

DUNSBOROUGH OSTEOPATHY SURVEY

In an Osteopathic clinic, best results are always achieved when there is a collaborative relationship between practitioner and patient, and so effective communication is a large part of how patients get the best possible outcomes. This questionnaire is not intended to spark your interest in Osteopathy per se, but rather to push your boundaries a little. Asking perhaps unfamiliar questions, and getting a sense of your instinctive responses to them: will be of the most enormous assistance, and help us to communicate with our patients more effectively.

Thank you for taking the time to read the home page of the Dunsborough Osteopathy website www.dunsosteo.com.au and answering some short (tick the box) questions that are here attached. Please return to dunsosteo@gmail.com.au

Please note, that any email address used to return this survey, will not be used for marketing or promotional purposes; nor will you be contacted for any other reason. You will simply receive a courtesy 'thank you for your participation', so that you know your response has been gratefully received. If you do have any questions, the clinic number can be found on our website and we will gladly answer your questions the best way we can.

Many thanks,

Dr. David Bennett BEcons, BAppSc, BOstSc (Registered Osteopath).

Name (optional):

Occupation (if retired then previous occupation):

Age:

Location (town):

Sporting group (if relevant):

Male/Female:

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Please tick the most relevant box that corresponds with the following statements...					
I liked the sound of your philosophy and approach to treatment.					
I'm not particularly familiar with this subject or your approach to treatment.					
My physical body has a role to play in my health maintenance.					
My emotions have a role to play in my health maintenance.					
Spirituality has a role to play in my health maintenance.					
When appropriate I prefer a treatment that is entertaining and enjoyable.					
When appropriate I prefer a treatment that is quiet and meditative.					
I prefer a practitioner who appropriately uses a gentle touch (no physical force) treatment method, to achieve a physical, emotional and/or spiritual outcome.					
I prefer a practitioner who appropriately uses physical force to mechanically decompress my physical body.					
My memories may fade, but my body never forgets.					

<p>People influenced by Western Culture are often conditioned to perceive them-selves as a being separate from others, separate from Nature and separate from God. Hence the familiar individualised “I” points of reference: ‘what can I do’, ‘what can I achieve’, ‘how can I help’, ‘when I get married’, ‘when I feel better’, ‘when I find a good surf break’, ‘when I go to church on Sundays’, ‘when I go to Heaven...’</p>					
<p>An indigenous person may say, “I believe that I am the bush turkey”. A Western observer may explain this statement in terms of “this indigenous person has a spiritual connection with the bush turkey”, but is this strictly the case? As the mind eventually becomes quiet and still, a body-centred/feeling-based awareness awakens. This state of natural receptivity allows a first hand experience of the intelligent integration and unification of all Life (including people, Nature, the Universe and God). Children naturally experience this, Albert Einstein revered this, and Western adults can often forget this. To experience (and be a part of) this interconnection of Life, the word “I” takes on a different meaning. This is the language of the human body.</p>					
<p>The human mind and its accompanying thoughts are a powerful tool. By guiding thoughts in a productive direction, great things in life can be achieved.</p>					
<p>If the human mind can (just for the period of the treatment alone) release any desire for a specific outcome (immediate pain relief for example): the body’s self-healing mechanism can more freely move and respond in an unconstrained, complete and congruent manner – a better result is then the more likely result.</p>					
<p>For me there is an inner surrender and softness that comes from accepting I don’t know all the answers.</p>					
<p>I tend to get stressed when I feel out of my depth. I would greatly appreciate a more consistent feeling of connection, flow and acceptance in life.</p>					
<p>‘Trying’ to let go of stress or tension with my mind, tends to create more stress and tension!</p>					
<p>Successful treatment is all about trusting, relaxing and letting go - relaxing into the more deeply connected and knowing part of my own Self.</p>					
<p>The human mind is like a barking dog; with the anxiety of thinking it’s the only one in charge. The truth is that the mind is much happier when the receptive body instinct is quietly and gently guiding the process.</p>					
<p>Inner joy increases <u>before</u> pain and suffering decrease!</p>					
<p>Feeling and remembering the joyful integrated presence of Health within, is what activates the body’s own self-healing mechanism.</p>					
<p>When walking in Nature, and waiting for my mind to become still. I notice that as my body re-connects with Nature, a natural and nutritive breathing returns to me: as if I am being breathed (rather than breathing).</p>					
<p>A significant contribution that I can make towards my own health, is to discern the difference between the persistent inner voice of my individual egoic mind, and the deeper and quieter resonant voice that arises out of stillness within me.</p>					
<p>I prefer a practitioner who says, “lets see how that goes” after treatment, and doesn’t explain things in great detail. In turning my attention inwards, my own body (rather than the practitioner) will tell me what’s important to know. This is the basis of self-awareness and care.</p>					
Additional comments:					