

The Five Interrelated Components of the Value System of the West

John Armstrong

Many developing nations seek the life-style of the west. The West is quick to invade or export its culture to those who would have it. What is this culture, and what does it bring to the individual and collective health of a community and a nation. This session examines the essential features of western culture here referred to as "modernism" and considers the impact it has on a community and the people in it. The news is not good, but helps to clarify what is the basis of our actions and interests and the values we really base our life upon.

Strengthening Survivors of Physical, Psychological Abuse

Divvy Bajpai

This study was conducted to evaluate effects of an intervention to treat depression among young adult survivors of abuse. Five subjects, three males and two females aged between 17 to 19 years were the participants and were included if they rated having experienced a high level of physical and psychological abuse in their family of origin as measured by Childhood Maltreatment Interview Schedule (Briere, 1992) and if they also rated suffering from a high level of depression as measured by Healthy and Daily Living Manual Youth (HDL) (Moos, 1984). HDL was administered before and after intervention. Results revealed the significant improvement in post mean scores of the test. A 30 session therapeutic intervention program titled "Moksha" based on psychodrama and reading regional folktales was conducted over a period of 15 weeks. Culturally abuse in the family environment is like a hidden skeleton in the closet and its victims manifest their trauma through various symptoms. This study highlights the effectiveness of psychodramatic and sociometric techniques like enactment, games, role-play, journaling exercises for experiencing the size and shape of hostile and other emotions in a personalized setting. Story reading from regional folk tales dealing with themes of friendship, love, jealousy, betrayal, sexuality, anger, violence, victimization and death were read. The idea was to address childhood psychological trauma which simultaneously accelerates and interferes with moral development by confronting the child with ethical and spiritual violations yet also with heroic altruism.

Young People Strengthening Their Community

Jen Barron

The goal of my practice as the youth health officer at the Dorset Council (Tasmania, Australia), is to empower young people to be the strength in the Dorset community. The main strategy used to achieve this outcome is through a "youth advisory group". They call themselves "FEWCHA"! The group meets together on a regular basis to plan and implement activities, programmes and projects that enhance the health and well being of the young people of Dorset and the whole Dorset community. FEWCHA have won awards for several of their projects that have had significant impact on their community. The Wheel Deal a youth transport project that meets the exact transport needs of young people won the best overall project at the Tasmanian Local Government Awards in 2005. The Kameleon a mobile youth outreach service that provides health information, resources and entertainment to small regional and rural communities won the heart foundation best project for Tasmania and the best rural and remote community project for Australia in 2004. Severely Isolation a short film taking a humorous look at the life of a young person living in a rural area won the vibewire best movie made by under 18's for Australia in 2004. Mobile Skate Park - the group have just launched this park which meets the recreational needs of young people across Dorset this has been nominated for several awards. These projects and many others have been conducted in partnership between the Dorset Council, community groups, funding bodies, FEWCHA and myself as the youth health officer. There are lasting outcomes for Dorset as well as for the young people who have been involved in the group since its inception. This practice is easily translated as it is not about the projects but about the outcomes achieved in terms of growth and development of the young people and the community as they achieve the ideals and objectives that they set for themselves.

NLP: A tool to strengthen and become resourceful

Fr.AXJ.Bosco S.J.

Neuro Linguistic Programming (NLP) is a simple, skilful method for studying what goes on inside a person (subjective experience). It is a study of how the brain works, how people think, feel, learn, motivate themselves, interact with others, make choices, and achieve realistic goals. Following the best, most recent, methods of learning, NLP is an experiential study that leads its students to concepts through exercises. NLP's objective is to increase the behavioural choices available to us. In a very concrete way the goal of NLP is awareness. It teaches us how to: Re-programme our minds in minutes to eliminate fears and phobias; dramatically improve our interpersonal relationships; create instant rapport and communicate persuasively; build a rich and powerful self-image; and create and maintain ourselves in a resourceful state.