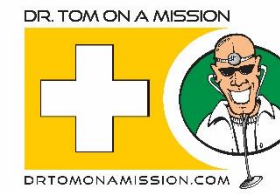


An Introduction

Emergency Medicine Doctor 30 years
 Rural GP
 Dr St John Ambulance
 Own Ambulance
 Best selling Author Healthy Thinking
 Honorary Lecturer in Psychological Medicine
 Founder White Cross Taranaki
 Founder Doctor Global
 Global Speaker on Wellness
 Winner Multiple Business Awards
 NZDF Special Services Medal for Boxing Day Tsunami relief work
 Chief Emotional Architect Healthy Thinking Institute
 Surfer Snowboarder Spearo Skipper Pilot
 TV and Radio Talk Show Host
 Sunday Star Times Wellbeing Columnist
 Polar Expedition Leader
 Circumnavigated NZ in his own boat
 Founder KYND Wellness



Managing Risk as an Expedition Doctor



Patient risk

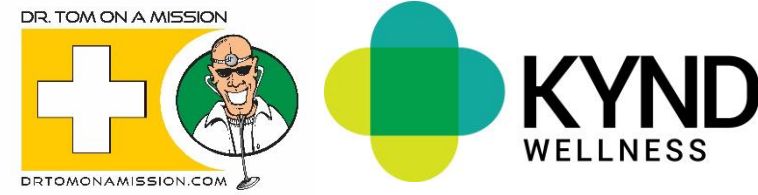
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WELLNESS



Do your homework



- Patient list ..medical problems, issues, good PR ..MND, Blind, mobility
- Anti coagulation
- Prevention better than cure
- Psych issues, behavioural issues, increased risk 60 year old swimmer
- Equipment, IO drill, Defib
- Experience of expedition staff
- Run a simulation a MERT drill or 2, good fun and good to see how team operates.
- Seasickness, alcohol and a moving ship in a heavy sea

Expect the unexpected

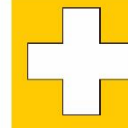
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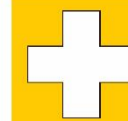
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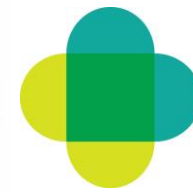
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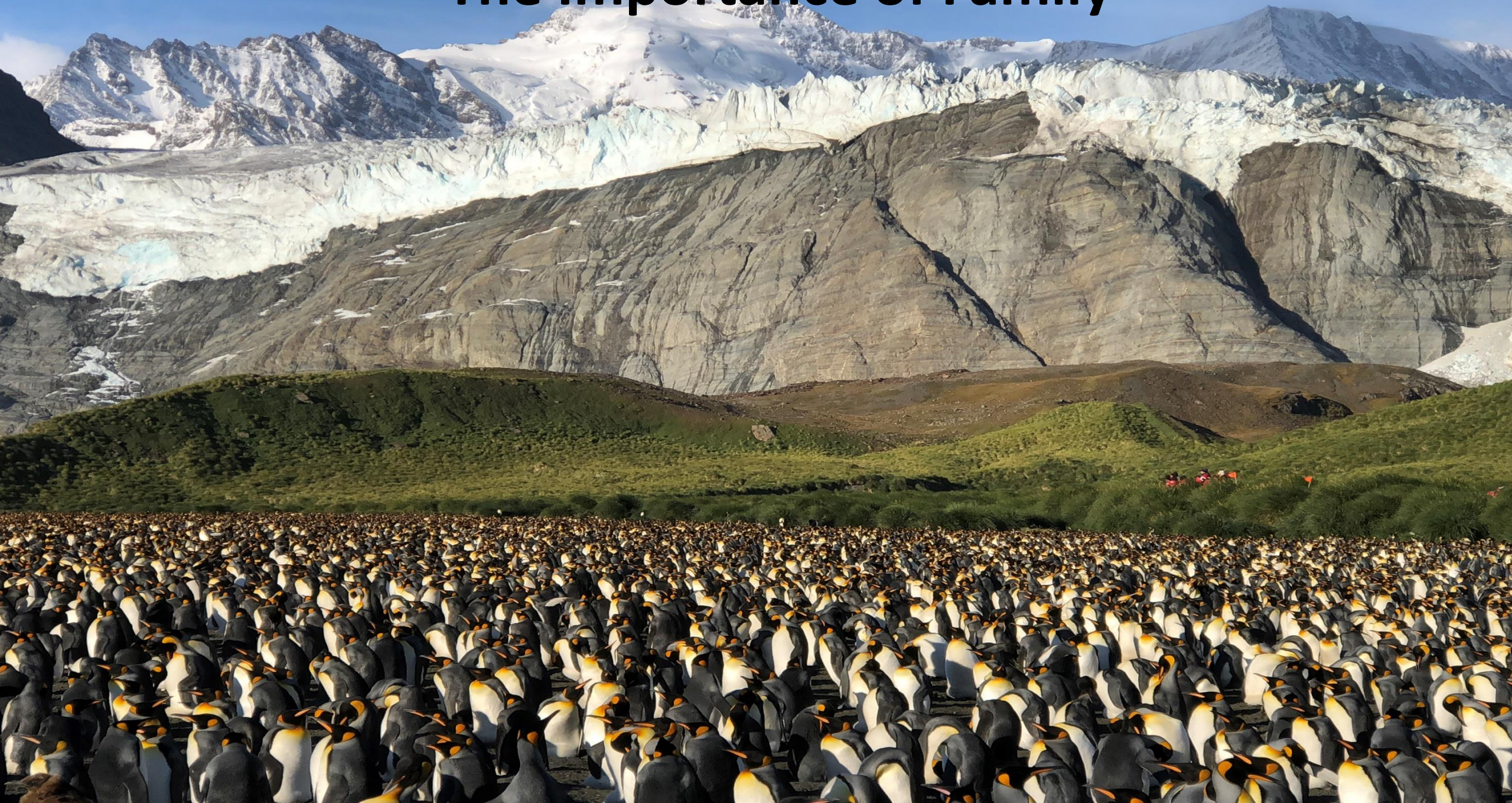
Face Your Risk Head on

