



# *Microexpressions:* *A Tool for Better Patient Assessment* *in Naturopathy*



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# Understanding Microexpressions

*MICROEXPRESSIONS ARE THOSE FLEETING FACIAL EXPRESSIONS THAT APPEAR ON OUR FACES FOR A SPLIT SECOND. THEY ARE EXTREMELY TELLING DESPITE THEIR BRIEFNESS. THESE STATEMENTS TRANSCEND CULTURAL BOUNDARIES, CAPTURING GENUINE FEELINGS THAT ARE UNIVERSAL. WE NOW UNDERSTAND THAT EVERYONE EXHIBITS SEVEN FUNDAMENTAL EMOTIONS THROUGH MICROEXPRESSIONS: HAPPY, SORROW, ANGER, FEAR, SURPRISE, DISGUST, AND CONTEMPT, ACCORDING TO PSYCHOLOGISTS PAUL EKMAN AND WALLACE V. FRIESEN.*

## Importance in Naturopathy

*EMOTIONS ARE THE HIDDEN PUPPETEERS OF OUR PHYSICAL HEALTH. CHRONIC STRESS, ANXIETY, AND UNRESOLVED EMOTIONS OFTEN MANIFEST AS PHYSICAL SYMPTOMS, CONTRIBUTING TO VARIOUS HEALTH CONDITIONS. RECOGNIZING THESE EMOTIONAL STATES THROUGH MICROEXPRESSIONS ALLOWS NATUROPATHS TO TARGET THE ROOT CAUSES OF HEALTH ISSUES, NOT JUST THE SYMPTOMS. THIS APPROACH ALIGNS WITH THE NATUROPATHIC PRINCIPLE OF TREATING THE WHOLE PERSON.*

## Enhancing Communication

*MICROEXPRESSIONS HAVE THE ABILITY TO RADICALLY ALTER HOW PROFESSIONALS AND PATIENTS COMMUNICATE. THEY PROVIDE PROMPT FEEDBACK ON INDIVIDUALS' FEELINGS IN RESPONSE TO HEALTH-RELATED INQUIRIES AND DISCUSSIONS. WHEN PRESENTING A TREATMENT PLAN, FOR EXAMPLE, A NATUROPATH MAY OBSERVE A PATIENT'S MICROEXPRESSIONS OF HESITATION OR BEWILDERMENT AND PROVIDE ADDITIONAL CLARITY OR REASSURANCE. THIS QUICK FEEDBACK LOOP FOSTERS A MORE SYMPATHETIC AND SUPPORTIVE THERAPEUTIC ALLIANCE.*



# Techniques for Recognizing Microexpressions

KEEP AN EYE ON YOUR PATIENT'S FACE DURING CONSULTATIONS AND PAY ATTENTION TO ANY QUICK CHANGES IN THEIR EXPRESSIONS. DIVE INTO RESOURCES LIKE BOOKS, ONLINE CLASSES, AND WORKSHOPS TO GET A GRIP ON THE SEVEN KEY MICRO-EXPRESSIONS. WATCH VIDEOS OF PEOPLE SHOWING DIFFERENT EMOTIONS TO SHARPEN YOUR SKILLS IN SPOTTING THESE MICRO-EXPRESSIONS. MAKE IT A POINT TO PRACTICE MINDFULNESS REGULARLY; BEING FULLY PRESENT WITH YOUR PATIENT HELPS YOU PICK UP ON THOSE SUBTLE EMOTIONAL CUES.

