



FamilySomeBody

SomeBody® application in family services

The aim of FamilySomeBody is to support by cooperative and functional exercises the body awareness and emotional and social skills of children and their parents, and thus strengthen and integrate the self-image and self-esteem of each family member as well as their skill of acting together.

A special goal is to support parents in their role of raising the children. In group activities the children and the parents get empowering experiences from acting together and practicing important skills necessary for all the family members as well as an opportunity for peer relationships, which may lead to further meetings outside the group.

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FamilySomeBody is a method, which utilizes body awareness, bodiliness and motion in a goal-oriented manner. The method promotes constructive interaction in the family and supports upbringing and parenting. It is a tool for interactive guidance, which can be used as a part of preventive family work as well as in teaching profession, social work, educational work and rehabilitation environments. It has been developed for early preventive support, especially for empowering the parents, but it is also suitable for supporting rehabilitation.

The FamilySomeBody group activities aim at:

- increasing the body awareness of children and parents
- perceiving and analyzing the body image of children and parents
- supporting self-image, self-esteem and parental self-esteem
- promoting children's and parents' well-being via posture and movement awareness
- calming down and deepening the breathing of children and parents as well as experiencing and promoting relaxation
- promoting children's and parents' presence skills, compassionate encounter skills and self-compassion
- utilizing the power of touch and increasing the ability to be touched
- recognizing and maintaining children's and parents' own boundaries and territory
- identifying, processing and giving words to emotions of children and parents
- supporting empowering interaction: promoting children's social skills and parenting skills

About theoretical background

FamilySomeBody method takes a holistic view of children and parents and combines creatively:

- the viewpoint of interactional neurobiology, neurobiology and research data on neurophysiology
- the theoretical bases and methods of body awareness and awareness skills
- the theoretical bases and methods of trauma theory, attachment theory, interactive development psychology and sensorimotor psychotherapy
- methods of psychophysical physiotherapy
- theories and methods from dialogic, participative counselling and interactional counselling done in psychosocial work (solution focused and resource oriented methods, cognitive and functional therapeutic methods)



How and what is done?

FamilySomeBody is recommended to be carried out in small groups as a peer activity in the child's or adolescent's everyday environment or in family work in groups of 4 - 6 families (e.g. in schools or as a part of family centres). There are usually 8–12 meetings. Some of the meetings are conducted with the children being in a group of their own and the parents in their own group. The recommended length of the meetings is 1.5–2.5 hours. In addition, an individual family will be met once or twice. Between group meetings there is SomeBody homework to be done.

The basis for the regular SomeBody group meetings include:

- present and safe encounter
- functional exercises utilizing body awareness, bodiliness and motion (motion, postural, movement awareness, breathing, relaxation, touch, body image, body boundaries and social interaction exercises)
- processing the bodily sensations, feelings and thoughts that arose during the exercises in an atmosphere that is sympathetic, accepting and studies the matters in a consciously curious and investigative manner, assisted by a group instructor

Through experiencing the functional exercises, noticing and sharing those experiences and engaging in dialogues to reflect on the experiences, the parents get opportunities to learn about themselves. Based on what they have learned, they can interact and raise their children and act in a way that supports the well-being of the child as well as their own well-being.

The effects of FamilySomeBody

A child or a parent who has taken part in FamilySomeBody has learned to better

- understand and analyze how his/her body, mind, thoughts and emotions are affected by body movements, physical activity and relaxation
- realize how to strengthen his/her resources and performance ability and being a parent via his/her body by utilizing breathing, movement, postures and sensations (of touch etc.)
- understand how beneficial relaxation and concentration are for learning, growth, development and managing in everyday life
- recognize his/her needs for relaxation and concentration, and master suitable 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
- 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-compassion, and tolerate difference with a constructive attitude
- recognize and know one's own strengths and resources as a physical, mental and social agent



Besides the previously mentioned skills, the parent who has participated in FamilySomeBody knows now as an educator how to better recognize and utilize

- the possibilities of presence, closeness, touch, shared physical activities and playful interactions as a practice promoting the child's growth, development, functional ability, emotional life and good care
- the importance of an approach that respects the child's personal boundaries and personal space as a practice promoting the child's growth, development, functional ability, emotional life and good care
- the importance of interaction that is empathic, sympathetic, compassionate and gives words to emotions as a practice promoting the child's growth, development, functional ability, emotional life and good care

FamilySomeBody Training is organized at Satakunta University of Applied Sciences (SAMK) as a part of the project SomeBody® as a Method for Municipalities' Welfare Work

Training takes place on 11 Dec 2018, 10 Jan 2019, 31 Jan, 28 Feb, 7 Mar, 28 Mar and 24 May

Next training will start in autumn 2019.

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SomeBody® as a Method for the Welfare in Municipalities Project

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