

Spiritual Assessment Detail Page – “BELOW”

This Page Not Intended to Stand Alone – See Main S.H.I.P. Page For Overview

About the Methodology: This process is offered in the conviction that a holistic approach – one that considers the whole person and life setting – will capture important clues to wellness and wholeness that are helpful to the healing professional. The S.H.I.P. areas of inquiry can be thought of in three pairings: in/on/around, above/beneath, and behind/before. These pairings are easy to remember: simply consider the space around your own body. First, the space spiraling out from within you to on you and then around you. Then, a line that stretches from behind you and continues on to the horizon in front of you. Finally, a line stretching from the stars above you down to your roots beneath your feet. The seven prepositions we use – *in ~ on ~ around // above ~ below // behind ~ before* – relate to the following life areas: mind-body wellness, external role, connectedness // spirituality, roots // self-narrative, and outlook. This page focuses on one of seven assessment areas: BENEATH. This area refers to one’s relationship with one’s roots. The family history narrative can add depth, richness, and grounding to the personal narrative and even provide a source of joy and strength. It can also be a source of friction.

– AREA DETAIL PAGE: BELOW –

ASSESSMENT AREA	IDEAL	TOO LITTLE (!)	TOO MUCH (!)
BELOW: What arises from connection to family history, roots.	Strong sense of roots leading to greater self-understanding and sense of groundedness. Source of joy.	Rejection or alienation from one’s roots. Disconnected from family history. Family background perceived as a source of strain or shame.	Overly idealized family history. Familial or clan pride and tribalism leading to misplaced loyalties, superiority, overzealousness, generational hatreds and persecutions.

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Questions inquiring about roots

- What do you know about your ancestors?
- Is there one ancestor who really “speaks to you?” Can you tell me their story?





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- How do you feel about your family history?

Kinesthetic Exercises (Dance or Drama Therapy)

- How can we learn more about our roots? Why would we want to do that?
- How can we express our roots in dance or drama? (brainstorm)
- Express (in dance or drama) one story from either your own family history or your roots.

Other Notes for the Practitioner

How well-connected is the individual to their family history? Is there alienation and strain? Alternatively, is the family history or ethnic identity overly idealized, leading to overzealousness and strife (e.g., Hatfields vs. McCoys)?

