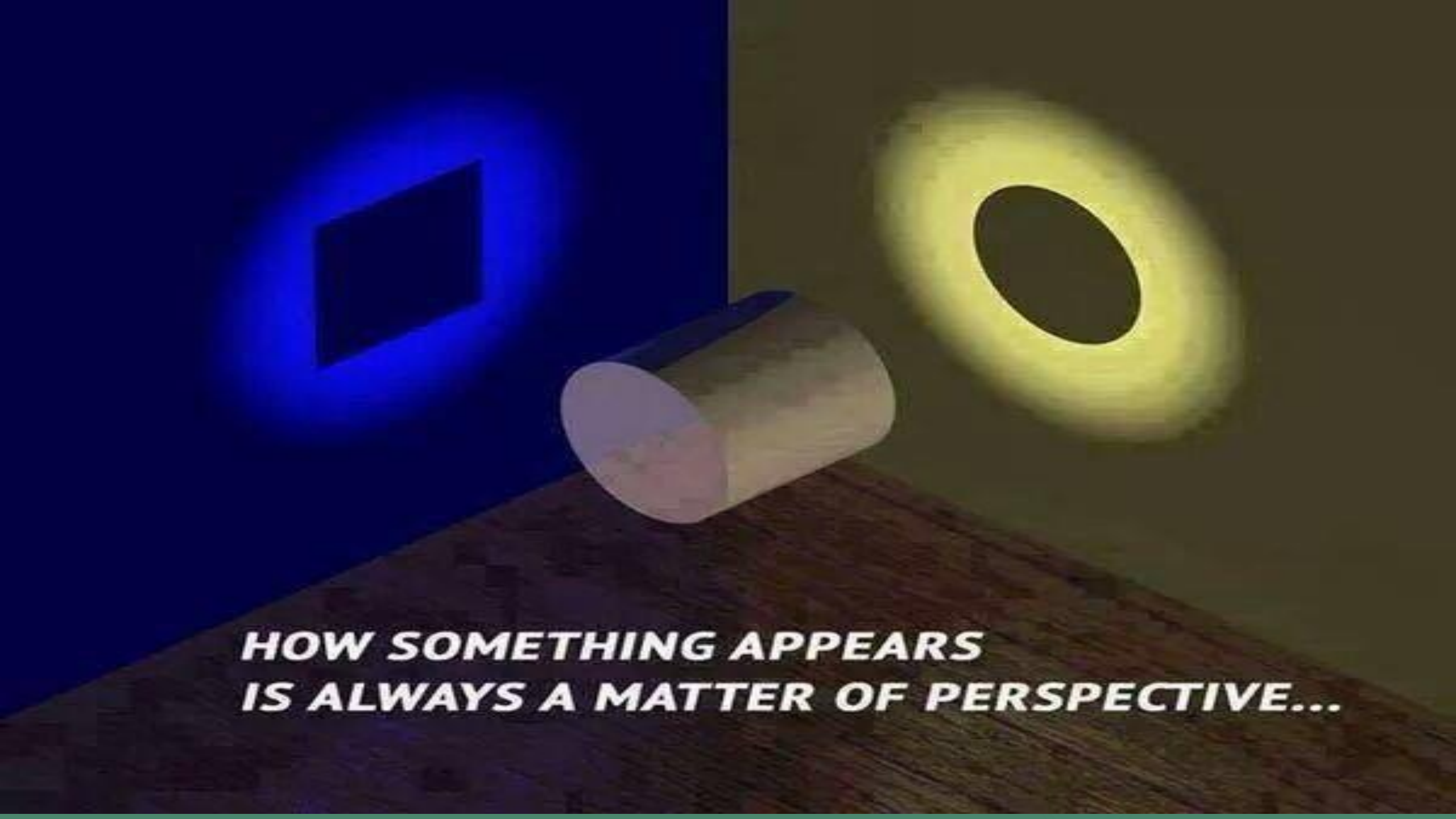
The way you  watch

shall determine…

what you will see

The way you watch

depends on who you are


HOW SOMETHING APPEARS
IS ALWAYS A MATTER OF PERSPECTIVE...

