



# SomeBody®

The body and the mind travel side by side

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SomeBody® includes small group activities, which improve the participant's body awareness skills, emotional skills and social skills. These skills are promoted by motion, posture, breathing, relaxation, touch and social interaction exercises. Experiences connected to exercises are discussed and shared in the group led by instructors.

SomeBody® group activities enhance self-knowledge and strengthen and harmonize holistically the self-image and self-esteem of the participants. The group activities also increase the ability to act in everyday life in one's own social relations.

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## SomeBody®

SomeBody is a tool developed at Satakunta University of Applied Sciences (SAMK) for interactive guidance. The method combines creatively:

1. The viewpoint of interactive neurobiology and research data on neurophysiology
2. The theoretical bases of body awareness and awareness skills
3. The methods of psychophysical physiotherapy
4. The methods of psychosocial interactive guidance and dialogicality

The basis for SomeBody method is a novel combining of different viewpoints so that professionals in the field could better meet the more and more challenging and holistic customer needs.

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**[somebody.samk.fi](http://somebody.samk.fi)**

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## SomeBody as a Method for Municipalities' Welfare Work 2018–2020

The aim of the project is to spread, instill, research and further develop the tried-and-tested SomeBody method. In addition, FamilySomebody is developed to support parenting and a food module suitable for SomeBody to support the eating competence. The welfare and cost effects of the methods are also evaluated.

By consolidating the SomeBody method, the goal of the project is to promote children's, adolescents' and their parents' welfare, the complicity experienced by children and adolescents and to prevent social exclusion. The objective is to promote children's and adolescents' body awareness, emotional skills, social skills and eating competence in a holistic and conscious manner in their own environment.

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