Don't Hide or Run from it





The Importance of Family



Beware Expedition Horror stories



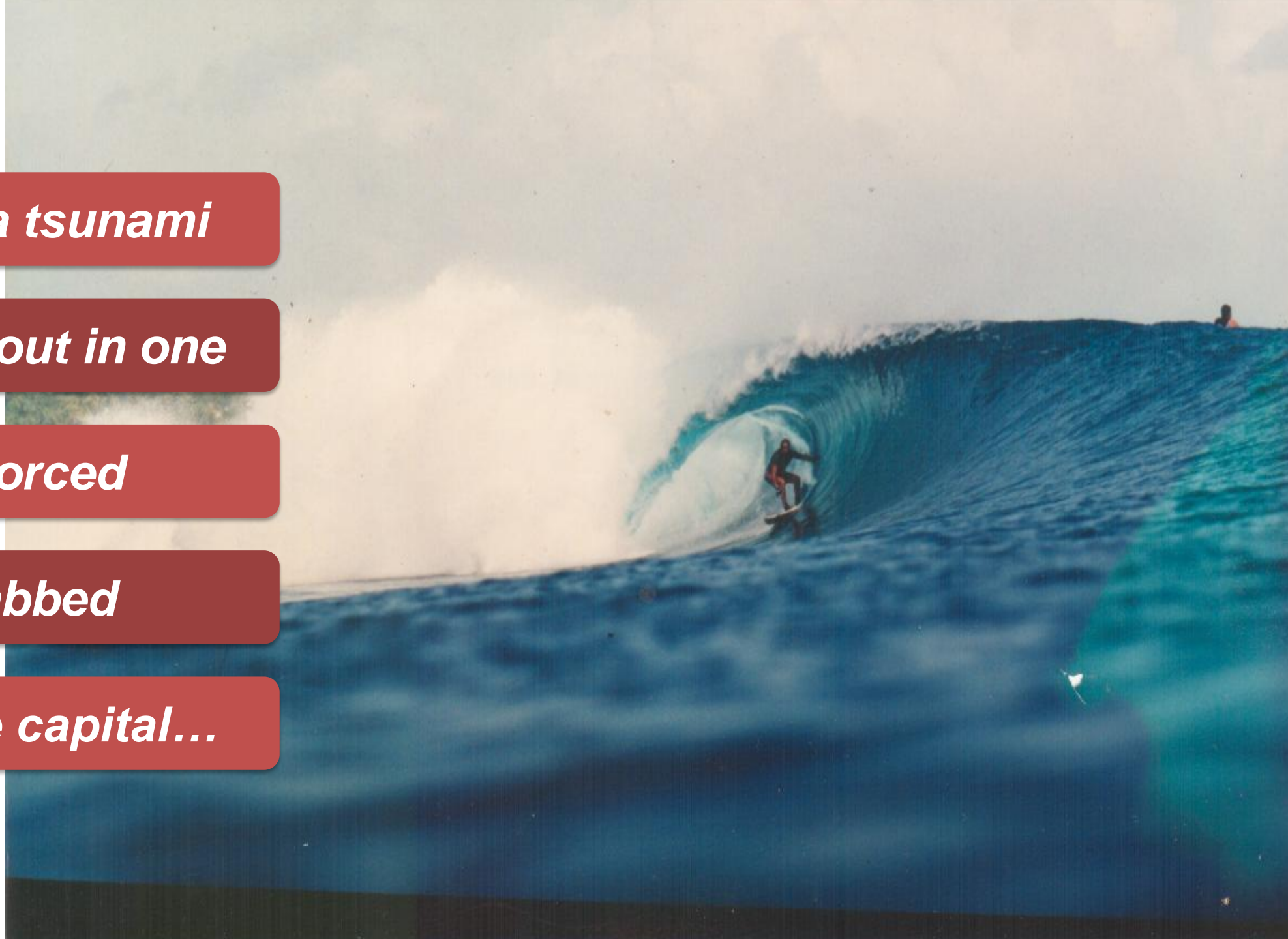
Hit by a tsunami

Helped out in one