Soft skills you don’t apply,

they are the result of a proces of growing to integration within the osteopath

Selfcare:

Is being with an attitude that is the expression of an inner connection and an open mind

To mind:to perceive, to notice, to pay attention, to observe

Using five senses and the awareness of mental, emotional and fysical reactions

# Toos Bartlema

Introspection

observe inside

Communication with the patient

observe the preference of communication style

Communication and palpation

observethe function of the way the patient expresses him/herself

Core qualities (Daniel Ofman)

Human Dynamics (Sandra Seagal en David Horne)

Character structures (Alexander Lowen, Wilhelm Reich)

| | |
|---|---|
| Quality | Pitfall |
| Allergy | Challenge |

The function of playing with the quadrant:

Increase of transparancy and accesability

The talent you have, becomes free to use

by knowing the pitfall and allergy you can avoid being narrow minded and  getting involved in a narrow communication (counterprojection)

No inner voice of judgement

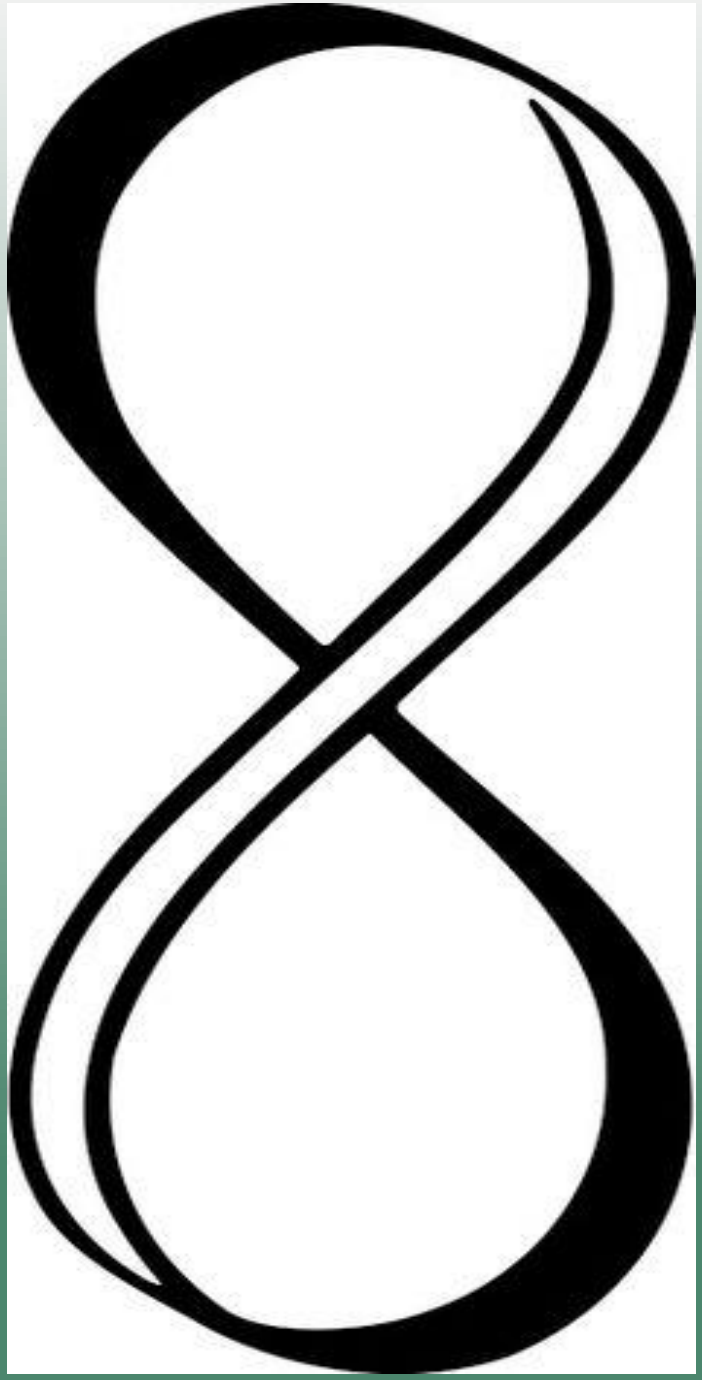
No inner voice of cynism

No inner voice of fear

True understanding

Compassion

Seeing function



Human dynamics

three principles:

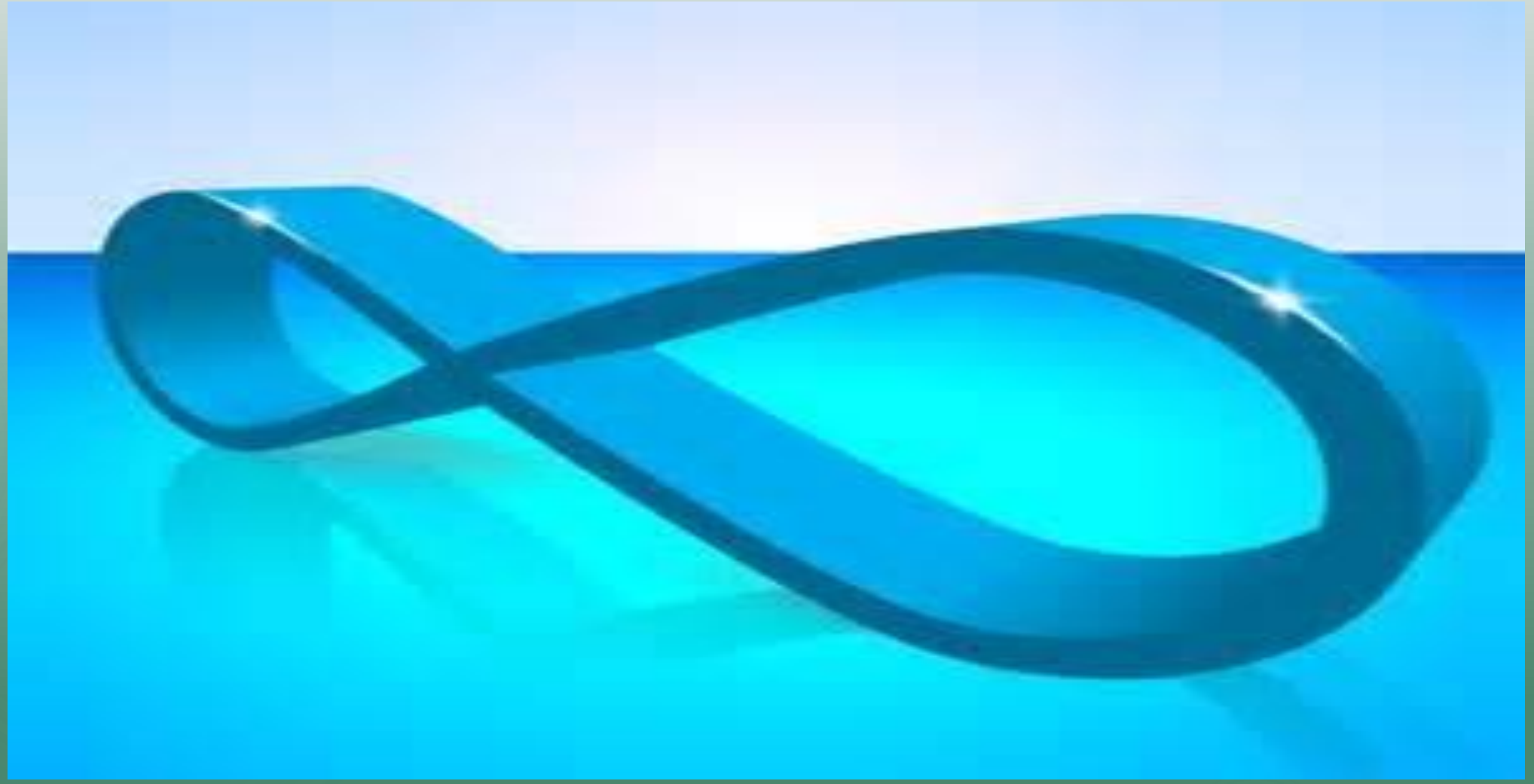
the mental principle (objective),

the emotional principle (relational)

the physical principle (operational).

Canon
EOS
40D

| Mental | Emotional | Physical |
| --- | --- | --- |
| Thinking | Feeling | Doing |
| Objectivity | Relationships | Making |
| Focus | Communication | Actualizing |
| Structure | Making Connections | Sensory Experience |
| Logic | Creativity | Systemic Process |
| Detachment | Imagination | Practicality |
