

Activity 3

Reflection Paper on Bioenergetic Exercise

Bioenergetic exercise is a therapeutic approach that uses physical motions, breathing techniques, and grounded positions to relieve stress, increase energy, and improve emotional well-being. It connects the mind and body, allowing individuals to release trapped emotions and improve mental and physical health. Benefits include stress reduction, emotional release, enhanced mood, and improved body awareness. Regular practice can raise endorphins, improve mood, and promote mindfulness of physical sensations. By incorporating bioenergetic exercises into daily routines, individuals feel more grounded, relaxed, and emotionally balanced, enhancing physical flexibility and breathing. This empowering practice is recommended for anyone seeking to improve their mental and physical well-being.

Reflection on the 3 Exercises:

1. Wall Grounding:

- **Experience:** Standing with my back against the wall, I focused on deep breathing and the sense of the wall supporting my body. The result was instantly visible. With each pair of breaths, my body felt more solid and calm. It seemed as if the stress in my lower back and legs dissipated into the wall, leaving me feeling focused and relaxed.
- **Reflection:** This practice made me feel more grounded and connected to the present moment. It gave me a sense of security, and I could feel my thoughts slowing as I concentrated on my breathing. The movement's simplicity made it easy to include into a regular habit, and I found it to be a useful way to begin the day.

2. Hanger

- **Experience:** As I leaned forward, allowing my arms and head to dangle freely, I felt a stretch in my lower back and tension release in my neck and shoulders. The deep breaths I took during the workout helped to augment this release by actively letting go of stiffness in my body.
- **Reflection:** The hanging exercise provided both physical and emotional relief. Allowing my body to hang freely made me feel more comfortable and less stressed by my everyday tasks. This exercise was highly effective in reducing physical tension, particularly in the upper back and neck, where I tend to store stress.

3. Bow

- **Experience:** In the bow stance, I arched my back and opened my chest while inhaling steadily. This workout felt energizing since it freed up the chest and diaphragm, allowing for deeper breathing. It also stretched my back and belly, creating a sense of openness and expansion.

- **Reflection:** The bow workout was invigorating. It prompted me to expand my body and breathe deeply, making me feel more awake and attentive. This exercise taught me the value of posture and how it may influence mood and energy levels. By physically opening up, I felt mentally open as well, ready to face the day with a cheerful attitude.

Activity 4:

1. For minors, ages 17 years old and below, what forms are administered?

- **Answer:** For minors under 17 years old, the following forms are administered:
 - **Level 1 Cross-Cutting Symptom Measures:** These forms are adapted for children and adolescents to screen for a broad range of mental health symptoms.
 - **Early Development and Home Background Form:** This form helps in understanding the developmental history and background of the minor.
 - There are also **parent/guardian forms**, as parents' input is crucial in assessing younger individuals since they can provide insights into the child's behavior and environment.

2. Do parents undergo cross-cutting as well? What is the purpose of the parent/guardian forms? Why do we need to get the test results of parents or guardians?

- **Answer:** Yes, parents or guardians may also fill out cross-cutting measures, especially when the client is a minor. The purpose of the parent/guardian forms is:
 - **Provide additional perspective** on the child's behavior, mood, and development, as minors may not always be able to accurately self-report their symptoms.
 - To **identify environmental factors** or stressors that might be influencing the child's condition.
 - Gathering test results from parents/guardians allows for a **more comprehensive assessment** of the client by integrating both the child's and the parent's perspectives, leading to better-informed treatment planning.

3. What is the importance of checking suicidal tendency of a client in the cross-cutting measures?

- **Answer:** Suicidal tendencies are critical to assess in any mental health evaluation because:
 - They indicate **immediate risk** for harm, requiring urgent intervention.
 - Identifying suicidal thoughts or behaviors through the cross-cutting measures helps clinicians **prioritize safety**, develop a **crisis intervention plan**, and ensure that the client receives appropriate support, such as psychotherapy, medication, or hospitalization if necessary.

4. What is the importance of checking the presence of psychosis of a client in the cross-cutting measures?

- **Answer:** Psychosis is a severe mental health condition that may involve delusions, hallucinations, or disorganized thinking. Checking for psychosis is important because:
 - It ensures that clinicians **catch early signs of severe mental illness** such as schizophrenia or bipolar disorder.
 - If psychosis is present, it often **requires specialized treatment** and may impact the client's ability to engage in therapy or other interventions, prompting adjustments in care.
 - Psychosis can also signal the need for **more intensive monitoring** or potential medication interventions.

