

WED
Wholeistic Education™

Welcome to WED-101

An Introduction to Wholeistic Education

Presented by Victoria Lee, MLADC

Welcome to Week One...

Monday, 2/15/21, 4:30-6:00

George Washington's Birthday

Today we will cover:

- ▶ Course Overview and Agreement
- ▶ The History of WED
- ▶ Meet the WED Team
- ▶ WED Material:
 - ▶ The WED Proposition
 - ▶ WED Core Values
 - ▶ WED Developmental Goals

Course Overview...

- ▶ 7-week course, meeting Monday afternoons 4:30-6:00 pm
- ▶ Weekly reading and writing assignments to be completed BEFORE class
- ▶ No- prerequisites, just interest in WED and willingness to practice
- ▶ AFTER successful completion of this course, WED-201 is offered
- ▶ Successful completion of WED-201 leads to *WED Practitioner* Certification

- ▶ PLEASE MAKE SURE YOU HAVE FOLLOWING MATERIAL FOR THIS COURSE:
 - ❖ WED 101- Syllabus, PDF
 - ❖ WED Standard Talks Outlines, PDF
 - ❖ Copy of The Art of Direction by Duncan Gill, MD and Joseph R. Walsh, LCMHC



Course Agreement...



WED: THE BEHAVIORAL GUIDELINES

1. MAINTAIN ATTITUDE OF RESPECT AND DIGNITY.

- a. Politely greet, welcome, and acknowledge efforts of all.
- b. Calmly request space if emotionally overwhelmed.
- c. Apologize for any possible offense, including accidents.*

2. USE LANGUAGE AND BODY RESPONSIBLY.

- a. Avoid offensive words, including those of a racial, ethnic, religious, or sexual nature.
- b. Refrain from using language or body to intimidate or injure.
- c. Calmly ask for explanation of any confusion, disagreement, conflict or concern.

3. PROACTIVELY COOPERATE.

- a. Seek opportunities to assist others, and resist urges to embarrass or undermine.
- b. Gratefully acknowledge authority of leaders.**
- c. Treat all members as teammates, regardless of personal feelings.

4. CAREFULLY ATTEND TO HEALTH AND SAFETY.

- a. Alert an adult to any physical pain or danger.
- b. Control body movement such that self or others are not injured.
- c. Wear activity-appropriate clothing.
- d. Keep body properly groomed (e.g., daily bathing, teeth brushing, etc.).
- e. Take good care of all furniture, equipment, facilities, and environment.

5. HONESTLY GIVE BEST EFFORT.

- a. Calmly communicate all perceived offenses.
- b. Earnestly participate in just resolution of dispute.
- c. Put education, wellness of self and others, and responsibility to community ahead of personal image and interests.

* See Wholeistic Apology

** See Wholeistic Leadership

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How's this sound?

Meet *the* Team...



Joseph Walsh, LCMHC

3/22/1965-10/25/2020

WED Founder, Principal Educator
Original Co-owner and Program Director of DBHA



Ricard Alexis

WED Educator and Beyond!



Duncan Gill, MD

WED Practitioner and WED Author
Owner and Medical Director of DBHA



Victoria Lee, MLADC

WED Educator, Course Teacher

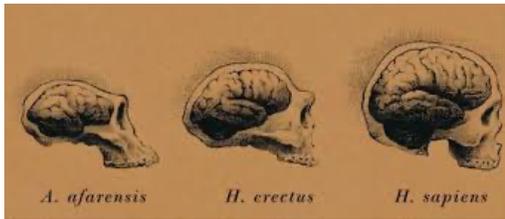
The History of Wholeistic Education...



- ▶ Joseph R. Walsh, LCMHC
 - WED Founder, Principal Educator, Original Co-owner and Program Director of DBHA
 - 3/22/1965- 10/25/2020
 - Started formulating WED in early 1990's, originally "Personal Optimal Wellness Program"
 - Thesis "Redefining Winning"
 - Basketball Group at NCH
 - Opened Direction in 2008
 - Endurance, Couple's Therapy, School in Maine, Businesses
- ▶ Angels in Nashua

Important Note from Joe....

- ▶ Joe always insisted he didn't "invent" WED/The Behavioral Guidelines
- ▶ Instead, he compiled basic human principals and great philosophies into a prescription for Optimal Wellness



Additional Sources...

- ▶ Fromm, E. *The Art of Loving* (1956)
- ▶ Neil, A.S. *Summerhill School: A New View of Childhood* (1992)
- ▶ *Joe's Suggested Reading List*
- ▶ *Joe's Diagram*



What is WED?...

- ▶ Simply put, Wholeistic Education is an approach to living (or parenting, therapy, relationships, etc.)
- ▶ Creates cultures that humans were naturally selected to thrive in (EEA)
-We call this an “educational culture”-
- ▶ Many components:
 - ▶ Nutritional Guidelines, Proactive Non-Violence, etc.
 - ▶ Behavioral Guidelines

The WED Proposition...

