



Doc Pratt Ministries

faith-based educational 501c3 nonprofit

*“Building Community
Pursuing Excellence”*

Doc Pratt Ministries & the Neurobiology of Transformation

Neurobiology reveals our brain's right hemisphere, which governs relationships and emotional processing, is actually the driver of lasting character change and personal growth, not the left hemisphere's rational knowledge and willpower.

A "full-brained" approach that integrates both relational and rational approaches is necessary for authentic and lasting transformation.

The right hemisphere literally shapes who we become through attachment relationships. In other words, the community of who we identify as "our people" shapes who we become.

For "our people" to have a positive impact on who we become, four ingredients must be present in that community. These "*relational nutrients*" are **joy** (which Dr. Allan Schore describes as "the feeling when someone is glad to be with us"), **hesed** (covenant-style relationships), positive **group identity**, and **healthy correction**.

When communities lack these "relational nutrients," they create what researchers call "depleted soil" where narcissism flourishes and personal growth stagnates. However, **when the four essential ingredients are present in that community, positive transformation naturally occurs.**

Doc Pratt Ministries addresses this neurobiological reality with our comprehensive social psychology approach.

Right-Hemisphere Relational Community.

Joy: Through our Doc's Place gatherings, we create face-to-face interactions that generate the joy our brains need to fuel transformation.

Hesed: DPM cultivates a community based on a sense of belonging, with a "we/us" mentality rather than the more common practice of "you/them."

Positive Group Identity: DPM's mission is "Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness within ourselves first to strengthen and inspire others through service and servant leadership"

Healthy Correction: DPM's community of belonging reminds its members regularly of Joy, Hesed, and our Group Identity which organically transforms each member into a healthier individual, with a strong sense of identity and purpose.

Left-Hemisphere Cognitive Learning.

Focusing on developing a Relational Community first, DPM then applies structured learning by using our original curriculum, ***The Six Dimensions of Health & Wellness***, through our **Berean Scholars** book clubs and **Coach Amy's** individualized guidance. This creates the "full-brained" approach that neuroscience proves is necessary for lasting change and in turn, thriving human communities.

Doc Pratt Ministries provides a *narcissism-resistant* culture where people experience *genuine belonging*, develop *secure attachments*, and undergo *lasting transformation*.

Doc Pratt Ministries creates the relational foundation that makes holistic transformation neurobiologically possible.

Doc Pratt Ministries

COACH AMY PRATT

Individual, Professional,
Corporate Coaching

Empowering clients in Pursuing Excellence by defining where they are, where they want to go, set steps to get there, and take those steps together.



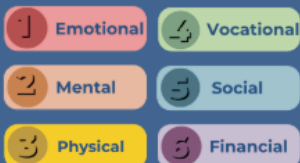
Weekly livestream podcast, Daily Brew inspiration shorts, and blogs to reach and encourage a broad audience with resources for confidence and success in life and money.



In-person events designed to generate joy, a sense of belonging, cultivate relationships, opportunities for service, and to celebrate holidays together.

Divisions

The Six Dimensions of Health & Wellness



Doc Pratt Ministries' original curriculum presented through classes, individual sessions, and printed materials.
(See pp. 6-7 for more info.)



Pursuing Excellence through book clubs, discipleship classes, and access to leading educational content and current social psychology research.

For more information
or to support
Doc Pratt Ministries:



THE SIX DIMENSIONS OF HEALTH & WELLNESS

Doc Pratt Ministries' original curriculum, The Six Dimensions of Health & Wellness, leverages the neurobiology of transformation through community-based engagement. This comprehensive framework guides participants to discover their unique identity and calling while evaluating each dimension for healing, repair, or growth. By integrating emotional, mental, physical, vocational, social, and financial wellness through DPM's relational community—Coach Amy's sessions, Inspirational Influencers content, Berean Scholars book clubs, and Doc's Place gatherings—participants align their passions, gifts, and values with their ultimate life goals. This neurobiologically-informed, “full-brained” approach fosters confidence, balance, and deep purpose, creating sustainable pathways toward clearly defined goals.

Life is always changing. Staying engaged with the DPM community and T6DH&W helps you stay on track, adapt, and keep thriving no matter what comes your way.



Stages of Health & Wellness

- 1- Desert: Extremely lacking, requiring immediate attention and effort
- 2- Overgrown/Malnourished/ Neglected: Some pruning needed, some intentional care needed
- 3- Surviving: Doing well enough but could do better
- 4- Thriving: No room for improvement here and is using a reliable plan for maintenance.

1

Emotional Wellness

- A. Identity**
- B. Emotion recognition & definition**
- C. Spiritual Wellness**

2

Mental Health & Habits

- A. Choosing a Life of Inspirational Influence**
- B. Atomic Habits (Clear, 2018)**
- C. Cognitive Health**

3

Physical Health

- A. Nutrition**
- B. Exercise**
- C. Medical**

4

Vocational Wellness

- A. Calling**
- B. Career**
- C. Seasons**

5

Social Wellness

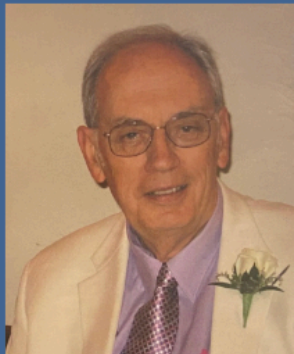
- A. Three intimacy levels**
- B. Communication skills**
- C. Seasons**

6

Financial Wellness

- A. Money plan**
- B. Visualizing your horizon**
- C. Planning for Retirement in ALL the ways**

Join us!



Medical Prescription Form	
Patient Information	
Rx	Patient Name
	Patient Address
Directions:	
"Keep your chin up and your knees bent"	
The O.G. Doc Pratt	
Signature	
Date	

DocPrattMinistries.org