

IS-Wel Wellness Crosswalk



Full Matrix: Each IS-Wel Domain × Its CHANGES Precursors × Supervision Interventions

- Creative Self
- Coping Self
- Social Self
- Essential Self
- Physical Self

THE MATRIX

IS-Wel Domain	CHANGES Precursors Activated	What This Means in Supervision	Telehealth Tools & Interventions
Creative Self Thinking · Emotions · Control Work · Positive Humor	Awareness Necessity Grit Effort	Help the supervisee name their patterns and commit to growth. Use screen-share for collaborative goal-setting and session recording review to increase awareness.	Shared docs (Google Docs, Miro, Notion) Session recording review (Zoom, Theranest)
Coping Self Leisure · Stress Management Self-Worth · Realistic Beliefs	Confronting Hope Awareness Grit Effort	Center the supervisee's wellness as a clinical priority. Introduce wellness tracking (Apple Health, FitBit) and co-work focus timers to build coping routines.	Wellness tracking platforms Co-working focus timers Body-doubling sessions
Social Self Friendship · Love	Confronting Social Support	Activate the supervision relationship and peer scaffolding. Use asynchronous check-ins (Loom, Signal) and triad supervision to build relational momentum.	Asynchronous check-ins (Loom, voice memos, journals) Triad supervision (peer+supervisor)
Essential Self Spirituality · Gender Identity Cultural Identity · Self-Care	Hope Awareness Necessity Social Support	Align supervision with the supervisee's identity and purpose. Use values-clarification exercises and cohort-based reflection to sustain motivation.	Digital wellness plans Values reflection prompts Cohort peer groups
Physical Self Exercise · Nutrition <small>IS-Wel = Indivisible Self Wellness Model (Myers & Sweeney, 2004)</small>	Awareness Grit Effort	Normalize body state as supervision-relevant. Incorporate movement breaks, sleep/nutrition check-ins, and energy tracking as part of the wellness conversation.	Movement break prompts Sleep & nutrition checklists Energy trackers <small>Virtual Vitality IAWC 2026</small>

QUICK REFERENCE

IS-Wel Domain	Subscales	CHANGES Activated
Creative Self	Thinking, Emotions, Control, Work, Positive Humor	Awareness · Necessity · Grit · Effort
Coping Self	Leisure, Stress Management, Self-Worth, Realistic Beliefs	Confronting · Hope · Awareness · Grit · Effort
Social Self	Friendship · Love	Confronting · Social Support
Essential Self	Spirituality, Gender Identity, Cultural Identity, Self-Care	Hope · Awareness · Necessity · Social Support
Physical Self	Exercise · Nutrition	Awareness · Grit · Effort

Coping Self is the hub

Activates 5 of 7 CHANGES precursors — more than any other domain. When Coping Self is depleted, nearly every precursor becomes harder to reach.

Creative Self activates grit

The only domain that directly activates Grit — the willingness to tolerate discomfort in service of growth.

Social Self is the bridge

The only IS-Wel domain that activates Social Support from the CHANGES model. Without it, the change process lacks relational scaffolding.

Physical Self is foundational

Body state directly shapes supervision readiness. Movement breaks and sleep/nutrition check-ins are not optional extras — they are wellness interventions.