

# Reflektointi yleislääkärin työssä

Salla Jokinen, yle eval



# Sidonnaisuudet

- GP-kouluttaja
- Kehotietoiseen joogaan erikoistunut joogaopettaja

# Reflektio ja kohtaaminen

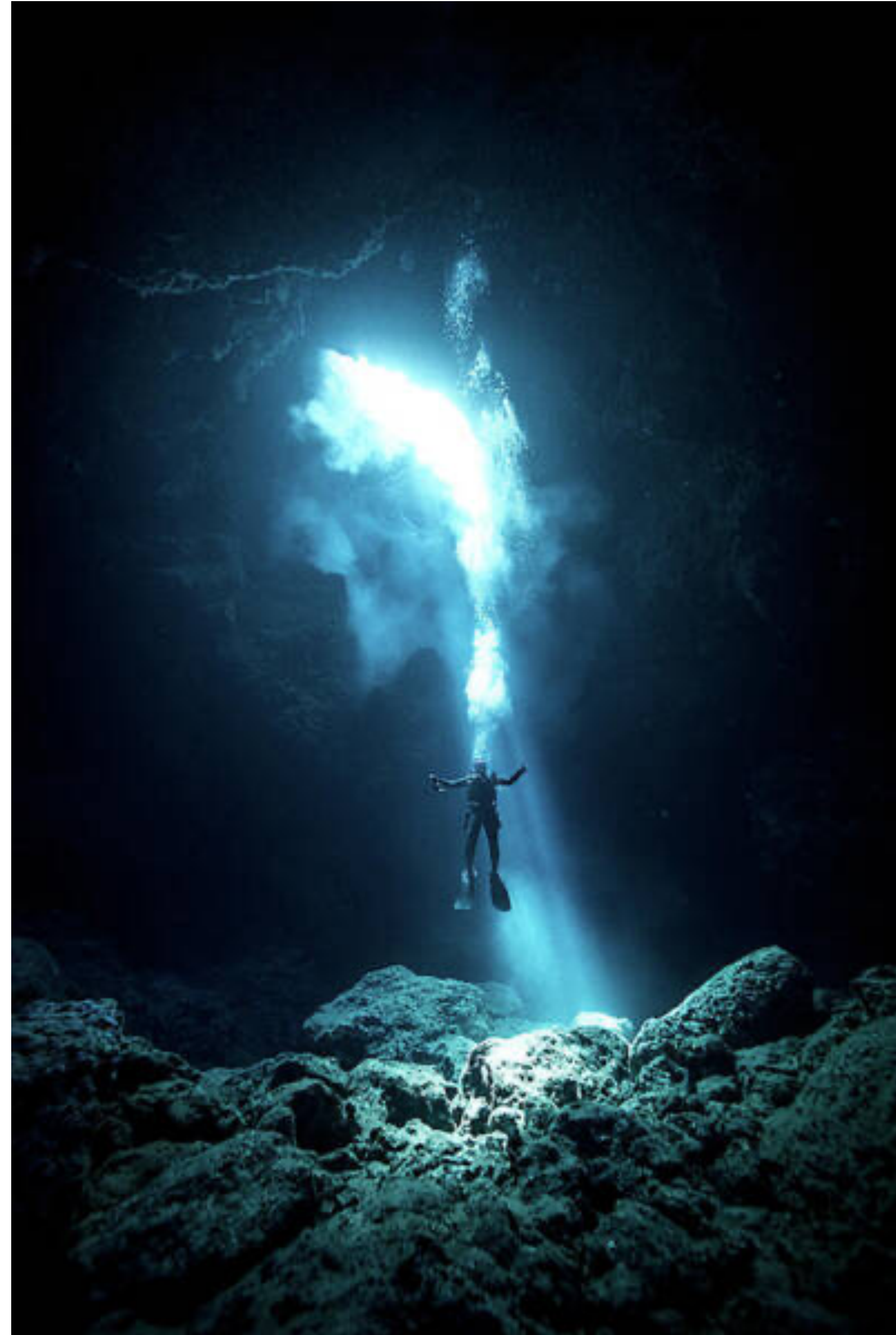
SAFETY IS NOT  
THE ABSENCE OF  
THREAT. IT IS THE  
PRESENCE OF  
CONNECTION.

DR GABOR MATÉ



PEOPLE CAN ONLY MEET YOU  
AS DEEPLY AS THEY HAVE  
MET THEMSELVES

When trying to  
understand  
something, we  
need to become  
one with it.



In case you get lost



Atti





The degree to which a person can grow is directly proportional to the amount of truth they can accept about themselves without running away



Kiinnostu siitä, minkä työnnät pois

THE BRAVEST THING  
YOU CAN DO  
IS TELL YOURSELF  
THE TRUTH

-L.E. BOWMAN

“

Knowing your own darkness  
is the best method for  
dealing with the darkness of  
other people.

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CARL JUNG

**“All of western  
medicine is built  
on getting rid  
of pain, which is  
not the same as  
healing. Healing  
is actually the  
capacity to  
hold pain.”  
–Gabor Maté**

IT'S NOT ABOUT  
FEELING BETTER.  
IT'S ABOUT  
GETTING BETTER  
AT FEELING.

DR. GABOR MATE

“

The most terrifying thing is  
to accept oneself completely.

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CARL JUNG





You are a human being  
Not a human doing

# COMPASSION

is not a relationship between the healer and the wounded. It's a relationship between equals. ... Compassion becomes real when we recognize our shared humanity.

- *Brené Brown*



Give yourself tremendous  
space to wander in, to  
be utterly lost with no  
name, and then come back  
and speak.

Natalie Goldberg  
Writing Down  
the Bones