| VISION | COMPASSION | SERVICE |

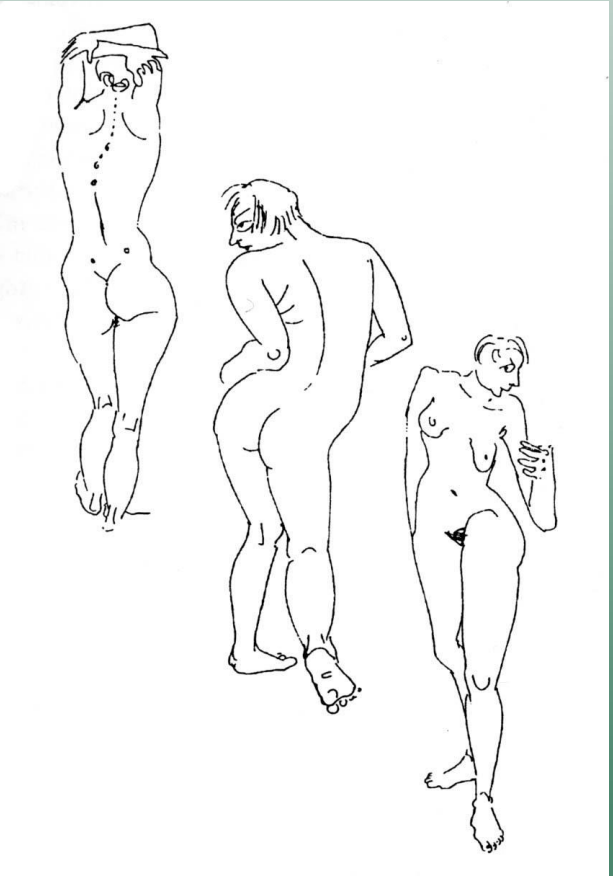


# Soft skill: bio-energetics

*Biology* The study of the flow and transformation of energy in and between living organisms and between living organisms and their environment.

*Psychology* A form of therapy that focuses on the physical manifestation of emotional tension and stress, combining psychotherapy with physical therapies such as massage, relaxation techniques, and exercises in posture and breathing.

