

MFT 603: Individual and Family Development

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Chapter Presentation

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Readings for Jan 24th: JA Chapter 1 & 2

1, WHO defined health as “a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.” The authors in the book Journeys across the lifespan are trying to help us understand a holistic approach to health that can prevent many illnesses.

2. General Adaptation Syndrome (GAS)

This term was coined by Hans Selye to explain the human response to stress which can be broken down as 3 stages

- a) Alarm stage: The hormones in the brain get the body ready for fight or flight based on situation faced
- b) State of resistance: During this stage the body will try to adapt to the stressors
- c) State of exhaustion: After prolonged exposure to the stress the body's energy gets weak which will result in diseases and destruction.

3. Communication will be a very important aspect to understand for clinical observation. Listening to have an accurate judgment would involve

- Sensing
- Interpreting
- Evaluating
- Responding