

Creating a Healthy School/Classroom Using an Integral Lens

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Maples Collegiate

Comprehensive School Health Framework

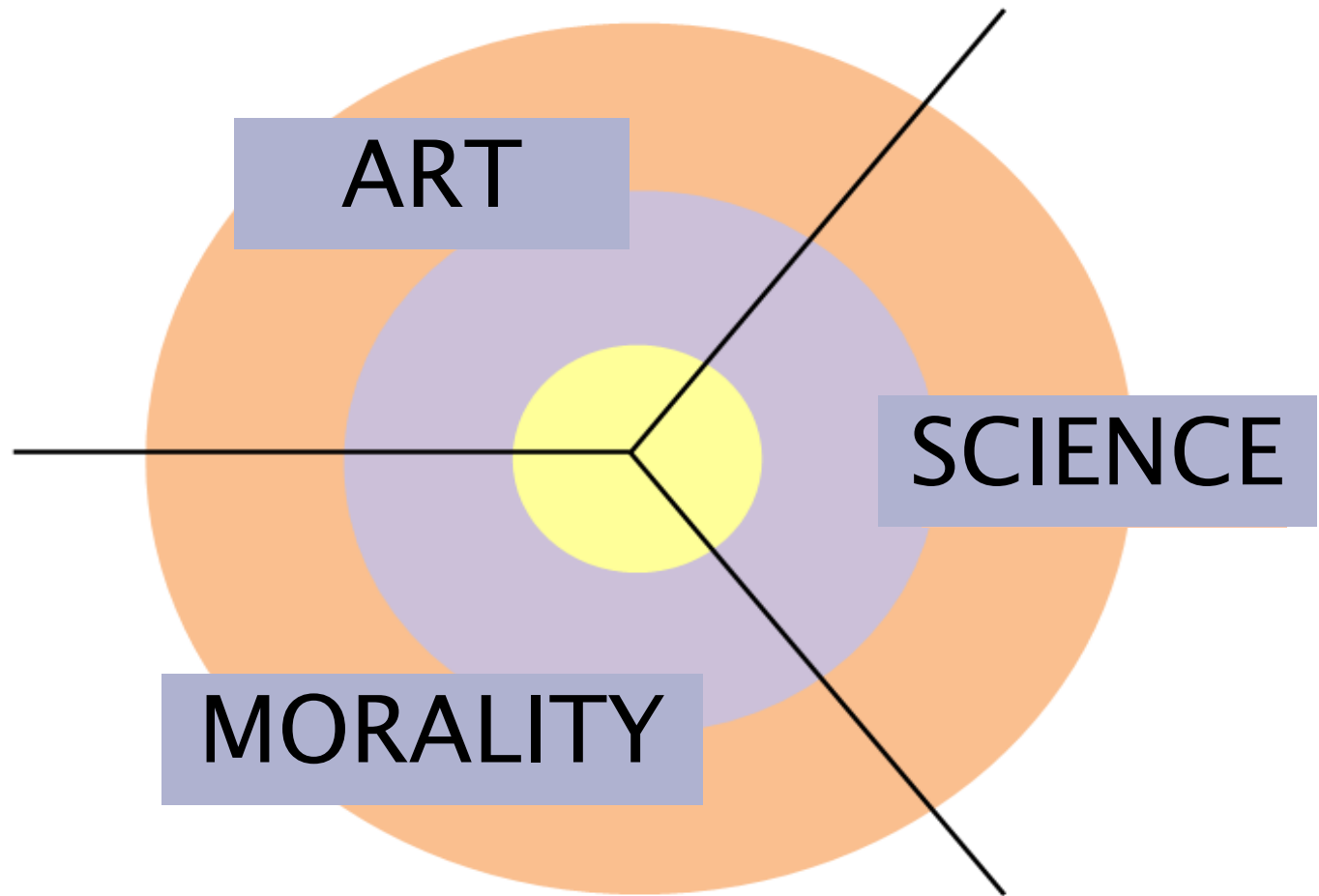


Joint Consortium for School Health

What is Integral?

- ▶ **An approach that provides an all-inclusive map to promote a fuller awareness of any human experience.**
- ▶ Globalisation and technology now permit us access to the sum total of human knowledge.
- ▶ We potentially have access to the best elements of all cultures, traditions, organisations and individuals, including our own, which allow us to combine a multi-perspectival view, or integral lens, to assist us in developing better understanding and presence in moving through our lives.

THE THREE PERSPECTIVES



The Three Perspectives

- ▶ 1st Person: the one speaking (I)
- ▶ 2nd Person: the one being spoken to (you)
- ▶ 3rd Person: the one being spoken about (him/her/it)

3-2-1 Shadow Process

- ▶ Shadow: repressed unconscious aspects
- ▶ Repression and projection developed through three phases: 1st, then 2nd then 3rd person identification
- ▶ The 3-2-1 Process uses shifts in perspective to identify disowned projections/shadow elements and reintegrate them into the conscious awareness.

