

APMT Conscious Communication Skills

Remember that in addition to helping yourself and your clients experience less pain, it is imperative to clearly communicate and respond to clients' goals, feedback, and requests. This includes growing into and owning your role as a healthcare educator. Communication and reassessing at the beginning, end, and throughout the entire length of the session are essential to providing longer lasting beneficial impacts, and assisting clients in internalizing their own ability to actively support their healing between sessions.

APMT Conscious Communication Themes:

- Stepping out of drama (complaint, criticism, and blame) by taking 100% response-ability (the ability to respond rather than unconsciously reacting)
- Sourcing safety for your clients and yourself (people don't heal if they don't feel safe; and therapists don't thrive if they ignore, push or force through pain)
- Creating clear agreements with clients and developing the resourcefulness to amend agreements that are not working for you or your clients
- Empowering clients to make requests and contribute to the design of the session; are your clients' concerns and feelings being honored, deeply listened to, and addressed?
- Empowering therapists to receive requests as opportunities to collaborate and invitations to explore, grow, and evolve their practice

Anytime you apply a new professional tool or provide an advanced technique (f.e., Call for Motion, or unusual positioning of the body), it's helpful to source safety by clearly communicating with your client:

1. What you're doing
2. Why is it helpful and
3. Reassess their response to the pro tool or advanced technique.