Eastern Illinois University

From the SelectedWorks of Rebecca L Tadlock-Marlo

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Using a Healing Wheel in the Healing Journey

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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

West:
• Self-reflection
• Meaning making
• Physical care
• Respecting differences
• Opportunity

South:
• Source and means by which to grow
• Emotional balance, strength, and understanding
• Equity

Holistic Self
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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