

Five Steps to Transforming Your Practice

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Most medical professionals entered their field in order to support healing in whatever area is their specialty. The idea of becoming proficient, sensitive and caring to those who are most vulnerable while educating them in self-care is a noble thought. At times, however, the reality can be very different. What happens for many of us is that over a period of time the work can become more rote, requiring little emotional or spiritual connection to the patients either because of the demands of paper work, and insurance or the organization in which you work. Bringing back the passion, creativity and ambition that brought you to this field, or perhaps finding it for the first time, can absolutely transform your every day life, professionally and personally. It can open doors within you as well as within your field because the energy you bring to your work will cause you to stand out. Five simple steps can be the beginning of a new approach to making your work fun and rewarding while feeding you in a way we all need.

1). **Discover what is missing.**

Take a moment or longer if needed, to assess what is missing in your practice that would make you feel that it is where you want it to be. Are you pushing through each session, so that you can push through the next? Has the challenge been dulled and the rote set in? Are the patient numbers not what you want? Too high? Too low?

To have the practice you want, you need first and foremost to know what you want it to look like. Once you have that picture, look at where you are. Is it you that is missing in your work? Is it the right environment? Is it the type of patient you are working with? What needs to change?

2). **Design what you want.**

In an ideal world, what would your practice look like? Would you be a consultant working per diem making your own schedule? Have a small group practice with people you admire, sharing referrals? Work in a large institution, and simply show up with no independent marketing or business burdens on you? Being where you are about doing it oh so differently? Define for yourself, what it should look like, ideally. Do not cut back to be realistic until later, until after you get the picture, the flavor of your wants.

3). **Develop your plan for making it happen.**

Now, to get that ideal picture, what can you change? What can you influence? What can not be changed? Do not jump too quickly on this one. You may be much more powerful than you realize.

What needs to be brought in to make it all happen? Within you? Within the structure? Be sure to consider the need for patient connection. To avoid repeating the process of being drained or disconnected, do you have the skills emotionally, in terms of intimacy and presence to truly touch the life of each patient and to be touched in return? Do you see only their disorder or do you see the personal story behind it? What skills do you need to address the whole person? To deal with the variety of personality styles with joy rather than tolerance? Can you see the big picture of this situation thus making each case an adventure or does fear get you stuck in the detail?

4) List what you need to implement it.

Can it take place where you are right now or do you need a new location? Do you need to develop additional skill sets? Do you need further training? Would Energy Medicine expand your abilities on all levels and bring a whole new dimension to your work? Will you be fed financially, emotionally and spiritually? No point is too small or too large. Do you need partners? List it all, to cut down on the shock value later to support full implementation. That helps you avoid self-sabotage.

5) Continue to review these 5 steps at various intervals.

Whenever there is a doubt, a piece missing, or a question about where you belong, come back to this list. In spite of ourselves at times, we are always growing, always changing and always needing to reassess where we are. Some times it is to confirm that we are at the right place, sometimes to remind us of the need to continuously grow and recommitment or change as needed. Always, the conscious choice to be an active partner in our life makes the life an adventure of growth, challenge and change. Things can take place with our lead, or we follow, letting life take us where it will. You deserve to lead your own show, not follow it. God bless.