

2019 Update on Current Directions and Needs

Thirty-eight years is a lot of time in which to grow and evolve. Much of the pioneering focus of our early days is now mainstream. Much of what we focus on today is pioneering the future. The breadth and depth of Paul's exploration and work over all these years has allowed for a rare level of integration and depth in all our presentations.

Paul has managed most of the logistics for our programs as well. And the invaluable dedication, support, and countless hours of entirely donated administrative back-up from Bettina Dudley, our friend and former Board President, was essential for many years in allowing us to accomplish such a full program. So we have been able to function with no other paid staff. Bettina's passing was one of several factors that have caused us to re-evaluate the long-term sustainability of our programs, and the best way to move into the future.

It has become apparent that the time has come to create a new staff position and to hire a new person as a general administrative and program facilitator, with the expertise both to promote and to handle the logistics for our programs. And to help focus our efforts on developing a new long-term sustainable model for The Whole Health Center that will benefit others into the future and not depend on Paul's availability to us.

All of this will leave Paul free for some time yet to focus entirely on writing, teaching, and program development; and on delivering programs to a wider audience. We expect the new position will come to pay for itself through expanded and creative programming and outreach, and significantly larger program participation. Initially, however, we are counting on a new fund-raising effort to secure the salary for this person for the first year. We believe the additional efforts and expertise of the right person, combined with the ongoing vision of the Whole Health Center, will release a tidal wave of creative energy for The Whole Health Center into the future.

And this from the conclusion of "A Brief History of The Whole Health Center"

This holistic task today naturally integrates psychology, neuroscience, emotional integration, whole body health, precise mind/body/spirit technologies of mindfulness, meditation, and personal development, and even deep historical and cultural perspective.

Our work after so many years has increasingly integrated these to the point where one holistic curriculum is ready to be created. This is already occurring informally in the sum total of our current teaching and therapeutic work. It is on the verge of assuming a more formal structure as we begin to design one integrated and extended program of study. We have hesitated at the brink of that for a couple of years, wondering, in our small corner of the world, if the interest is there, or if we had the resources to promote it and bring it to fruition. But, with the support of our own Board of Directors and our Community Advisory Council, the next energy wave may be coming.