Divorced

Stabbed

Venture capital...





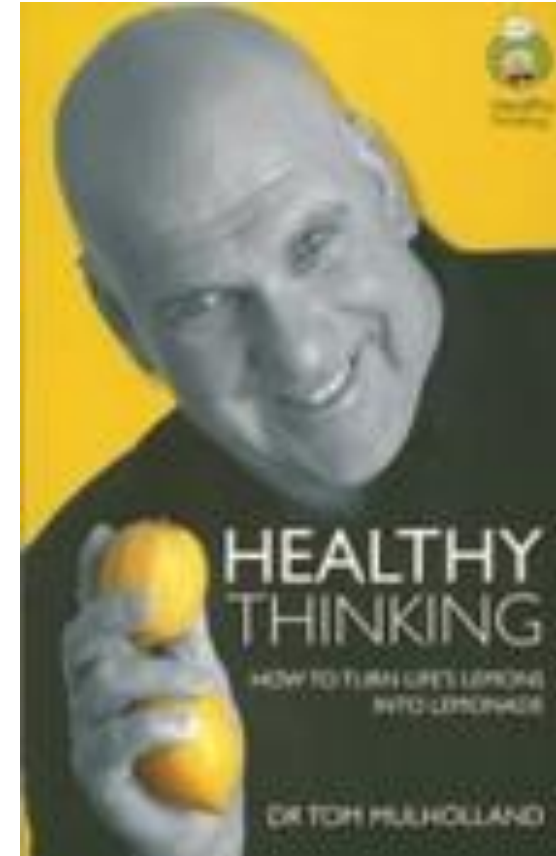
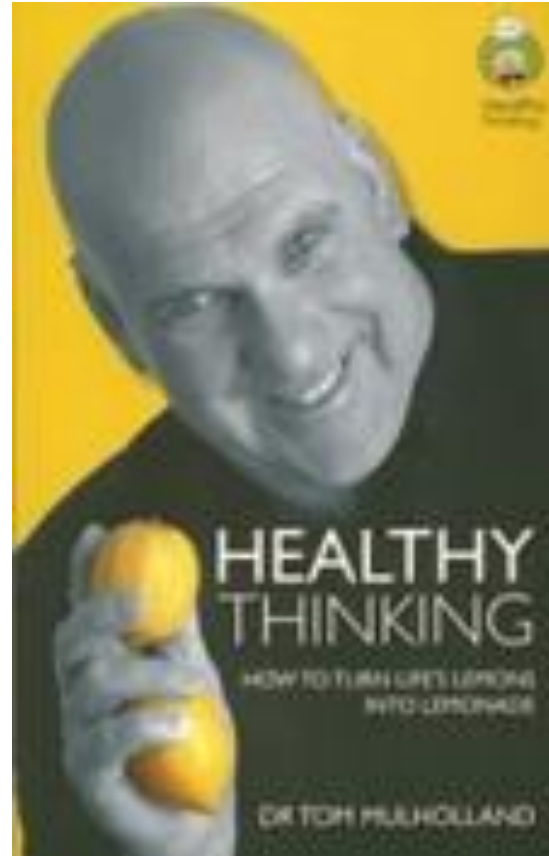
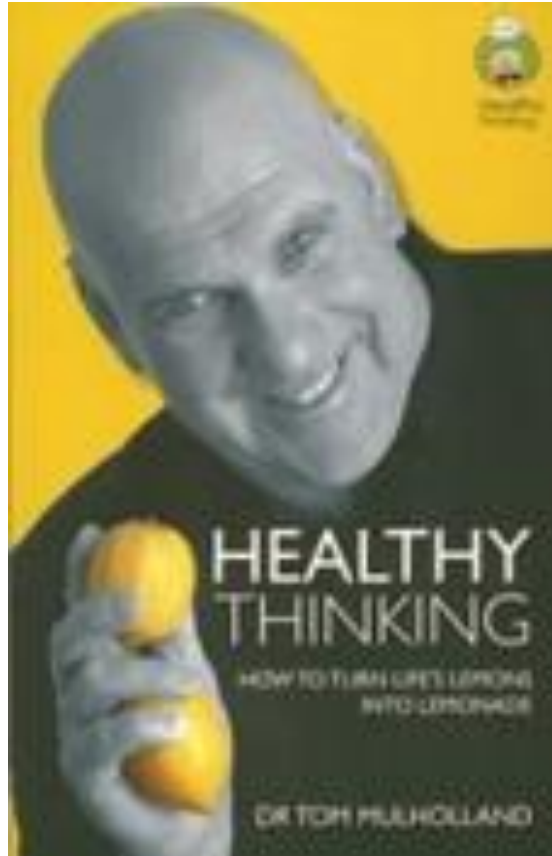