3-2-1 Process Practice

1. Choose a disturbing situation with a 'difficult person' that has you emotionally charged.
2. **3 – Face It:** Observe and describe the disturbance using 3rd person pronouns
3. **2 – Talk to It:** Dialogue with this person (or object) using 2nd person pronouns
4. **1 – Be It:** Writing/speaking in 1st person pronouns, be the person/situation you have been exploring...discover your similarities

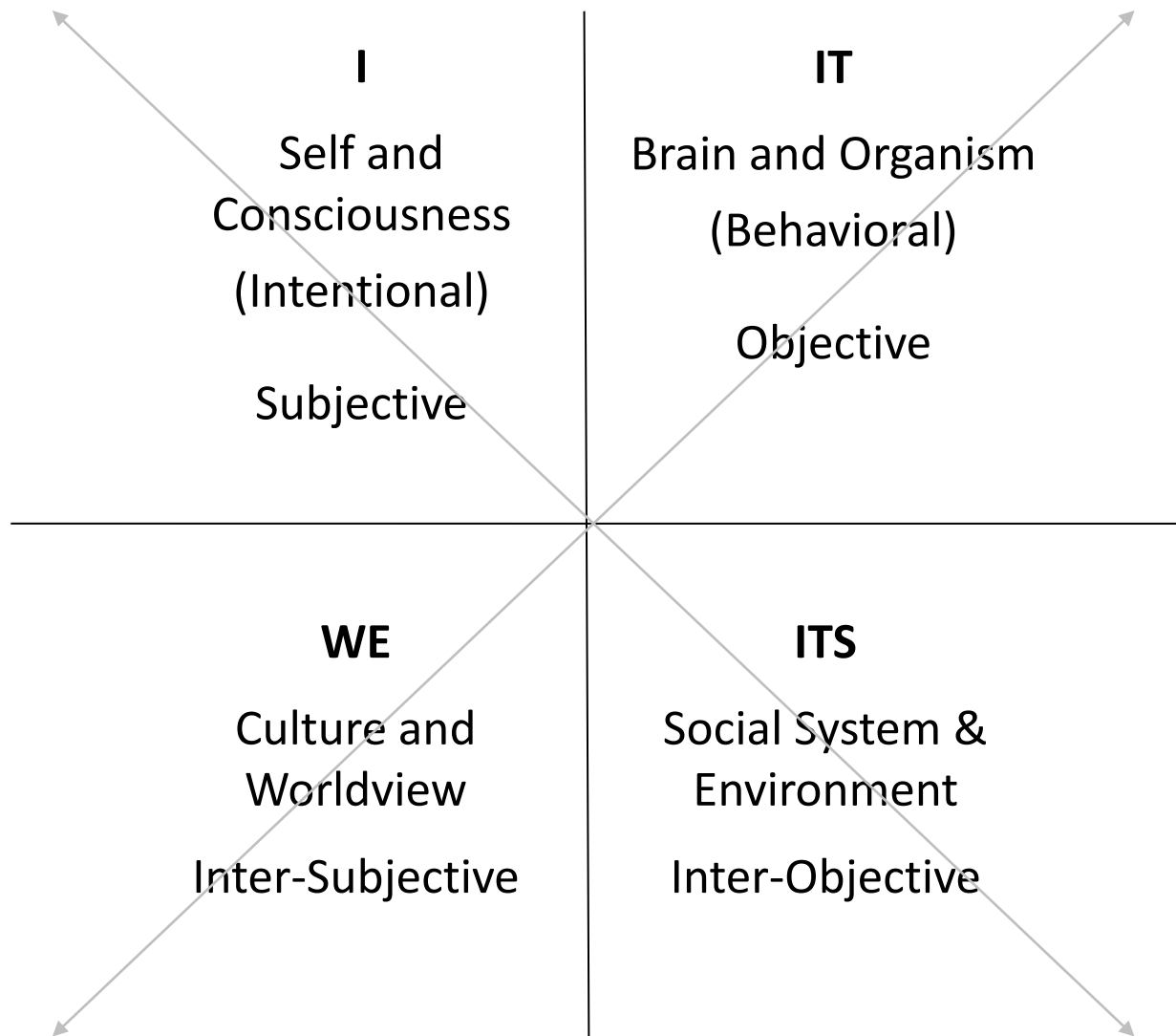
Discover your native perspective

- ▶ The 3 perspectives can be divided into four perspectives, or quadrants (I, We, It and Its) which is the foundation of the Integral Model
- ▶ Integral Life DVD
- ▶ *Better Relationships: An Exercise in Self-Discovery*