## Application in Patient Assessment

1. **FIRST MEETINGS\*\***: PAYING ATTENTION TO MICROEXPRESSIONS IN THE FIRST MEETINGS CAN GIVE YOU INSIGHT INTO HOW A PATIENT REALLY FEELS ABOUT THEIR HEALTH ISSUES AND WHAT THEY WANT TO ACHIEVE.
2. **PLANNING TREATMENTS\*\***: LOOK FOR MICROEXPRESSION SIGNALS TO UNDERSTAND HOW PATIENTS FEEL ABOUT THE PROPOSED TREATMENT PLANS, MAKING SURE THEY'RE COMFORTABLE AND ON BOARD.
3. **TRACKING PROGRESS**: KEEP AN EYE ON MICROEXPRESSIONS DURING FOLLOW-UP APPOINTMENTS TO SEE HOW PATIENTS ARE EMOTIONALLY AND PHYSICALLY REACTING TO THEIR TREATMENTS.
4. **ESTABLISHING TRUST**: ACKNOWLEDGING AND AFFIRMING PATIENTS' FEELINGS HELPS BUILD TRUST AND A GOOD RELATIONSHIP, WHICH PROMOTES STICKING TO TREATMENT PLANS AND ENCOURAGES OPEN DIALOGUE.

## Integrating Mentalism

MENTALISM CAN ENHANCE A NATUROPATH'S UNDERSTANDING OF MICROEXPRESSIONS, FOSTERING STRONGER PATIENT RELATIONSHIPS THROUGH TECHNIQUES LIKE COLD READING. HOWEVER, IT'S CRUCIAL TO ETHICALLY RESPECT PATIENT PRIVACY AND USE INSIGHTS TO SUPPORT THEM. ALWAYS COMMUNICATE OPENLY AND INVOLVE PATIENTS IN DISCUSSIONS ABOUT THEIR HEALTH. MICROEXPRESSIONS CAN SIGNIFICANTLY AID IN COMPREHENDING PATIENTS' WELL-BEING.



# THE MAGIC OF FACIAL EXPRESSIONS:

## Understanding Our Emotions

### Happiness

- SMILE: RAISED MOUTH CORNERS, OFTEN ACCOMPANIED BY A RADIANT GRIN.
- EYES: CRINKLED AT THE CORNERS, CREATING DELIGHTFUL "CROW'S FEET."

### Sadness

- MOUTH: DOWNTURNED CORNERS, AS IF CARRYING THE WEIGHT OF THE WORLD.
- EYES: DROOPING UPPER EYELIDS, TEARS MIGHT APPEAR LIKE TINY CRYSTALS.

### Anger

- MOUTH: TIGHTLY CLOSED OR OPEN IN A FIERCE YELL.
- EYEBROWS: FURROWED TOGETHER, FORMING DRAMATIC VERTICAL LINES.

### Fear

- MOUTH: SLIGHTLY OPEN, ALMOST GASPING.
- EYES: WIDE OPEN, WITH UPPER EYELIDS RAISED IN SHOCK.

### Surprise

- MOUTH: OPEN, JAW DROPPED IN UTTER ASTONISHMENT.
- EYES: WIDE OPEN WITH EYEBROWS ARCHING HIGH.

### Disgust

- MOUTH: UPPER LIP RAISED, NOSE WRINKLED AS IF ENCOUNTERING SOMETHING FOUL.
- EYES: NARROWED, CONVEYING UTTER REPULSION.

### Contempt

- MOUTH: ONE CORNER OF THE MOUTH RAISED IN A HALF-SMIRK.
- EYES: SLIGHTLY NARROWED, DRIPPING WITH DISDAIN.

### Interest

- MOUTH: SLIGHT SMILE OR NEUTRAL, SUBTLY ENGAGED.
- EYES: FOCUSED AND SLIGHTLY WIDENED, SOAKING IN EVERY DETAIL.

### Boredom

- MOUTH: SLIGHT DOWNWARD TURN, EXUDING A LACK OF ENTHUSIASM.
- EYES: DROOPING EYELIDS, STRUGGLING TO STAY OPEN.

### Confusion

- MOUTH: SLIGHTLY OPEN, LIPS PRESSED TOGETHER, PONDERING DEEPLY.
- EYEBROWS: FURROWED OR RAISED ASYMMETRICALLY, TRYING TO MAKE SENSE OF IT ALL.

### Embarrassment

- MOUTH: SMILING WITH LIPS PRESSED TOGETHER, A BASHFUL GRIN.
- EYES: AVERTED OR LOOKING DOWN, HIDING THE BLUSH.



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**THANK YOU**