Tools for dealing with patients on an expedition

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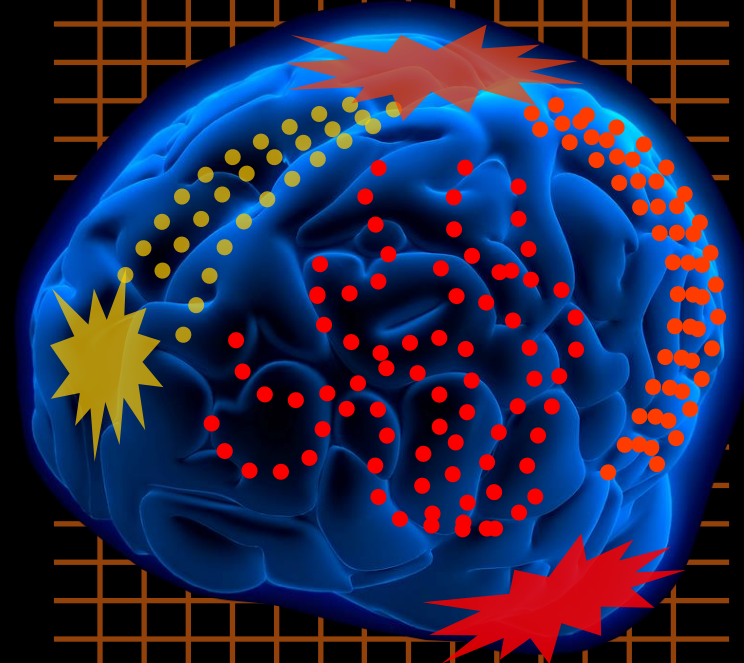


HEALTHY THINKING

Expectation Centre - thought activity

Worry circuit activated

Grumpy unit engaged



HEALTHY THINKING

Software



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WELLNESS

Sadness

Anger

Resentment

Disappointment

Stress

Anxiety

Rejection

Jealousy

Guilt

Frustration

Client Logo

Stop

Terms

Diary

Help

Exit

YOUR EMOTIONAL INDEX

What percentage of the time do you feel these emotions? Take an average of your feelings over the last month.
Check the box which best represents the percentage of time you felt each emotion. Click 'submit' when you have made your choices.

