

## The bodily approach in the caregiver/patient relationship, relational touch



ML-68 2 Days (14 Hours)



### Description

Caregivers cannot work without touching others and without being touched. And yet, there is little or no questioning around this particular sense, but also around the other four senses. This training will allow you to facilitate communication and relationships with touch techniques.

### Who is this training for ?

#### For whom

Nursing staff, paramedical staff in charge of users/patients.

#### Prerequisites

Aucune

### Training objectives

- Understand the importance of the impact of non-verbal communication Use gesture to establish a relationship of trust Adopt relational touch as an act of care Use touch techniques to facilitate communication

### Training program

Mieux comprendre le toucher dans l'accompagnement du patient

- The conscious and unconscious image of the body, the body schema.
- Disturbances of the image of the body (the fragmented body, the fragmented body, the fragmented body.
- ) Body image and entering into a relationship.
- Non-verbal communication: what do we mean by non-verbal communication What are the senses involved? The body another language: the place of sensations, feelings and emotions in communication.
- Practical work Work on transmitting a story without using the verb.
- How do we send? How do we receive information? Setting up a contact situation before and after the relaxation session.

### Echanger sur ce que le toucher représente pour chacun d'entre nous

- Touch, a non-verbal language, a sensation before words.
- Characterize touch: definition, effects, types, levels.
- Touch in the construction of the subject's psychological and relational life.
- What place for touch in care? A touch different from the technical act.
- Touch which delimits the body : its relationship to identity (self-awareness, maintenance, connection to reality).
- Touch which allows the perception and expression of emotions and affects.
- Mise in situation Experimentation on oneself with relational touch, based on sensory deprivation.

### Faciliter la communication et la relation avec des techniques de toucher

- Perceive the expectations of others through their bodily attitude and gestures.
- Become aware of non-verbal communications and integrate the infra-verbal dimension into their responses.
- Learn to address the person (subject) bodily and not the body being cared for (object).
- Refine touch: contact during mobilization assistance and different care acts and daily life.
- Pain - anxiety: going through the body to relieve.
- The conditions and limits of touch.
- Implementation situation Group reflection based on the typology of patients, services, times, situations, etc.
- Practical situation.