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Assignments Week I
Chapter I, II, III, IV

Chapter I, II

I found most interesting and useful in the first reading, chapter 1 and 2, was:

- The shift from taking care of a sick individual to preventive care, where prevention occurs before there is any disease or dysfunction. In the past the healthcare system was focused on treating the disease, not preventing it. With the implementation of the Healthcare system, prevention became the goal. There's no doubt that people became healthier after the invention of antibiotics, vaccines, the improvement of water quality and sanitation as well as food supply the life expectancy increased, but it was only after preventive care and when in 1947 WHO defined health as "A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity", that the health care system has taken a more holistic approach to disease prevention.
- The implementation of health promoting Behaviors and a "empowerment" approach, has turned individuals accountable for their health and driven them to health-promoting behaviors. Knowledge is the key to living a healthier, longer life. Better nutritional practices, chemical avoidance, exercise, stress management, disease prevention and healthy self-concept are the key elements to a healthy lifestyle.
- The different types of communication. Social and Therapeutic Communication. In this chapter we learn how to distinguish the two types of communication and how they are used in our daily lives and in therapeutic settings. Communication can be verbal and nonverbal. Non verbal communication includes tone of voice and body language. Body Language is a universal communication style. While there are techniques used to enhance communication, we also have certain styles that can cause blockage, called blocks to communication.

Chapter III, IV,

- In chapter 3 we explored the concept of CULTURE, what it is and how it influences one's life. The different elements that compose culture such as beliefs, values and norms. Norms can be further divided into folkways, laws and mores.
- The Transcultural Nurse needs cultural competence, cultural awareness and cultural sensitiveness. In a globalized world where we share our daily lives with people from all over the world, the health care system is faced with many

challenges in providing patients with quality care. Some of the most predominant difficulties in achieving excellence in care are difficulties with the host language, lack of health insurance, knowledge deficit, reluctance to question healthcare providers and adherence to traditional cultural practices.(pg 35)

- Chapter IV gives us an overview of what a family is. The definition of family has evolved into: Family is two or more people who have chosen to live together and share their interests, roles, and resources. Family loss and breakdown, family size and birth order may influence the child's development.