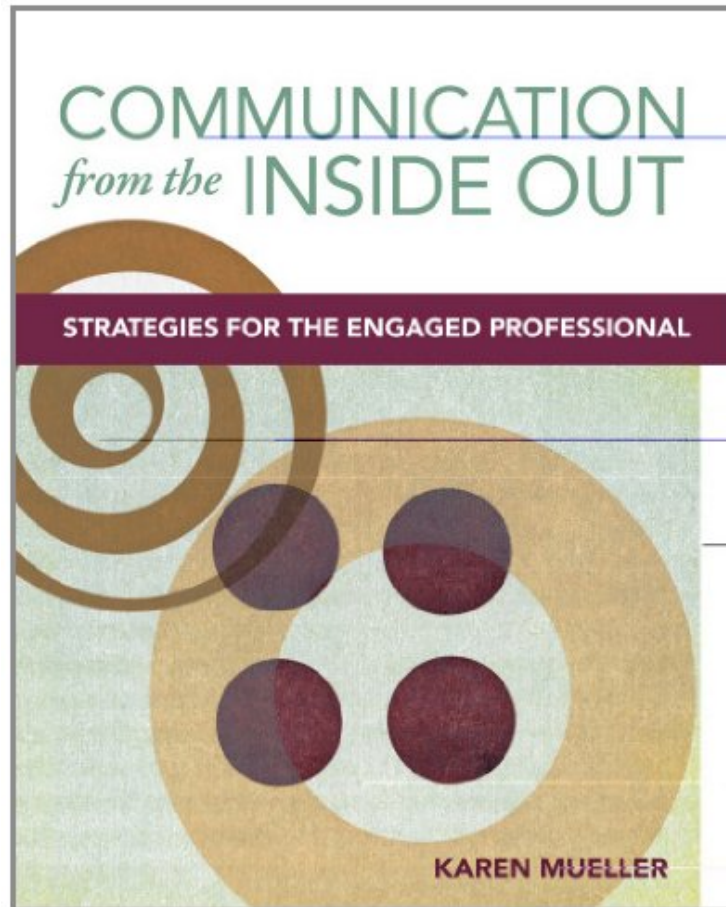


(Download) Communication from the Inside Out: Strategies for the Engaged Professional

## Communication from the Inside Out: Strategies for the Engaged Professional

*Karen Mueller PT PhD*

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**Karen Mueller PT PhD : Communication from the Inside Out: Strategies for the Engaged Professional** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Communication from the Inside Out: Strategies for the Engaged Professional:

0 of 0 people found the following review helpful. Five Stars By Kristie Hunter Great product 1 of 1 people found the following review helpful. A 'MUST-HAVE' book By Stacey Zeigler I was eagerly awaiting the release of "Communication from the Inside Out" for use in my classroom with physical therapy students and also for use in the curriculum of the Institute for Leadership in Physical Therapy. Once I got my hands on it, Dr. Mueller's work went beyond my expectations. The text is practical and down to earth. It really makes you think about your current communication practices with instant applicability for improvement in all environments (academics, clinical, personal, professional roles, and more). Communication is the foundation for what we do as physical therapists and as human

beings. Dr. Mueller's text is, therefore, a must-have in all of our roles. Due to the ease of use and the multiple modes of instruction for all types of learners, this text has out-shined others written on same topic. I am using it heavily in mentoring others in communication skill improvement and these individuals have found the format and information to be extremely valuable in their practice. I highly recommend "Communication from the Inside Out" for all healthcare professionals from student to practice to managers and leaders. You really need to own this one and recommend to others!

2 of 2 people found the following review helpful. Helped immensely~By AngieAs a middle school administrator, part of my job is to teach effective communication strategies to my staff members in my building. I teach strategies to guide hard conversations with parents. This year we were "assigned" new staff members and our once quiet staff started having communication issues. I had team members unwilling and unable to work with one another. Communication is one of our school goals--and here we were not measuring up! I needed to bring my training to a different level. I came out to .Com and started reading about communication books, and what they had to offer. I wondered if I could apply the information to my staff members. I bought Dr. Mueller's book and it was a Godsend. Not only does it address how to deal with difficult situations to communicate about in life but also how we talk to ourselves--self-talk. The book is amazing. I have used it twice for professional development and it has helped unify our staff once again. I would highly recommend this book.

This text will guide you to a more effective relationship with patients and colleagues by exploring three inter-related elements of communication (internal, external and instrumental), which start from the inside out. You'll begin with a thorough analysis of your internal communication, which includes self talk related to personal esteem, resilience, and outlook. Next, you'll explore how to build effective and satisfying alliances with others (your external communication), which includes the development of skills related to negotiation, social awareness and emotional intelligence. Finally, you will be guided to develop your instrumental communication, which includes skills related to effective teaching, advocacy and leadership.