Purpose of Life

I feel my purpose in life is to practice inclusion, to make life better for future generations, to continue to educate and stimulate the growth of our minds, and to play a major role in the cultural, social, and civic life of the community that I live in. My approach is eclectic, holistic, social, goal oriented, cognitive, behavioral, and humanistic. I find a systemic approach useful when working with multicultural clients in that I would try to understand the client within the systems in which they live. My belief that we need to educate and stimulate the growth of our minds is in line with my theoretical approach to counseling which has its roots in Albert Bandura’s Social Learning Theory and focuses on reeducating individuals, reshaping society, and developing a concept of self-efficacy.

**What does inclusion mean?**

* Inclusion refers to "the act or practice of including and accommodating people who have historically been excluded (because of their race, gender, sexuality, or ability)."

**What is inclusion in healthcare?**

* Inclusion: Ensuring an environment where these diverse attributes are welcomed, respected, and integrated into care practices, so everyone feels valued and included. Providing care that is respectful of, and responsive to, the individual preferences, needs, and values of patients.