Emotion felt	Percentage of time over past month
	0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
I felt sadness	<input type="checkbox"/>
I felt anger	<input type="checkbox"/>
I felt resentment	<input type="checkbox"/>
I felt disappointment	<input type="checkbox"/>
I felt stress	<input type="checkbox"/>
I felt anxiety	<input type="checkbox"/>
I felt rejection	<input type="checkbox"/>
I felt jealousy	<input type="checkbox"/>
I felt guilt	<input type="checkbox"/>
I felt frustration	<input type="checkbox"/>

Back

HEALTHY THINKING INSTITUTE

Next

Introduction

Terminology

Psychometrics

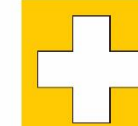
Emotional Algebra I

Emotional Algebra II

Attitude States I

Attitude States II

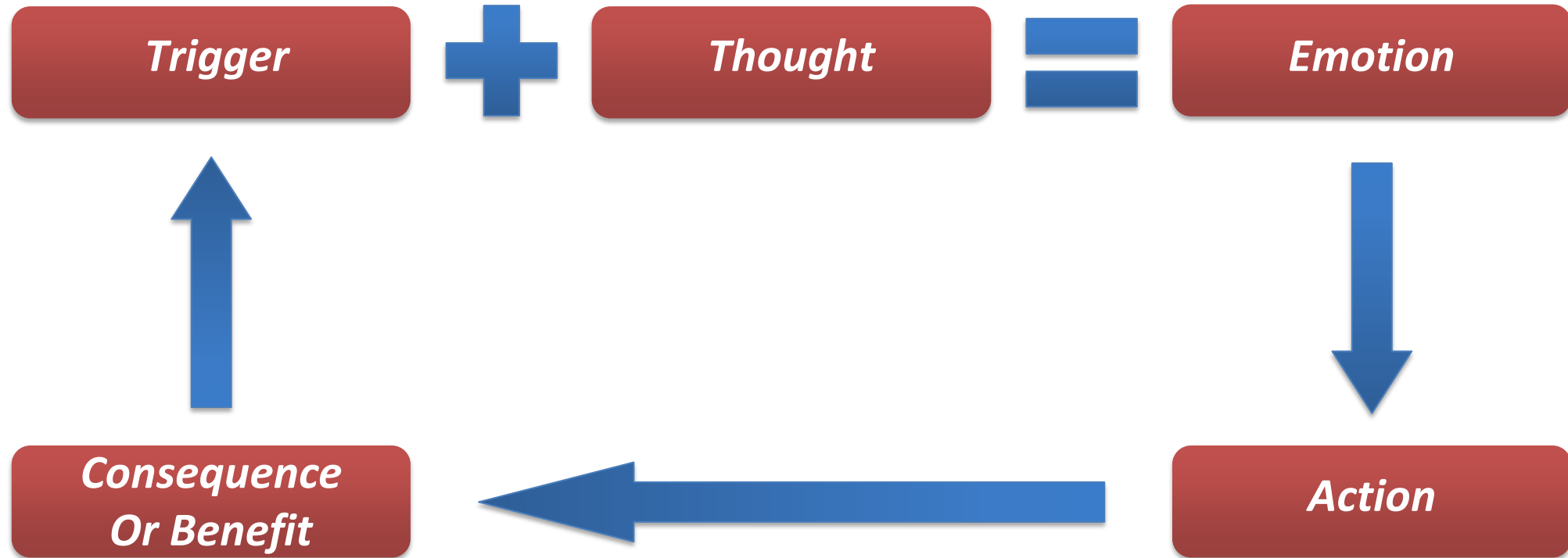
Summary



You Have To
THINK
Of Something



Tools and Process



COGNITIVE SWITCH

A Cognitive Switch:

- is a tool to help you change habitual thought patterns
- gives you time to look for other, more helpful ways of responding
- helps you look for an opportunity – ‘a silver lining within a threat’
- helps you access new pathways within your brain to create healthy responses.

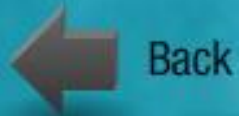
Examples of cognitive switches are:

- We Che – Crisis = Opportunity
- “It is Not what happens to me but my attitude to it that counts”
- “Life is not stressful, it is my view of it that is”



Click to return to the menu page.

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Attitude States I

Attitude States II

Summary

WE CHE

A Chinese word:

'**We Che**' – meaning **crisis**, is also the word for **opportunity**.
In European society, there is a similar saying:

'Every cloud has a silver lining.'