5. What is the role of Early Development and Home Background in the understanding of a client?

- **Answer:** The **Early Development and Home Background** form plays a vital role in understanding a client's current mental health condition by:
 - Providing insight into **developmental history** and early childhood experiences, which can influence the client's psychological state.
 - **Highlighting environmental factors** (e.g., family dynamics, trauma, socioeconomic status) that may contribute to the development or maintenance of psychological symptoms.
 - Helping clinicians **identify patterns or risk factors** related to a client's upbringing that might be relevant to their mental health, such as exposure to abuse, neglect, or parental mental illness.

6. What is the purpose of the disability measures?

- **Answer:** Disability measures are designed to assess the extent to which a client's mental health symptoms affect their daily functioning. The purposes are:
 - To evaluate the **functional impact** of mental disorders in areas such as social interactions, work, and daily activities.
 - To help clinicians **track changes** over time, assessing whether treatment is improving the client's ability to function.
 - To guide the development of **treatment plans** that not only focus on symptom reduction but also on improving the client's quality of life and functioning.

Activity 5

1. What is psychological first aid?

- **Answer:** Psychological First Aid (PFA) is a supportive, compassionate, and practical approach used to help individuals who have recently experienced trauma or are in distress due to a crisis. It focuses on **immediate assistance**, such as stabilizing emotions, ensuring basic needs, and fostering a sense of safety and connection. PFA helps reduce stress symptoms and assists individuals in coping with their situations in the short term.

2. When can you apply psychological first aid?

- **Answer:** PFA can be applied:
 - **Immediately after a traumatic event** or during a crisis, such as natural disasters, accidents, or during emotional distress.
 - In situations where people are experiencing **acute stress**, grief, or anxiety.
 - It is also useful in **community settings**, hospitals, or emergency shelters where individuals might be feeling overwhelmed or disoriented.

3. Who can facilitate psychological first aid?

- **Answer:** PFA can be facilitated by:
 - **Mental health professionals** (psychologists, counselors, social workers).
 - **Health care providers**, such as nurses and doctors, who may receive specific PFA training.
 - **Community workers, volunteers, and caregivers** who have been trained to provide PFA can also offer support during emergencies.

4. What are the steps in facilitating psychological first aid?

- **Answer:** The key steps in facilitating PFA are often summarized by the "**LOOK, LISTEN, and LINK**" model:
 1. **LOOK:** Observe the situation, ensure the environment is safe, and identify people who need support.
 2. **LISTEN:** Approach affected individuals, offer to listen without judgment, and let them share their experiences and emotions at their own pace.
 3. **LINK:** Help the person connect with social supports, essential services, or further professional help if needed. Provide practical assistance and information to help them manage their current situation.

5. What is the difference between psychological first aid and counseling/debriefing?

- **Answer:**
 - **PFA** is **short-term, immediate support** focused on stabilizing emotions and addressing basic needs. It is not a therapeutic intervention but rather a crisis response to help individuals feel safe and grounded.
 - **Counseling** or **debriefing** involves more **in-depth processing** of trauma, typically after the initial crisis has passed. It focuses on long-term healing,

exploring emotions, and addressing psychological issues more comprehensively. Counseling is often led by a licensed mental health professional and may occur over a series of sessions.

6. How can we ensure we engage in empathic listening during PFA?

- **Answer:** To ensure empathic listening during PFA:
 - **Be fully present** and give the person your undivided attention.
 - **Avoid interrupting** or offering premature advice; let the person share their story at their own pace.
 - **Use non-verbal cues** (such as nodding, eye contact) to show you are actively listening.
 - **Reflect back emotions** by summarizing what the person says or acknowledging their feelings (“It sounds like you’re feeling overwhelmed”).
 - Avoid being judgmental and maintain a **calm, patient, and supportive demeanor**.

7. In your current or future practice, how can you apply PFA?

- **Answer:** In current or future practice, PFA can be applied:
 - During **emergency situations** such as disasters, accidents, or during times of heightened stress (e.g., pandemics or community crises).
 - In **hospital settings**, such as the JONELTA Ward, where patients or families may need emotional support after receiving difficult news.
 - As part of **mental health outreach programs**, helping individuals cope with trauma or stress before they receive further professional care.
 - In day-to-day practice, when patients exhibit signs of distress or anxiety, applying PFA can provide immediate relief and help build rapport and trust.