

*Pathways to Healing:
Perceived Changes in Quality-of-Life Related to
Participation in Complementary Services*





- **Experience of serious health challenges and chronic illness**
- **Impact of a Healing Center in the Community**
- **What are the perceived changes participants ascribe to their experience with a healing center?**

What is Pathways?



A healing center in Minneapolis:

- Provides complementary therapies, care, services, and resources to people in life-threatening or severe chronic health crisis, and their families and caregivers.
- Offer services free of charge



***Complementary* healing services offered as *adjuncts* to standard medical treatments, including:**

Creative Therapy Practices

- Writing, Journaling, Art, Music, Dance

Body-Based Practices

- Massage, Reflexology, Healing Touch, Nutrition

Transformation through Grief, Loss, or Change

- Renewing Life Program, Grief Support, Advance Care Planning

Mind-Body-Spirit, Energy Healing Practices

- Meditation, Yoga , Guided Imagery, Tai Chi, Reiki, Qi Gong



Who We Serve

10,796 Pathways Participants in 2017:

- 2625 individual Pathways sessions
- 7098 participants in Pathways group sessions
- 1073 served outside in the community
- Plus workshops and special events



Pathways is a place to:

- Explore a wide variety of educational programs, support groups, and complementary therapies
- Reflect on opportunities for self healing, connections with others, spiritual renewal, and empowerment
- Engage in creating social and spiritual capital through volunteering and participating
- Integrate new perspectives into a person's healing process

Self Assessment of Change (SAC) Scale

Examples of how to fill out the scale:

a. No Energy | **B** (before) | **N** (now) Full of Energy

b. No Energy | **B** | **N** Full of Energy

c. No Energy | **B** | **N** Full of Energy

d. No Energy | **N** | **B** Full of Energy

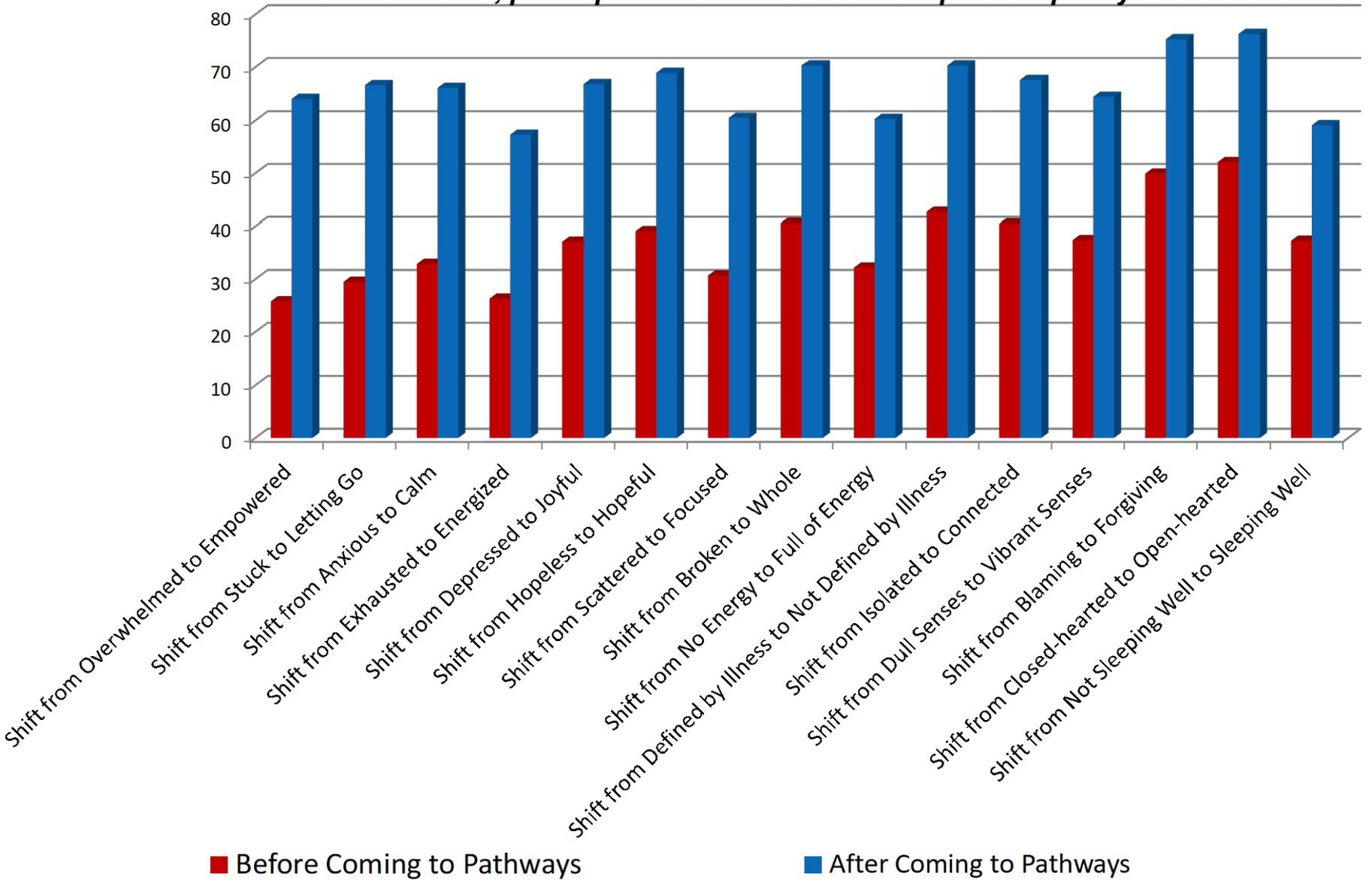
<http://selfassessmentofchange.org/>

Pathways to Healing: Person Centered Responses to Complementary Services

*What are the perceived changes in
quality of life measures
related to participation in
complementary services at Pathways?*

Pathways Participants Self Assessment: Shifting Towards *Well-being*

Within each set of indicators, participants showed shifts in improved quality of life measures



■ Before Coming to Pathways

■ After Coming to Pathways



“I often compare getting a serious diagnosis to landing in a foreign country needing to learn the language and learn it well because your life may depend on it.

Pathways is the map – the dictionary – the guidebook to the language – whatever your new language may be.

It’s the place where you’re accepted – comforted – touched – listened too. It is peaceful. It is caring. It is hope.”

~Pathways Participant



“The greatest discovery of our generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

~William James

***Healing is not
the same thing as curing.***

***It is not getting rid of disease,
but the balancing, connecting,
integrating, and extending of one's
way of being
regardless (but often because)
of the experience of a disease.***