No Need to Reinvent the WHEEL

I moved to Seeing Patients for 1½ HOURS

Help patients the RIGHT AMOUNT of TIME to take the deal with their Health challenges

HEALING JOURNEY — with patients —

I wasn't medicating people

Physician was a POOR DESCRIPTOR for me

STOP That meant I STOPPED DOING EXAMS and TAKING BLOODWORK

the PATIENT KNOWS THEIR EFFORTS made them BETTER

so... my work became Mobilizing Patients toward WHOLENESS and HEALING

failure is PUNISHED made to feel SHAME

Traits of Children
plasticity curiosity playfulness
Feelings of Inadequacy — REMAIN with US —

CAUTION
I make mistakes — EVERYDAY —

So... I posted a SIGN on my OFFICE DOOR ..... and PATIENTS felt TRUST in Me!

We're really good at what we do, NOT how we Feel about ourselves

we sometimes have Trouble Talking about our feelings.

☑ CHECK YOUR SELF-TALK
We can hold UNREALISTIC BELIEFS

Stress Response is a Fear Response

Don't FORGET

Be Vulnerable
Be with Suffering People
Love and Care for them

I DON'T HAVE to KNOW or HAVE the Perfect THING to DO or to SAY.

What's IMPORTANT is OUR Relationships with OURSELVES and OTHERS

! RECOGNIZE this IMPORTANCE

Do you have a CONNECTION with the patient.... Do they KNOW you CARE?