Discover your native perspective

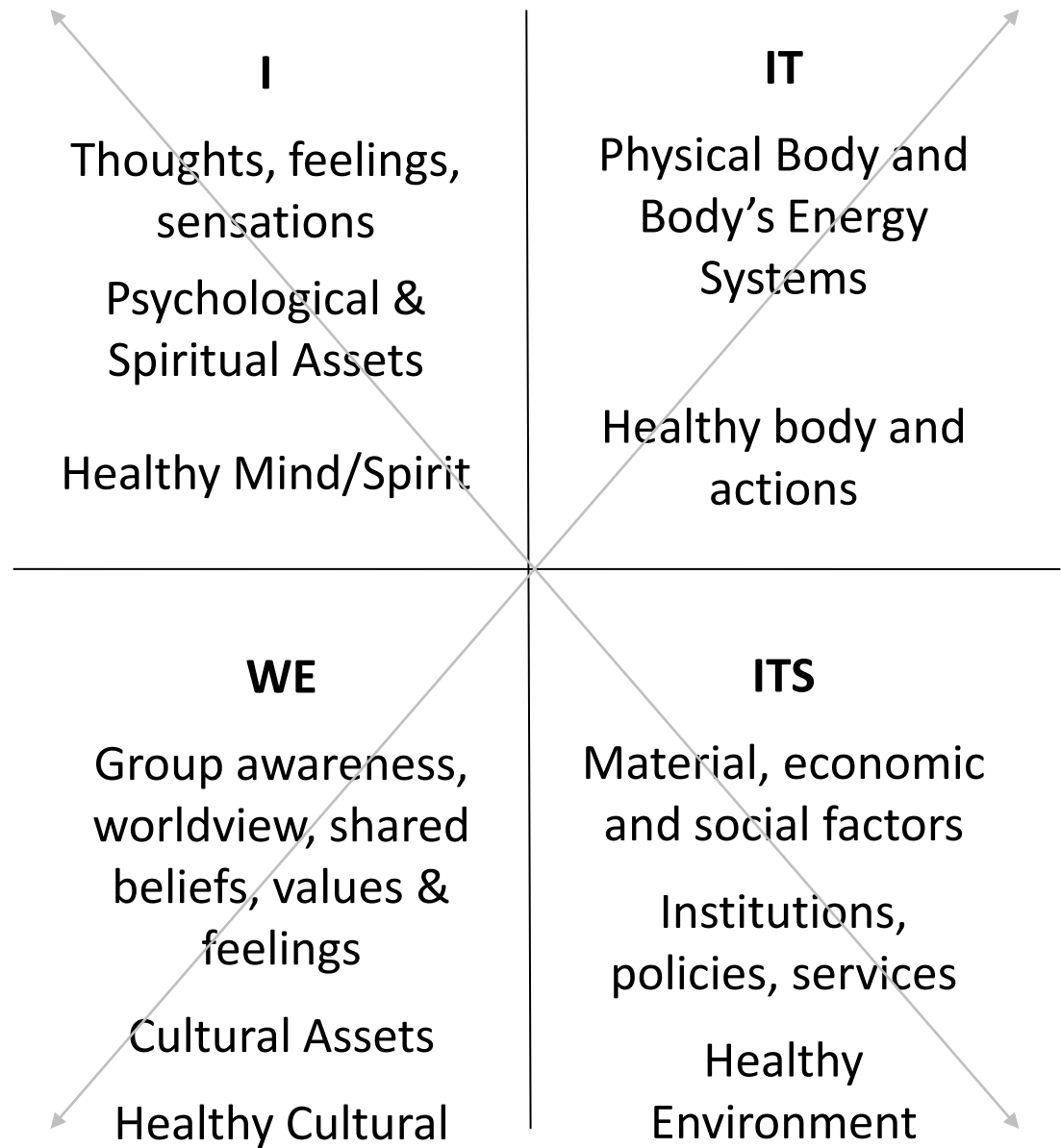
	Internal Experience	Action	Relationships	Systems
Situation #1	D	C	B	A
Situation #2	A	B	D	C
Situation #3	C	A	B	D
Situation #4	B	D	C	A
Situation #5	A	C	B	D
Situation #6	C	A	D	B
Situation #7	D	B	A	C
Situation #8	B	D	C	A
Total				

