



How To Improve the Techniques you Already Have

By

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WHEN THE BALANCE FAILS TO FLOW

What I have learned from mistakes I have made in kinesiology.

Failure to Adhere to Principles

- The answers are in the client and not in the Kinesiologist.
- Establish what it is that the client desires different.
- No arguing with the client—just MT.
- Avoid advice, judging, condemning.
- Cowboy wisdom—when your horse dies, get off.

What Should Drive Me

- Have a desire to help and understand.
- Accept the person although not necessarily the behavior.

Rules for life—Dean Ornish

- Show up
- Be in touch.
- Tell the truth.
- Don't have too much investment in the outcome.

Resistance is to be expected

- Resistance in the client is to be met with calm and trust in the method not with doubt and frustration in the therapist..
- This lesson can be learned with experience.

Central and Governing Meridians

- Central Meridian

If not “on line” I.E. switched—MT with any indicator will only result in confusion.

- Governing Meridian

If reversed, hidden burdens in the client can block any meaningful therapy.

Unrecognized Common Issue

- Could it be that the area or issue for the client is also and area of unresolved conflict for the therapist?
- In my experience it is just beyond reason to hope to aid a client in an area where the therapist himself is blocked.

Common Errors

- Power issues:
 - When what drives me is a desire to demonstrate the power of the process.
 - Or worse, a desire to demonstrate my own power.

What Should Drive Me

- A desire to help and understand
- To accept the person, although not necessarily the behavior
- To be kind
- To know that it is the client who is in charge of his own time table

The Kinesiologist Accepts

- Accept that kinesiology is not necessarily for everyone.
- Accept that I am not necessarily the best therapist for every client (remember cowboy wisdom).