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HOW CAN I GET TRAINING IN SOMEBODY METHOD?



Training is in Finnish. Look at SAMK's Open Studies
www.samk.fi/en/study/open-studies/

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SomeBody®

WHAT IS SOMEBODY METHOD?

SomeBody method is used to support children's, adolescents' and adults' body awareness, self-image and self-esteem. It's also used to improve emotional and social skills. The goals of SomeBody are:

- Increasing body awareness
- Perceiving and analyzing one's own body image
- Promoting well-being via posture and movement awareness

- Calming down and deepening breathing
- Utilizing the power of touch
- Increasing the ability to be touched
- Recognizing and maintaining one's own boundaries and territory
- Experiencing and increasing relaxation
- Identifying, processing and giving words to emotions
- Supporting increasing personal resources; promoting social skills

SomeBody is an effective method for

- concentration problems
- learning problems
- emotional problems
- self-esteem problems
- problems in social interactions
- problems with alienation from the body and body awareness problems

SomeBody method takes a holistic view of human beings. It creatively combines

- the viewpoint of interactional neurobiology and research data on neurophysiology,
- the theoretical bases and methods of body awareness and awareness
- the approach and methods of physical therapy in mental health
- theories, methods, and exercises from both dialogic, participative group counseling and interactional counseling done in psychosocial social work (solution focused and resource oriented methods, cognitive and functional therapeutic methods).

WHO BENEFITS FROM SOMEBODY?

SomeBody works for all age groups in promoting holistic well-being and health. It supports coping with work and free-time related stress. It is a tool for developing self-knowledge and self-esteem. It is also a work method for both preventive early support and rehabilitation.

In regard to children and adolescents, SomeBody effectively supports childcare, education, counseling, nursing and caring for those with special needs. FamilySomeBody can be used as part of family work to increase parental resources and promote responsible parenting.

HOW IS SOMEBODY PUT INTO PRACTICE IN REAL LIFE?

SomeBody is implemented in the everyday environment of the child, adolescent, family or adult (for example in school). It is given as peer support in small groups led by two instructors. In addition, SomeBody can be done one-on-one.

The basis for the regularly given SomeBody group sessions are functional exercises (motion, postural, movement awareness, breathing, relaxation, touch, body image, body boundaries and social interaction exercises) and processing as a group the experiences, feelings and thoughts that arose while doing the exercises. Above all, it through experiencing the functional exercises, noticing and sharing those experiences and engaging in dialogs to reflect on the experiences, the participants get opportunities to learn and act in new ways. They learn about themselves and other people and how different people are. Then, based on what they have learned, they can act in new ways which support their well-being.



WHAT ARE THE EFFECTS OF SOMEBODY? WHAT DO YOU LEARN IN SOMEBODY?

A child/teen/adult who has taken part in SomeBody group activities, has learned to better

- understand and analyze how his/her body, mind, thoughts and emotions are affected by bodily movements, physical activity and relaxation
- realize how to strengthen his/her resources and performance ability via his/her body by utilizing breathing, movement, postures and sensations (of touch etc.)
- understand how beneficial relaxation and concentration are for learning and managing everyday life
- recognize his/her needs for relaxation and focusing, and physical, mental and social means to meet those needs
- perceive own body image and proportions of the body
- recognize the reactions of his/her own body in different situations, and based on that better direct one's own body and its functioning in challenging interaction
- know and recognize emotions as a physical and mental experience
- can process and express one's own thoughts and emotions in a constructive and responsible manner, and in social situations also take into consideration the needs, thoughts and emotions of others
- know, recognize and set one's own personal boundaries and personal space, and respect the physical and mental boundaries and inviolability of others
- understand the need for and importance of compassion and self-com-



passion, and tolerate difference with a constructive attitude

- recognize and know one's own strengths and resources as a physical, mental and social agent (physical, mental, social and cognitive self-image)
- Recognizing and utilizing*
- utilizing the possibilities of presence, closeness, touch, shared physical activities and playful interactions
 - respecting the child's personal boundaries and personal space
 - empathizing, compassionate, interaction in promoting good care and the growth, development, functional ability and emotional life of the child
 - the caregiver's own strengths and resources in parenting