autonomy, and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process.

8. Individuality. Holistic health and wellness practitioners focus client care on the unique needs and nature of the person who has a challenge to health and well being rather than the challenge that the person has.

9. Teaching by Example. Holistic health and wellness practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influence the quality of the healing relationship.

10. Learning opportunities. All life experiences including birth, joy, suffering and the dying process are profound learning opportunities for both clients and health and wellness practitioners.