

## HOW TO PRACTICE THIS SKILL

### *A Post-Clinic Integration Guide*

**Purpose:**

To help you strengthen your scalp analysis skills *without overwhelm* after the clinic.

This is not about doing more — it's about **seeing differently**.

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### STEP 1 — PRACTICE WITHOUT PRESSURE

You do *not* need a consultation to practice.

Use:

- mannequin heads
- models in the salon
- before & after photos
- anonymized scalp images

Practice **without needing to explain anything**.

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### STEP 2 — USE THE SAME SCAN ORDER EVERY TIME

1. **Scalp surface**  
(color, tone, flaking, buildup)
2. **Follicular openings**  
(visible, obscured, irregular, uniform)
3. **Density & distribution**  
(where reduced, where stable)

Repetition builds visual confidence.

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### STEP 3 — SAY IT OUT LOUD (EVEN IF NO ONE IS LISTENING)

Practice saying:

- “What I’m noticing is...”

- “Visually, I’m seeing...”
- “Based on what I can observe...”

Speaking reinforces the skill faster than thinking alone.

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#### **STEP 4 — WRITE ONE NEUTRAL NOTE**

After observing, write **one sentence** that:

- contains no causes
- contains no diagnoses
- contains no explanations

Example:

“Scalp shows mild redness with partially obscured follicles in the frontal region.”

That’s it. One sentence is enough.

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#### **STEP 5 — NOTICE WHEN YOU FEEL THE URGE TO ASSUME**

This urge is normal.

When it happens:

- pause
- return to observation
- ask: *“Can I prove this visually?”*

If not — it doesn’t belong in your notes or your words yet.

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#### **STEP 6 — PRACTICE WITH REAL CLIENTS (SLOWLY)**

In consultations:

- start with observation only
- document before you explain

- let patterns guide questions — not conclusions

Clients feel safer when you slow down.

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## **STEP 7 — TRUST THE PROCESS**

This skill builds quietly.

One day you'll realize:

- you're not scrambling for words
- you're not afraid of being wrong
- you're staying in scope naturally

That's professional confidence.

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## **FINAL REMINDER**

You are not practicing to *sound smart*.

You are practicing to *see clearly*.

And seeing clearly is the foundation of ethical, confident trichology work.