
Problem solving and role of therapist

https://www.youtube.com/watch?v=ollIVFBBbNw&list=PLwvOQW7LFN3nLmEMhnvrn7JuQ7qXeR_Z9

Effective problem solving

Define the problem

Evaluate the problem

Generate possible solutions

Implement the solution

Conflict resolution approaches

Recognize that all of us have biased fairness perceptions

Avoid escalating tensions with threats and provocative moves

Overcome an “us versus them” mentality

Look beneath the surface to identify deeper issues

Separate sacred from pseudo-sacred issues

<https://www.pon.harvard.edu/daily/conflict-resolution/conflict-resolution-strategies/>

Appropriate 3rd party

A third party is an individual or entity that is involved in a transaction but is not one of the principals and has a lesser interest.

Who could you use as a 3rd party in regards to massage?

Main causes of conflict

Information

Values

Interests

Relationships

Structural

Conflict occurs the most when flexibility or adaptation is needed. This is because these are higher stress situations.

<https://www.youtube.com/watch?v=hkAhCnvqoQQ>

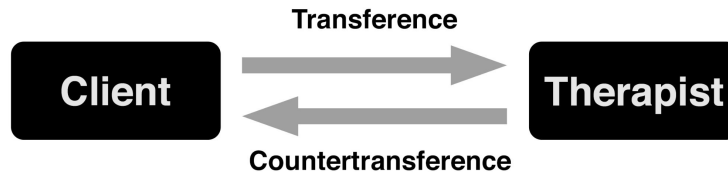
ROLE OF MASSAGE THERAPIST TO CLIENT

In a therapeutic relationship we are specifically serving the health care interests of vulnerable persons. The therapeutic relationship's primary function is to facilitate the health and well being of clients, ensuring that we bring our full presence and commitment to the experience.

Transference and countertransference

Transference is the redirection of feelings about a specific person onto someone else (in therapy, this refers to a client's projection of their feelings about someone else onto their therapist).

Countertransference is the redirection of a therapist's feelings toward the client.



Confidentiality

Massage Therapists are advised that giving any information about a patient to any person except to facilitate assessment or treatment of a patient, or as otherwise allowed or required by law (i.e., Personal Health Information Act) is professional misconduct.

Critical thinking

Critical thinking is the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action.



Critical Thinking Skills



1

Observation

The ability to notice and predict opportunities, problems and solutions.



2

Analysis

The gathering, understanding and interpreting of data and other information.

3

Inference

Drawing conclusions based on relevant data, information and personal knowledge and experience.

4

Communication

Sharing and receiving information with others verbally, nonverbally and in writing.

5

Problem solving

The process of gathering, analyzing and communicating information to identify and troubleshoot solutions.

Professional judgement

What??

Professional judgment is the application of relevant training, knowledge and experience, within the context provided by assurance and ethical standards, in making informed decisions about the courses of action that are appropriate in the circumstances of the engagement.

<https://www.youtube.com/watch?v=O4IWH-w4xLA>
