

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.