

Practitioner Skills Step-by-Step

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

“[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

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”