A **cognitive switch**:

- in the event of a serious event
- change your mind to look for the opportunity
- look for the silver lining
- don't focus on the negatives

We Che is an example of a **COGNITHERAPEUTICAL™**

The image shows the Chinese characters for 'Crisis' (危机) in a large, stylized red font with a glowing, neon-like outline. The characters are positioned vertically, with '危' (danger) on top and '机' (opportunity) on the bottom. They are set against a dark grey rectangular background that has a thin yellow border.

Click to return to the menu page.

RETURN



Cognitive Switches



- Isn't that interestingwhy that person behaves like that?
(Crew and patients and expedition staff dynamics politics, part of the team, leadership)
- Its not what happens to me, but my attitude to it that counts!
- Plan B is often better than Plan A
- No problems, only challenges and solutions
- Life is a treasure hunt....





Know your limits what could possibly go wrong







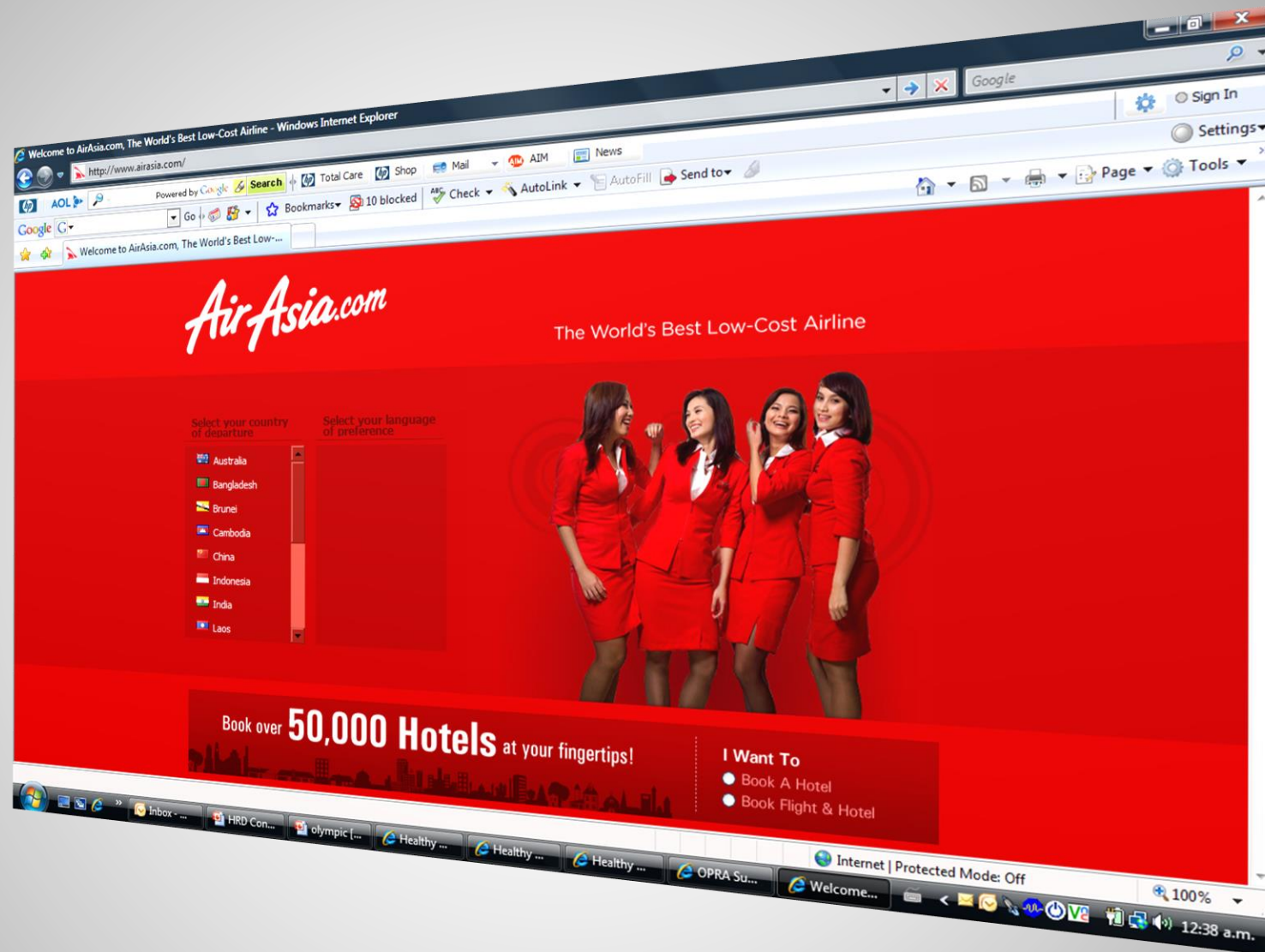








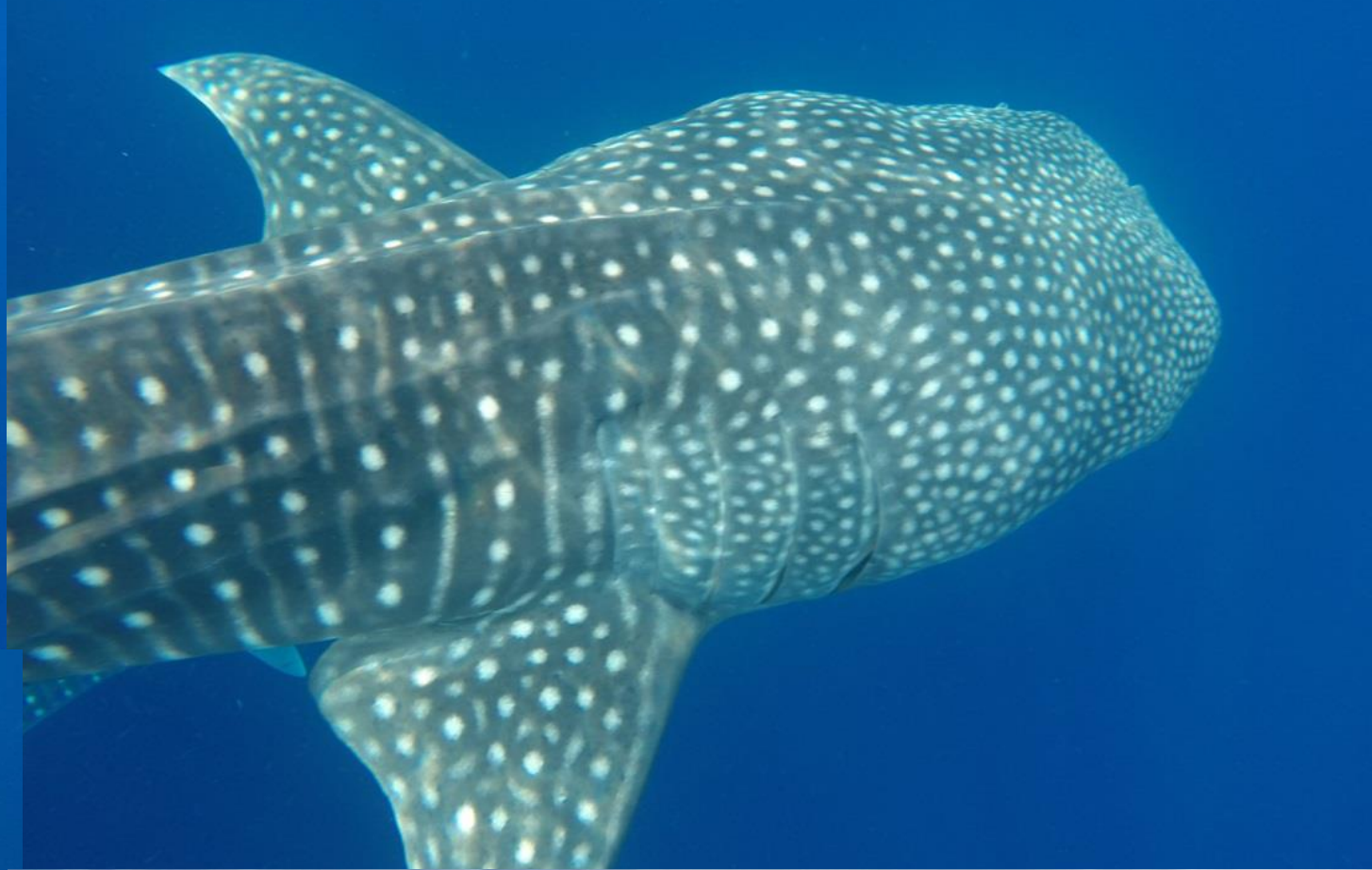












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RAJA AMPAT - INDONESIA















Be Kind we are all connected



