

"Amen WHOLE 4" PHX Pilot Info Zoom Meeting 2026-09-03 17:37(GMT-7:00)

Key Outcomes

The meeting served as an introductory session for the **WHOLE4 Bible Study** pilot program, a science and scripture-based journey designed to improve brain health, physical wellness, and relationships ¹. The program will consist of six foundational lessons starting **September 24th**, utilizing a hybrid format of in-person meetings and online recordings.

Program Overview

- **Core Objective:** To integrate neuroscience with Scripture to help participants restore physical health, renew their minds, heal relationships, and strengthen faith ¹.
- **Structure:** Six sessions, each approximately 90 minutes long, featuring 30–40 minutes of teaching by **Dr. Amen** via video, preceded by sharing and followed by application discussions ².
- **The WHOLE4 Framework:** Focuses on four connected areas: mind, body, relationships with others, and spiritual relationship with God ³.
- **Practical Application:** The course includes "Tiny Habits" (50 total across the program) that participants are encouraged to apply to their daily lives ⁴.

Participant Requirements & Expectations

- **Assessments:** Participants must complete a comprehensive pre-assessment and post-assessment (30–45 minutes each) to provide data on transformation for the Amen Clinic.
- **Portal Access:** Participants will receive access to a portal for assessments, online journaling, and the participant workbook.
- **Commitment:** The program is free for this pilot group in exchange for completing the required assessments ⁵.

- **Scope Limitations:** The program is **not** a substitute for psychotherapy, psychiatric treatment, or crisis intervention.

Logistics & Administration

- **Location:** Proposed site is the **Veterans Center (Building 4) at GCU**, pending final confirmation next week ⁶.
- **Accessibility:** Sessions will be recorded for those unable to attend in person or dial in live.
- **Eligibility:** Open to individuals aged 14 and older ⁷.
- **Data Privacy:** Individual assessment scores are private; facilitators only see aggregate group data ⁸.

Action Items

- **Sven:** Confirm the final on-campus location at GCU next week ⁶.
- **Sven:** Send portal setup details and instructions to participants around September 20th ⁹.
- **Participants:** Complete the pre-assessment once access to the Amen University portal is granted ⁵.