

ANTECEDENTS

BENEFITS FOR PRACTITIONERS:
3 SEGMENTS:
1. CLINICAL
2. OPERATIONAL
3. FINANCIAL
+ CLINICAL = DOING GOOD MEDICINE
+ OPERATIONAL = ABILITY TO MEET WITH CLIENTS FOR LONGER
+ FINANCIAL = SEE MORE CLIENTS, MAKE MONEY \$\$

[Pt: Increase Acceptance!]

TRIGGERING EVENTS

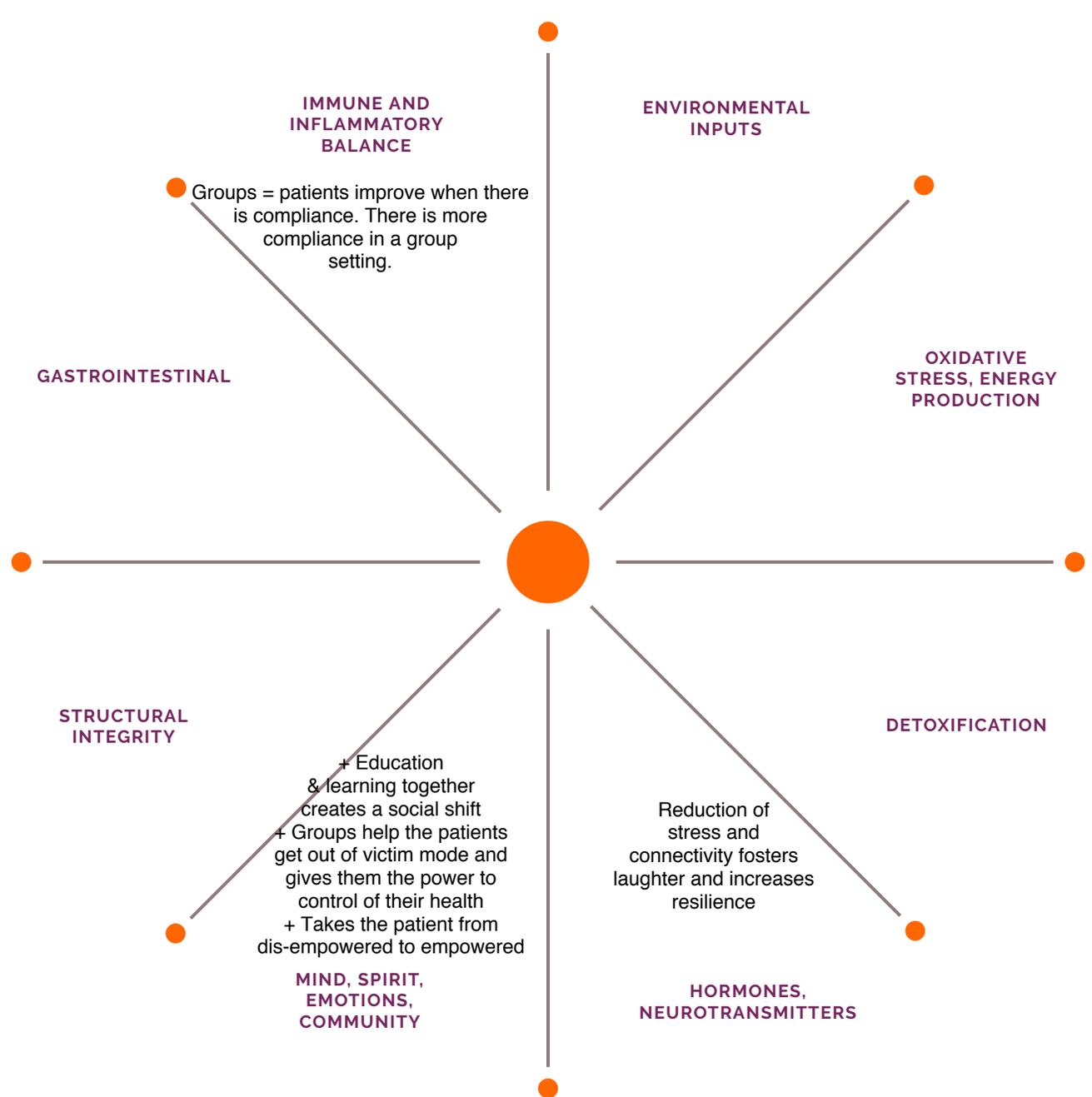
Past triggering events can create connections with patients in a group which in turn creates compliance; this helps the skills to be implemented and we see change

MEDIATORS

Goodness needs to come first! (Good with yourself)

To get good with yourself, get your
M - ental
E - motional
S - piritual
S - ocial
in order

Once you get your "mess" in order it is much easier to clean up your (good)ness!



SLEEP/RELAXATION

EXERCISE/MOVEMENT

Exercising as a group increases compliance and success

NUTRITION/HYDRATION

Support in making dietary change comes more easily when around others who are doing it as well

STRESS/RESILIENCE

+ STRESS REDUCTION FOR PRACTITIONER
+ When patients see someone living with a condition and doing the program, it helps others accept and surrender to the process

RELATIONSHIPS/NETWORKS

Community and purpose help us bond with each other and are supportive of healing

Sometimes best friends come in times of suffering / bonding