

GUIDELINES for HOLISTIC PRACTITIONERS

CHARACTER ETHICS:

Temperance, sincerity, humility, courage, honesty, industry and thrift.

1. Start with the end in mind. What do I want from my practice? What do I value? What are my talents? What are my resources? At the end of my life what do I want to have accomplished? Choose all things that serve these questions and reject all the options that oppose.
2. Know that you have the power, freedom and ability to choose the best treatment. Don't be reactive and allow yourself to be controlled by circumstance. Reactive people produce reasons and excuses; proactive people produce results. Be value driven.
3. Control of your time. Concentrate on important matters that are not urgent. Don't allow "crisis management," trivia, non-important urgent matters (ie., some phone calls, some mail, etc.) to eat up your time. Concentrate on planning, good work, relationships and recreation. Important matters that are not urgent.
4. Create an "abundance" mentality. There is plenty for everyone. There is no need to put others down, be jealous or competitive.
5. Understand your client/patient. LISTEN. Let the client explore their own feelings at their own pace. Watch their facial expressions and other body language. Your goal is to understand them.
6. Create a climate where synergy can flourish and become creative cooperation. First develop the ability to understand and then have a belief in your ability to find the correct alternative. There should be synergy between client, staff and you.
7. Take time to take care of yourself. This protects our ability to be effective. Take care of yourself in several fields. The physical self; nutrition, exercise and rest. When you are fit the greatest benefit is self-esteem. The mental self; through reading, creative writing, a hobby, etc. The spiritual self; values transcend goals and activity, the spiritual self is guided by values. The emotional self; assume goodness of people, offer kindness over unkindness, keep promises, honor expectations, offer loyalty and give apologies (swallowing your pride).

Become holistic personally, become holistic professionally.