# It’s about: body language



# A synthesis of evolutionary hierarchy

Prokaryoot

Eukaryoot

Multicellulair organisms + communication

Tissuedifferentiation + commuication

Systems+ communication

Organs + communication

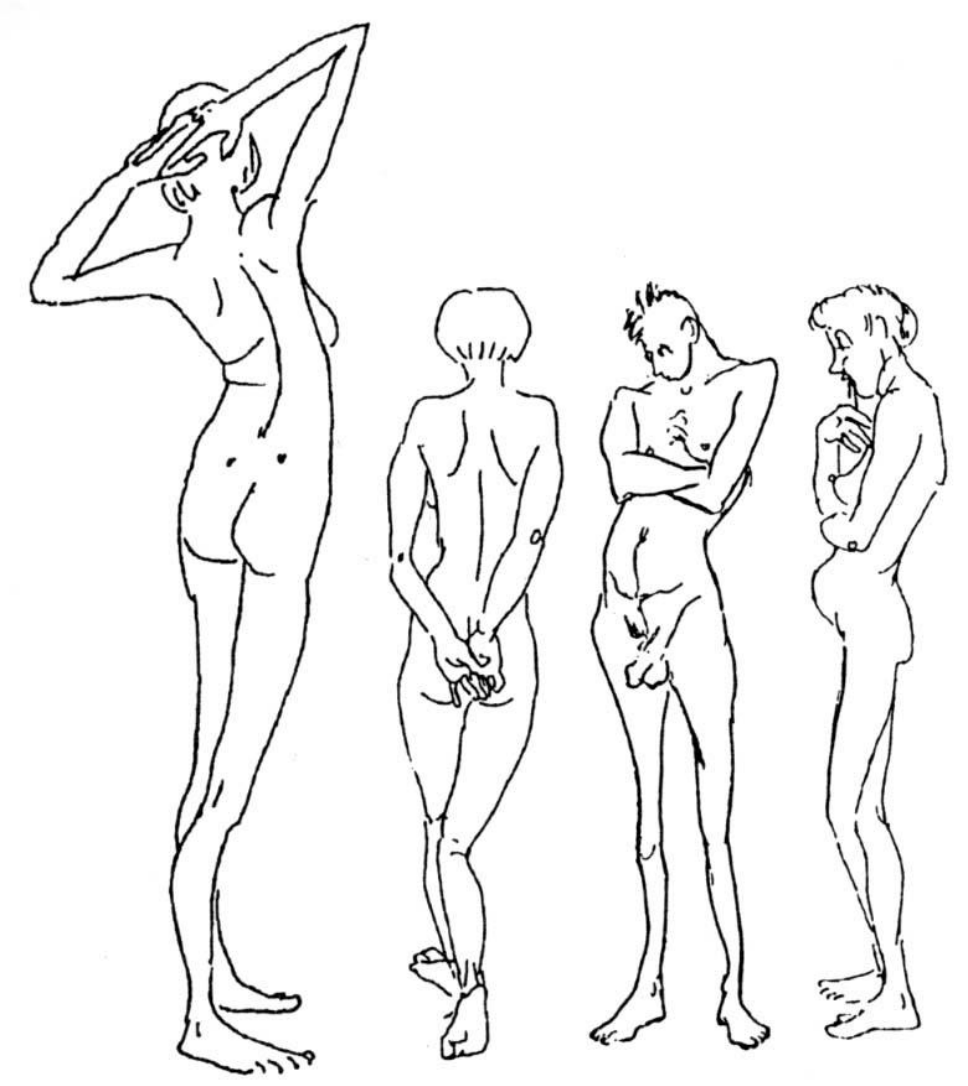
Individual + communication

Socialization proces

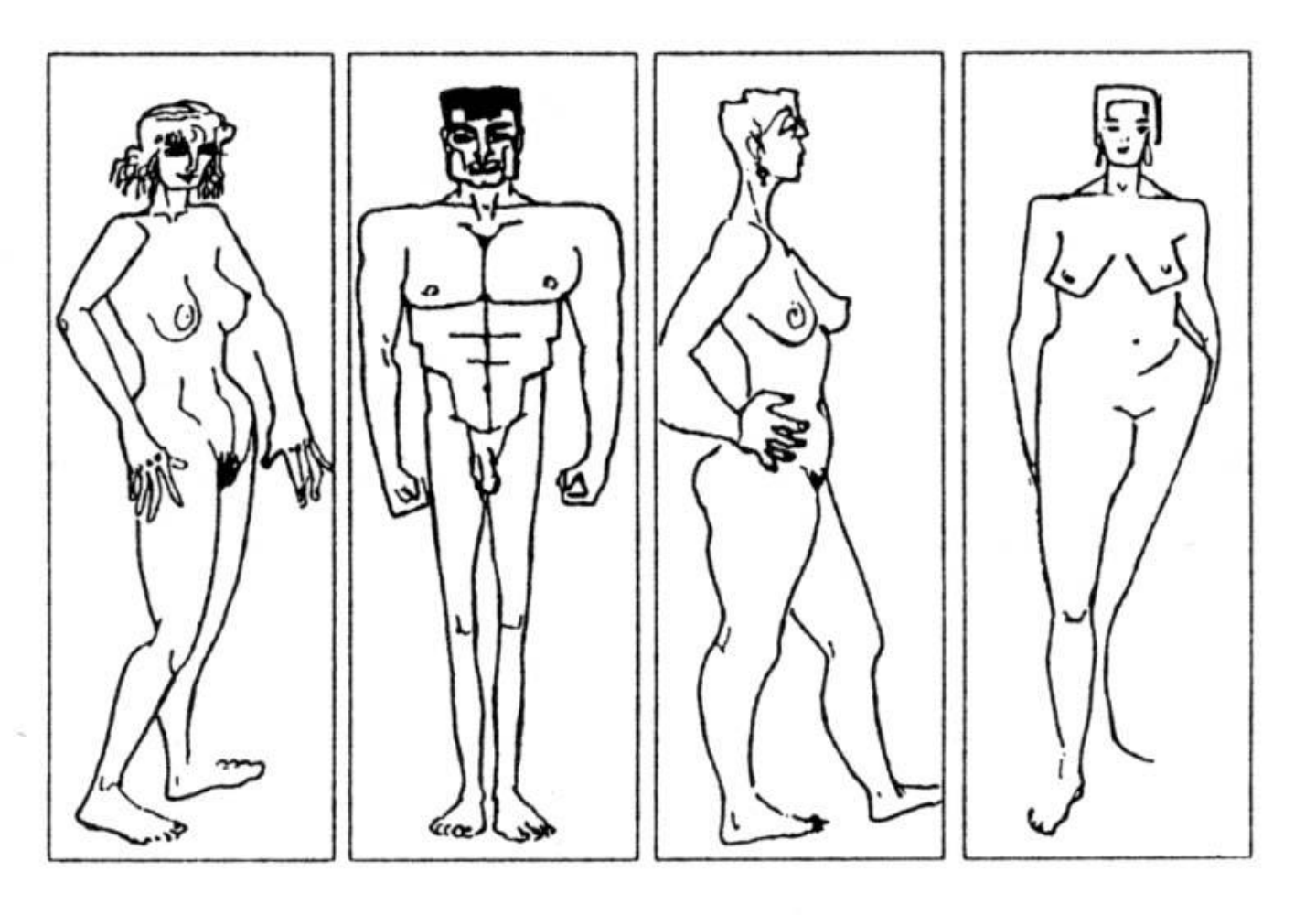
Growing steps 1-7 years:

1) it's safe: I can be
2) there's nutrition: I have needs
3) there is relation:  I can be independent
4) there is autonomy: I can be free
5) there is beauty: I can desire

| Quality | Pitfall |
| --- | --- |
| Vision/helicopter view | no contact |
| **Allergy** | **Challenge** |
| being very presented | Contact "I exist" |



| Quality | Pitfall |
| --- | --- |
| To care/ to help | Lack of self care |
| **Allergy** | **Challenge** |
| egoism | Selfcare "I need" |



| Quality | Pitfall |
| --- | --- |
| sustaining/ connecting | pushing to much |
| **Allergy** | **Challenge** |
| being without connection | let it be " I am independent" |

| Quality | Pitfall |
| --- | --- |
| to serve | ignoring the limit |
| **Allergy** | **Challenge** |
| authority | Respect the limit "I am autonome" |

| Quality | Pitfall |
| --- | --- |
| purify/ beautiness | perfectionism/ abstraction |
| **Allergy** | **Challenge** |
| coarseness | imperfection |