

What's Love Got To Do With It?

How Love Drives Engagement,
Self-Efficacy and Return to Work



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How Change happens

Behavior change does not occur through:

Shame

Education

Force

Lasting behavior change happens through:

Willpower

Virtue

Love

Dr. Gorsuch





Agape is a Greek word for a selfless, unconditional, and sacrificial love. Unlike other forms of love like eros (sexual love) or philia (friendship), agape is an action-oriented choice to seek the well-being of others without expecting anything in return. It is the highest form of love, rooted in the will and disposition of the heart rather than just emotion.



Prerequisites for developing willpower, virtue and love within your patients



The patient
is the hero



They have
an important
job to do



See their
wholeness



Let go of
outcomes



It is astonishing how elements that seem insoluble become soluble when someone listens, how confusions that seem irremediable turn into relatively clear flowing streams when one is heard. I have deeply appreciated the times that I have experienced this sensitive, empathic, concentrated listening.

—CARL R. ROGERS

The Ripple Effect

Hope

Encouragement

Purpose

Letting Go of
Harmful Paradigm

Identification with
Higher Qualities

Taking Personal
Responsibility

Acts of Service
for Others



Skills Development



Affirm their higher virtues

Affirm their higher calling

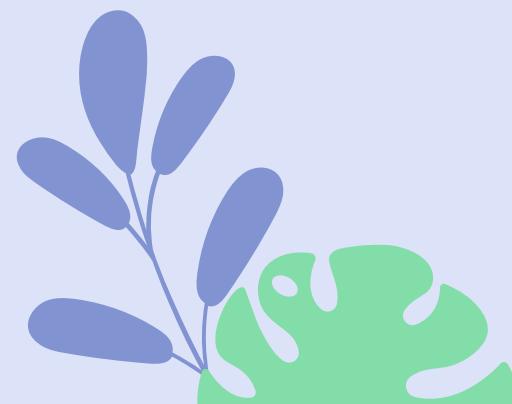
Affirm their willpower

Affirm their choosing of their own path



“Being listened to is so close to being loved,
that for the average person,
they are almost undistinguishable.”

David Augsburger











Scenario

Alberta is a woman who is struggling with chronic illness. Five years ago she was diagnosed with bipolar, ulcerative colitis and Ehlers Danlos Syndrome. Since then she has received more diagnosis than she can remember. Alberta lives with her young adult son and is unable to work. She has been told he will need to be on medications for the rest of his life. She has an invasive surgery on the calendar and her ex husband left her a year ago because he "couldn't handle her craziness." He's living in a small trailer with his brother and feels worthless and alone. She says she struggles with anger, fear and loneliness on a regular basis. She says she sees how backwards the world is and wants to be of service to others. When she tells you about her life purpose prior to becoming sick, she says that she worked in a nursing home and that the residents called her "an angel in God's waiting room." She loves being a support to people who are struggling and alone.

- What are Alberta's highest virtues? What would you say to Alberta's about her higher virtues?
- What important life purpose is she suited for? What would you say to her about her life purpose?
- In what ways is Alberta already whole? What would you like to say to her about that?
- If you were to affirm her choosing of her own path, what would you tell her?



Thank you!

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