

Approaches to the Self-Responsibility Model

Helena Argüelles

“Between stimulus and response there is a space... in that space is our power to choose our response. In our response lies our growth and our freedom” ~ Viktor Frankl, Auschwitz survivor

The Self-Responsibility model is widely accepted as being one of the main principles of Touch for Health and other Kinesiology. Typically demonstrated at the very outset of any beginner class. There are as many interpretations of the Self-Responsibility Model as there are followers of it. Having interviewed leaders in the Kinesiology world I have come to an interpretation and understanding about it and why it is so important to us as Kinesiologists and as individuals. Here are my findings, thoughts and musings:

Balancing Friends, Family and Clients

In TFH, we are always sure to establish a clear understanding that the receiver rather than the giver is in charge at all times. For this to happen the receiver must be involved in the process and is not done ‘to’ or ‘on’ but rather ‘with’. The more we are involved in the session, the decision making, the observations and the outcome the more we feel empowered to make, positive changes and notice the difference. Being involved in the process leads to self-awareness and self-development and ultimately self-empowerment. I believe that the best practitioners are those who are able to co-facilitate a session with their clients.



In an Instructor/Student/Mentor Relationship

The same parameters apply. It is the student’s experience that takes precedence over knowledge. In



the Self-Responsibility Model, the focus is on the student/mentee finding their own way to discovery rather than being talked ‘at’ by their instructor or mentor. Students and mentees are involved in the process of learning through contributing their thoughts, questions and experiences and the instructor is able to adapt to the students’ needs.

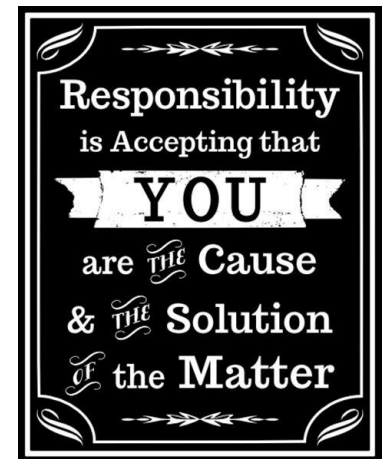
Whilst the delivery of material in a lecture style is efficient in conveying information it is not often efficient for learning.

Personal Development

Those who live by the Self-Responsibility Model tend to feel more empowered, centred and able to find their way through the challenges that present with less stress and hardship. Knowing that the ability to change our circumstances lies solely in our hands is extremely empowering, even when the urge to blame is strong!

When life is a struggle I invite you to ask questions to help you find a Self-Responsible way through:

- Where in your life do you feel powerless or stressed?
- What are you willing to accept in relation to this issue?
- What are you not willing to accept in relation to this issue?
- What are you grateful for with respect to this issue?
- What small change can you make to empower yourself with regard to this issue?
- What will be the effect of these changes?



Conclusion

The clue is in the title! Response-ability (rather than react-ability). Responding to the ebb and flow of circumstance, making our choices along the way, embracing mistakes and acknowledging our own abilities to facilitate positive change in our self and others is vital in cultivating joy.

Living in the Self-Responsibility Model brings an extra dimension to our personal growth and as Touch for Healthers it is our duty to enable and support others to do the same. Carrying Dr Thie's candle and passing the light to others. May you pass the light to those you Touch for Health.

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Biography

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