Practitioner Skills Step-by-Step

If you feel you are not connecting, go back to the previous step

1. Skills of Being
   Centering & Grounding
   Neutral, non-judgmental, non-pathological attitude
   Avoid “better than” or “less than” thinking
   Stillness in self, freedom to witness both internal and external phenomena

2. Skills of Relationship
   Presence & Contact, proximity is not too close or too far
   Wide perspective Viewing, not tunnel vision
   Compassionate; not enmeshing or abandoning

3. Skills of Listening
   Listening generally, Detecting subtle movements
   Letting client “feel heard;” “I See You”

4. Skills of Recognition
   Relating to Health via Primary Respiration, Breath of Life, Stillness
   “Remote viewing” of tissues, patterns, zones, segments, movements
   Differentiating layers of the system: bone, soft tissue, organs, fluids, energy
   Becker’s Three-Stage Process

5. Skills of Conversation
   Verbal and non-verbal posing of questions
   Appreciation of whatever is present; catch the client doing something right
   Follow expressions to fullness and suggest “wait”
   Managing nervous system regulation process: “Body, Low, Slow, Loop”

“[Dr. Stone] had a presence that touched people, and it was this presence, not technique, that was the basis of his healing.”
   —Heckler, Anatomy of Change

“Future therapies will entail very little medication but will require the patient’s understanding of the root cause of his conflict and disease… The patient is thus the ‘boss’ in the treatment… The relationship between patient and physician will be completely re-thought and re-defined… Whoever wants to work this way should first and foremost be a wise and decent person, kind-hearted and possessing outstanding general knowledge.
   —Hamer, MD, Summary of the New Medicine, p. 15

“The medicine of the future will be an act of thinking.”
   —Michel Abehsara, DO