

Creative Interventions Clearinghouse

Assessing Personal Wellness: Identifying Resources, Supports, and Areas for Change

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Purpose:

The purpose of this creative intervention is to engage clients in a discussion about various aspects of themselves and the ways in which they are promoting (or ignoring) their wellness needs.

Materials Needed:

17 index cards with wellness variables and definitions (e.g., thinking, positive humor, love, work, friendship, self-worth, self-care, etc), 3 index cards labeled “doing well,” “satisfied,” and “not satisfied,” 2 index cards labeled “have the resources/support,” and “do not have the resources/support”

Procedures:

1. Review each index card with the client and discuss any terms that are unclear.
2. Client sort the cards into the three categories: *Doing Very Well*, *Satisfied*, and *Not Satisfied*.
3. Cards from the *Satisfied* and *Doing Very Well* piles are discussed as current strengths and resources. Explore different risk factors within the *Not Satisfied* pile.
4. Clients sort the cards from the *Not Satisfied* pile into two subcategories: *Have the Resources/Support* and *Lack Resources/Support*. This allows the counselor to see how the client perceives their access to resources and support systems.
5. Once cards are sorted, the client must identify discuss what resources and supports they are able to utilize, or have the opportunity to reach out to. Give clients the opportunity to change the category that cards are in.
6. Clients sort cards in the *Not Satisfied* group from most important to least important. Together, discuss plans for change in the areas that the client identified as most important.

Process Questions and Follow-Up:

None

Practice Setting:

For full article and case examples, please see Lenz, A. S., & Roscoe, L. J. (2011). Personal wellness card sort: A strategy for promoting relational healing. *Journal of Creativity in Mental Health*, 6(1), 69-83