

Praise Hong

MFT 603: Individual & Family Development

Week 1 Reading Points

Holistic approach to health resonates strongly with me because I believe in the strength of mind-body-soul connections. It's important to consider all aspects of one's life and how the different pieces can affect their health, rather than looking at them in silos. As I look forward to gaining clinical experience, keeping the holistic view will be essential. While a therapist's training and expertise technically focus on mental health, I would not be an effective MFT without accounting for the other elements, especially systemic components such as family, community, and culture, that directly or indirectly impact my client's well-being.

I could appreciate this point from the reading: "health promotion is most successful when placed in a supportive social environment." Ultimately, it is up to each individual to take responsibility for his or her own health. One of my primary goals as an MFT is to empower my clients to want to make positive changes for themselves. Even if they previously lacked a supportive setting, I want my sessions to be that safe and encouraging space for them. I especially have a heart for serving marginalized groups that have been disproportionately affected by their environments. Everyone, regardless of what they look like or their socioeconomic status, should have the right to be informed decision-makers about their lives.

When reading about the three stages of the general adaptation syndrome, I was surprised to read about the third stage – state of exhaustion. When I think about my responses to stress, I mostly think about fight-or-flight and how I choose to process and move forward. I like to think that I am decent at managing stress, but I'm also aware that I try to breeze past the stressors quickly so as to not dwell on it. State of exhaustion occurs with prolonged exposure to stress draining the body's energy. It's a good reminder for me that the immediate response to stress should not be a quick dismissal but involve appropriate processing to minimize long-term negative impact.