

### **PRACTICAL CONSIDERATIONS**

The Comprehensive Life Review can be scheduled at any time throughout the year. Clothing is casual.

In the summer, the beach can be a place to relax and "be"

Cost is \$2500 and includes all components of the program.



### **Staff**

Patricia Walsh, O.P. - Administrator

Dr. August Wreiole - Medical Director

Pam Quirk - R.N., APN-C.

Jeanette Weychert, S.S.J., Ph.D. - Spiritual Director  
and Pastoral Counselor

### **For Further Information**

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# *Comprehensive Life Review*



## **OVERVIEW**

The Comprehensive Life Review is a two week process designed to provide the needed time, space, support, and guidance to assist the individual in exploring where they are in their journey of transformation. During this time a professional with training and experience in psychology and spirituality will meet with them daily to listen and help them explore what is currently "working" in their lives, their relationships, and their ministries; and what changes may need to be made. Through the use of a wide variety of tools for exploring issues involving the physical, emotional and spiritual aspects of their lives, the individual is assisted in looking at her life, in its totality. It has been said that none of us "can see our own backs". Many times the "answers" are there before our eyes, but obscured by habit, routine, fear of risk or change...Part of the process involves receiving feedback from the individual who has made the referral as well as from others who the person believes knows them well and are capable of giving them honest feedback about strengths as well as concerns they have about them.

As the process moves along the individual works with some of the findings about her anger, personality and relational styles. She also has the opportunity for a complete health history review, including medication, offered by the Medical Director and Registered Nurse. When the two week process is completed, the individual receives a very thorough summary of the findings and recommendations concerning the need for ongoing support, ministry planning and, if indicated, further treatment. The findings of the life review and recommendations made are also shared at a meeting with the individual who has made the referral.

These questions could be helpful in exploring where you find yourself at this time:

Do you feel the need to spend some time reflecting on what is currently "working" in your life, your relationships, your ministry...and what may need to change?

Are you in the midst of a transition and need the space and time to consider, "What's next?"

On some level, do you at times feel as if your life is "unraveling"?

Are the people with whom you live and/or minister expressing concerns for you that you find it difficult to hear, understand or agree with?

If your answer to one or more of the questions above is "Yes", it may be time to step aside, and with the assistance of some tools for self-exploration and an objective listener, seek some answers.

## **PROGRAM COMPONENTS**

Individual counseling

Measures of Personality

Measures of Anger, Conflict and Relational Styles

Measures of Intellectual and Memory Functioning

Measure of Emotional Intelligence

Spiritual, Medical, Sexual and Relational Histories

Gambling, Spending, Eating, Drinking...Histories (when indicated)

Body Work (if requested)