“First things first” - that saying summarizes the WED approach. To effectively apply WED, one must believe the WED proposition:

Education must first accomplish the habitualization of Respect, Dignity, Responsibility, Compassion and Perseverance (WED’s Developmental Goals). In the absence of this accomplishment, even the most “schooled” person will not be optimally healthy or content.

A great way to habitualize The Developmental Goals by practicing WED’s Behavioral Guidelines[©].

With this foundation, a person may then healthfully pursue any other interest, discovering his or her best self.

▶ Email me your homework assignment!

Core Values...

- ▶ Following
- ▶ Non-Violence
- ▶ Dynamic Balance
- ▶ Faith

*A helpful practice is to Remind yourself of these core values when feeling stuck

Following...

“The goal of life is living in agreement with nature.”

~ Zeno

- ▶ Wholeistic Education is based on a fundamental faith that the healthiest path is clearly marked for those who will follow - “Seek and ye shall find.”
- ▶ Following the direction of Nature, God, or Spirit, in some form, is common to the pursuit of personal fulfillment in all societies. WED encourages the thoughtful embracing of this impulse in its participants.
- ▶ “If we are honest, we can usually see what nature is asking us to do next.”
- ▶ Following in this way causes us to question our most fundamental cultural assumptions. It demands we continuously rediscover our world ontologically, epistemologically, cosmologically, theologically, ethically, and aesthetically - that is, with regard to being, knowledge, order, spirit, right-and-wrong, and beauty. When following, one confronts one’s often unexamined, but incalculably influential assumptions regarding progress, and the relationship of individual and group.

Non-Violence



- ▶ WED avoids violating the natural flow of Nature (God, Spirit, etc.) in all its manifestations
- ▶ Definition: “the action which contributes to the least amount of aggregate violence”
- ▶ More complex, mysterious than a rule-set (i.e. pacificism); demands personal responsibility in the mystery of every new moment - allowing for even the most paradoxically, apparently violent responses to specific circumstances

Dynamic Balance

- ▶ In WED, dynamic balance is the term that describes the result of non-violent following. Encompassing all physical and non-physical needs, and dynamic, as symbolized in the Chinese Taijitu (Yin Yang symbol), this balance is possible under any circumstance. WED recognizes and celebrates this balance as manifest in respectful, dignified, responsible, compassionate, and persevering behavior. When sustained, this balanced behavior produces the greatest sum of physical and non-physical health, and contentment; the condition known in WED as Optimal Wellness.



“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really wise.”

~ Euripides

Faith...

- ▶ Faith may be considered the first essential element of conscious life. All rational thought leads to a conceptual terminus at which one must decide in the absence of further evidence. WED embraces the mysterious nature of life as it embraces the ubiquitous nature of faith. In so doing, it encourages participants to take accurate, rational measure of faith's particular manifestations in their lives, so that they may reap the benefits of faith, while avoiding the liabilities that accrue when one is controlled by rigidly held convictions (be they conscious or unconscious) - what we rightly criticize as “blind faith” “rigidity”, “dogmatism” or “denial”.



Developmental Goals...

The Ideal Parent/Parent Proxy is embodied in our five Developmental Goals (culturally desired traits):

Respect

Dignity

Responsibility

Compassion

Perseverance

Developmental Goals...

Respect

“I stop to see the other as me.”

To respect is to “re-see” or reconsider. Naturally, we recognize the differences in things as a way of making a manageable order out of our countless perceptions. However, the development of respect enables us to see beyond differences to connecting similarities. This is especially useful in human relations. On a spiritual level, we may even get to the point where it’s not necessary to see differences, and all may be seen as one.

Developmental Goals...

Dignity

“I reflect balance.”

When we behave in a dignified manner, we earn respect from others and from ourselves. Hierarchical, domineering or elitist attitudes can be mistaken for dignity. WED encourages the development of a dignity that reflects healthy self-esteem, but at the expense of no one else.

Developmental Goals...

Responsibility

“I care for my influence on all things.”

When we learn to thoughtfully consider and respond to the needs and healthy wants of our environment, we are acting responsibly. It's important to distinguish this from “reaction”, which, although sometimes necessary, is not thoughtful and in most cases is excessively impulsive.

Developmental Goals...

Compassion

“I share joy and pain.”

It is not enough to simply speak of our love and concern for others.
We must develop our impulse to join with others in all of the good
and bad aspects of life.

Developmental Goals...

Perseverance

“I commit to life.”

Sometimes, despite our best efforts and even without apparent reason, life is difficult. In those times, we simply need to keep putting one foot in front of the other.

Next Week's Class...

Monday 2/22/21, 4:30-6:00

- ▶ Topic: Intro to WED, Habits and Groups
- ▶ Due:
 - ▶ Starting Reading in *Art of Direction*, pg. 43-59
 - ▶ Write about what inspired you to take this course

Thank you for being part of this class!
See you next week!

WED Terms & other Helpful Definitions...

- ▶ Group Ethic (The Behavioral Guidelines); The values/principles that are distinctive to
 - ▶ In a WED Group, *The Behavioral Guidelines* are our group ethic