The 4 Quadrants of the Integral Model



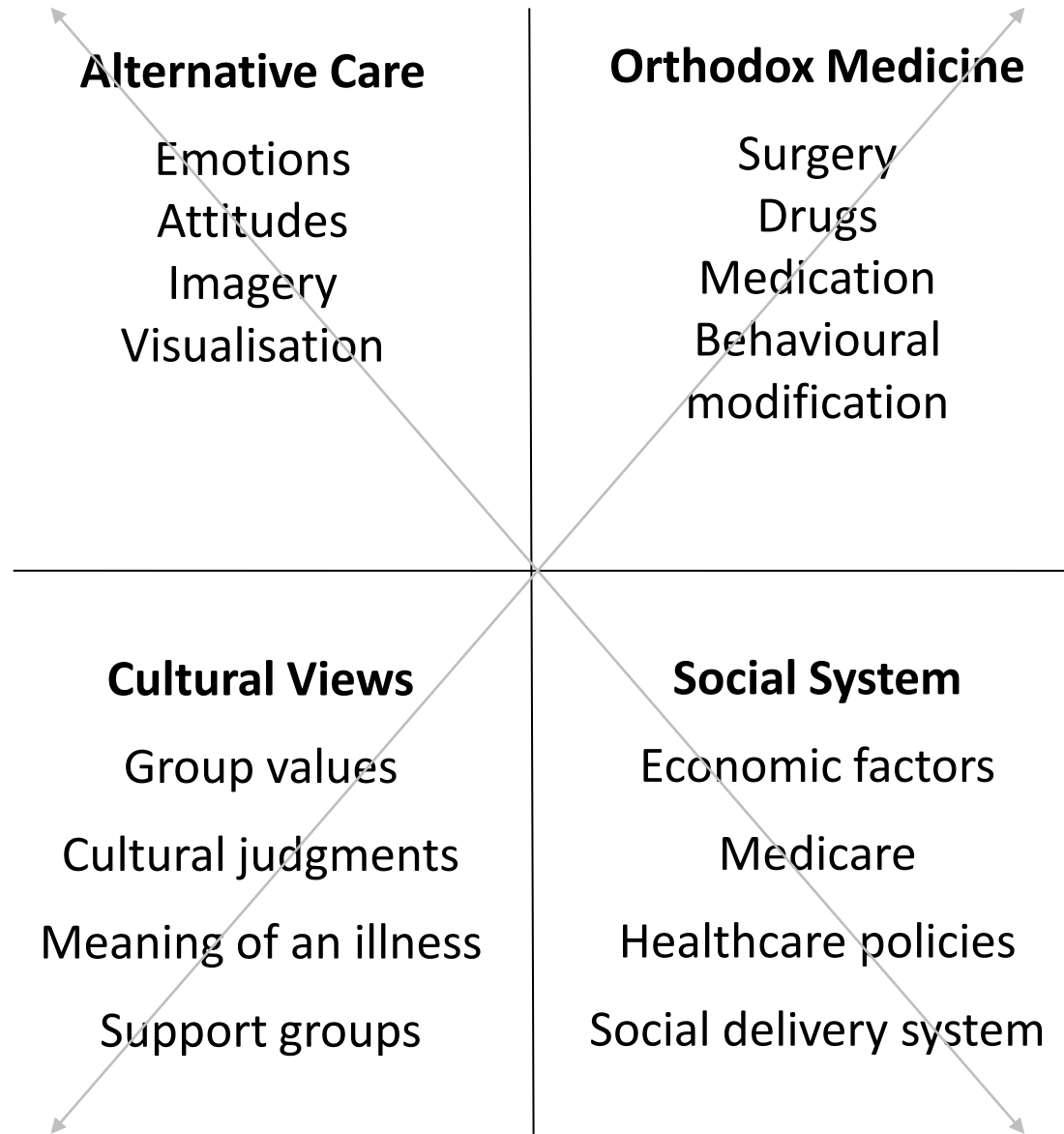
Wilber, Ken. 2007. The Integral Vision, p.71-72.

Integral Health



http://www.westcoastintegral.org/index.php?option=com_content&view=article&id=8&Itemid=11

Health Delivery: Integral Medicine



Elements related to Integral School Health

Elements of healthy I

Knowledge and attitudes
Re. Active healthy
lifestyles
Feeling of safety
Joy and happiness

Elements of healthy IT

Physical activity
Balanced Nutrition
Fitness levels
Stress management

Elements of healthy WE

Effective communication
Healthy relationships
Team skills
Respect/tolerance of
others

Elements of healthy ITS

Physical environment
Access to nature
Effective leadership
Support
services/partnerships

Interventions for Integral School Health

Interventions for healthy I

Opportunities for reflective writing, creative movement, artistic expression
Positive Self-Image
Multi-disciplinary approach

Interventions for healthy IT

Quality PE/HE curriculum and teaching
Daily opportunities for PA
Balanced fitness activities
Nutritious Choices
First aid/CPR training

Interventions for healthy WE

Opportunities for teambuilding and collaboration
Effective conflict resolution
Interdisciplinary approaches

Interventions for healthy ITS

Healthy School committee/policies
Intervention procedures
Support services

Is the CSH Framework integrally balanced, or does it favour one of the quadrants? If so, which one?

Comprehensive School Health Framework



Co-creating an Integrally-Healthy Classroom

