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Chapter Presentation

Week one

One of the three things I learned from the reading this week that could be useful for my clinical work is to inform my clients of the importance of having a healthy lifestyle. Bad habits such as smoking, excessive alcohol consumption, sedentarism, and poor nutrition may have a significant impact not only on the client`s physical body but also on their mental health.

Second, even though we all know how detrimental stress is to one`s mental health, it was a good reminder to read about it and be aware of its effects and the different responses to stress, which may be physiological, emotional, or intellectual. The book also talks about the General adaptation syndrome, which can be a great tool to help us understand the physiological process the body goes through when exposed to stress. It has three stages: alarm, resistance, and exhaustion. Understanding the stages the body goes through when exposed to stress can help people become more aware of these physical signs of stress when they occur.

Finally, one more thing that can be useful for my clinical work is the awareness that silence in communication is also a message that is being communicated. As the book mentions, most people feel uncomfortable with silence, but for us future therapists, is essential to understand that silence may not just convey a message, but it can also be helpful to put thoughts and feelings into perspective. So we should learn to get comfortable with it.