


# Salutogenetic communication in osteopathic education

Andreas J. Risch, MSc (A)

Fresenius Medical School, Osteopathic Education & Training  
Program (BSc), Munich, Germany

A decorative graphic consisting of several sets of concentric circles, resembling ripples in water, located in the bottom right corner of the slide.

„Treasure hunt instead of  
problem analysis“

# OSTEOPATHIC EDUCATION TREASURE MAP

THIS MAP SHOWS YOU THE BEST ROUTES TO THE TREASURES ON  
OSTEOPATHY ISLAND. THE PEAKS OF THE MOUNTAINS OF EXPERTISE ARE  
EASILY FOUND IF YOU SEARCH FOR THEM. GREAT RICHES AWAIT THE ONES  
WHO BRAVE THE JOURNEY!



# Salutogenesis

salus (lat.): Health, Wellbeing

genesis (gr.): Origin, Formation



# Aaron Antonovsky (1923-1994)





# Aaron Antonovsky

- Born in Brooklyn, New York
- Studies of Sociology
- Professor and director of the department of sociology and health at the Ben Gurion University in Israel
- the question of the origin of health was more important for him than the causes of disease

# Core aspects of the model of Salutogenesis

1. Continuum of health and disease (ease-dis-ease)
2. Sense of coherence (SOC)
3. Generalized resistance and health resources

# Continuum of health and disease

- both poles are constantly present and we are moving between them
- no „either - or“, but „as well as“

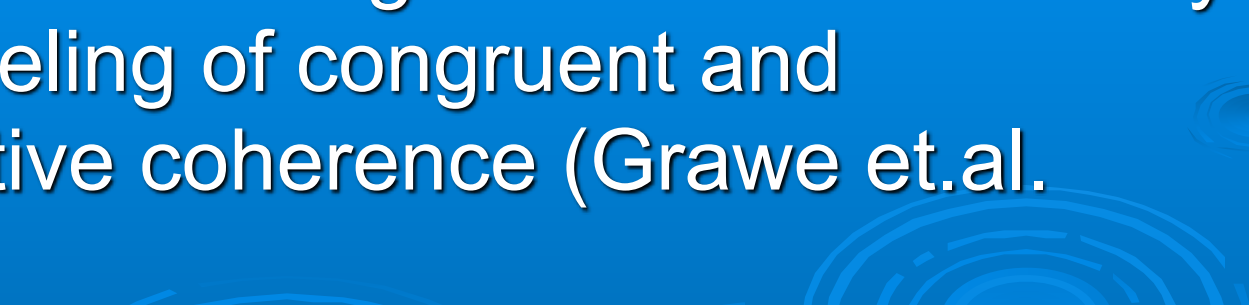


# Sense of coherence

1. Comprehensibility
2. Manageability
3. Meaningfulness

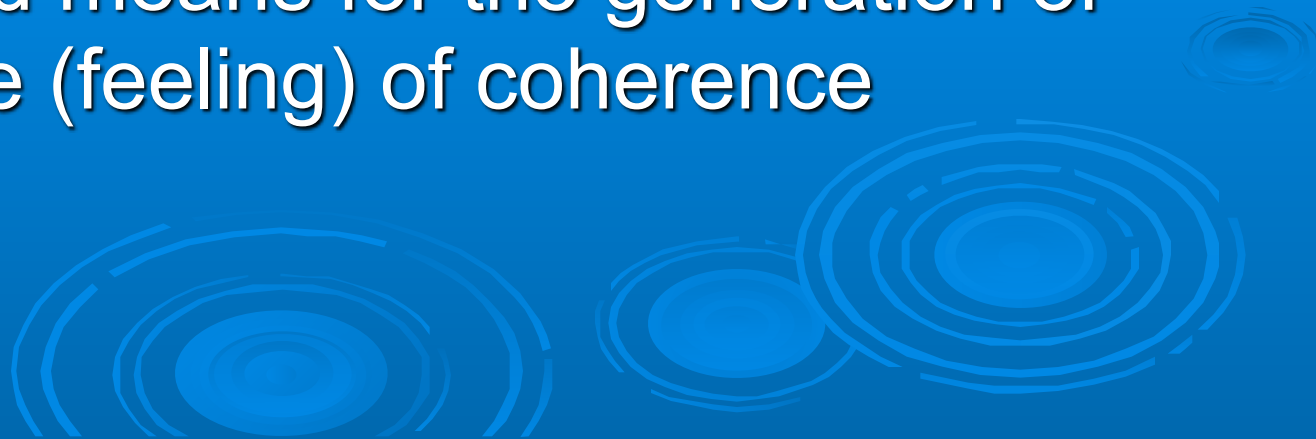


# Sense of coherence

- basic need for consistency, congruency and relationship
  - an inborn neurobiological and central ability for the feeling of congruent and constructive coherence (Grawe et.al. 2004)
- 
- A decorative graphic in the bottom right corner of the slide, consisting of several concentric circles of varying shades of blue, resembling ripples in water.

# Sense of coherence (Feeling)

- Development through relationships and communication
- Communication is by far the most important factor and means for the generation of the sense (feeling) of coherence



# Sense for coherence

Graham Rawlinson, 1976, „The significance of letter position in word recognition“:

„According to a research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter are at the right place. The rest can be a total mess and you can still read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole.“

# Generalized health and resistance resources

1. Material resources (financial, daily living, mobility)
2. Knowledge, Intelligence (access to media, technology)
3. Identity (personal, professional)
4. Strategies for stress management (coping strategies, conflict management)
5. Social support systems, relationships (family, friends, social networks)
6. Stable belief systems (moral, social, ethical)
7. Cultural stability (intercultural competence, language skills)

# Salutogenetic Communication

- Practical application of salutogenetic principles in various environments (therapy, education, business, daily life)
- Focus is on promotion and facilitation of the developments of healthy, creative and solution oriented processes



# Forms of communication and perception

<u>Implicit (nonverbal)</u>	<u>Explicit (verbal)</u>
<i>subconscious</i>	<i>conscious, volitional</i>
<i>„between the lines“</i>	<i>specific contents: who, what. when. where</i>
<i>facial and physical expression, gestures</i>	<i>„created“ facial expr. &amp; gestures</i>
<i>context related (emotion, social roll, judgment, appeal)</i>	<i>causal, logical</i>
<i>less mistakes</i>	<i>more mistakes</i>

# Main aspects of salutogenetic communication in the educational and therapeutic environment:

- how to increase the potential for self regulatory processes and healthy developments
- how to identify and focus on helpful resources
- how to find out about the student's own potential and available resources
- how to improve motivational aspects
- how to support the teaching and learning environment
- how to apply it for professional and therapeutic purpose

„If you want to build a ship, don't drum up the men to gather wood, divide the work and give orders. Instead, teach them to yearn for the vast and endless sea.“

Antoine de Saint Exupéry

„The idea is lying within you, you only have to remove the unnecessary stone.“

Michelangelo



Thank you very much for your attention!

Contact: Andreas J. Risch, MSc (A)

[www.praxis-risch.de](http://www.praxis-risch.de)

[info@praxis-risch.de](mailto:info@praxis-risch.de)

