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MFT 603B: Individual and Family Development

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Chapter Presentation: Week 1

1. After reading Chapter 1 in “Journey Across the Life Span: Human Development and Health Promotion” by Polan and Davis, a point that came across in the text was how important nurses are to caring for our overall health. On page 7, the text states, “Nurses must develop ways to help patients recognize their own needs, solve their own problems and access resources that give them a sense of control over their own lives.” The text is discussing the power that health professionals have to empower us to take control over our lives and overall health, but what stood out to me were the words, “nurses must”. This text mentions nurses on several occasions and how their duty is to help their patients yet I find it appalling that nurses are given so much responsibility for a lot less pay. Nurses change people’s lives while doctors are merely their supervisors who mostly get to know their patients superficially.

2. Chapter 1 in assigned reading also goes into details about nutrition and how important it is that we choose the right foods for our bodies. What I did not know before were the diseases that are linked to a poor diet. The leading causes of death due to poor diet are coronary heart disease, cancer, stroke, non-insulin-dependent diabetes and coronary artery disease. This just magnifies how important our food is to our health, especially our heart and arteries. People always mention all the different ways you can get

cancer but I find it interesting that even bad food choices can lead you to acquiring the disease.

3. Within chapter 2 of “Journey Across the Life Span: Human Development and Health Promotion”, the main idea behind it is how we as individuals communicate. The third point within the reading that caught my attention was how we communicate not only verbally but our physical appearance also communicates to the world how our inner mental and emotional state is. What we wear and how we look is a choice therefore it makes sense why someone who is battling depression looks sloppy and tired. They are letting everyone know without expressing it vocally how they are feeling on the inside. This is an amazing observation for therapists to keep in mind as they meet new and existing clients.