

Medical Match

Direct Hire and Contract Staffing

DECEMBER 2011

An excellent resource for medical staffing!

303-980-1000

FREE Medical Business Coaching

Great opportunity! Yes, FREE, for a little longer. Using grants, Lakewood, Colorado – based **Health Team Works** will continue to coach medical practices and hospitals with information technology . setting up systems, or streamlining procedures. They also offer resources like free printable practice guidelines and webinars. Check www.healthteamworks.org. or call (Mr.) Kelly Bowland 303-446-7200.

Mental Health Principles Strengthen Self-Control

In 1973, Scottish workman Sydney Banks, had a “Eureka” moment when he realized how his mind influenced and drove his actions. By being **conscious** of his negative **thought** patterns, he stopped, set aside his reactions, tapped into his resourceful **mind**, gained **self-control** and changed his behaviors. He described the Three Principles.

Consciousness – Objectively observing, being “here and now” – not in the past, not in the future.

Thoughts – Stored Ideas, habits, and experiences. .

Mind – Each person’s source of unique purity and spirit. When in a quiet state of being, the student can access this wisdom.

In the 1980’s, psychologists Roger C. Mills and George Pransky developed the Principles into a Health Realization (HR) program, a **resiliency** approach to personal and community psychology. HR first became known for its application in economically, socially marginalized, and highly stressful communities, such as jails and in gangs. HR students were taught that **they could change how they react to their circumstances**.

HR focuses on the nature of thought and how **thought can block** one's experience of the world. Students practiced by **recognizing their limiting, negative, or emotional habits** as they occurred. By **taking a brief moment** and not reacting, they **connected to their "inner wisdom,"** common sense, instincts, knowledge, intelligence and creativity. This new **self-control** allowed them to make better decisions and to gain self-esteem. Participants in the program often needed less and less mental health therapy as they practiced the skills taught by HR counselors. Web sources: “Three Principles” and “Health Realization” sites. Training programs are nationwide.

Interesting 2011 Scientific Discoveries

Archeology “Space archeology” used satellites and infra-red imaging and found 17 new pyramids in Egypt, 1,000 tombs and 3,000 ancient settlements. Dr. Sarah Parak pioneered the technique.

Biology Mini silver particles woven into material stops bacteria in burn dressings or sweaty socks. “BacterioSafe”

Business- Handheld “Print Brush” uploads images and text from a computer and prints on wood, plastic, glass, etc.

Protective Clothing – “Crime fighting glove” for law enforcers has a built in stun gun and video camera. .

Medicine – Bruce Buetler researched the process and activation of innate vs, adaptive immunity. 2011 Nobel Prize

Nano Science “NeverWet,” when sprayed, repels water, dirt, oil, bacteria, corrosion. Ross Nanotechnology

Physics – Observing distant supernovae, Nobel physicists documented the accelerating expansion of the universe.

Sunglasses with liquid crystal lenses block glare and darken where the light is the brightest. Chris Mullin, inventor.

Best Wishes for a Wonderful Holiday Season and Prosperous New Year!