

SomeBody®

Social, Mental and Body



Reetta-Kaisa Kuusiluoma, project researcher, SAMK

reetta-kaisa.kuusiluoma@samk.fi



Leverage from
the EU
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SomeBody®

Kehotietoisuus toimintakyvyn ja osallisuuden tukena

somebody.samk.fi

What's your feeling right now?



SomeBody Method

SomeBody is used to support children's, adolescents' and adults' body awareness, self-image and self-esteem.

The main focus is developing and improving **body awareness skills, emotional skills and social skills.**

SomeBody Method



Satakunta University of Applied Sciences:

- Satu Vaininen, DSocSc, social work
- Marjo Keckman, Master of Health Science, physiotherapy and rehabilitation

Body and mind in synchrony

The method combines:

- theory related to body awareness and awareness skills
- viewpoint of interactional neurobiology and research data on neurophysiology
- methods of psychophysical physiotherapy in mental health
- methods of dialogic psychosocial counselling, participative group counseling

SomeBody video

<https://youtu.be/1g5Ky2NFhLU>



Besides the peer support, the group offered numerous ways to organize one's own inner chaos.

Goals of SomeBody are

1. increasing body awareness
2. perceiving and analyzing one's own body image
3. promoting well-being via posture and movement awareness
4. calming down and deepening breathing
5. utilizing the power of touch, increasing the ability to be touched
6. recognizing and maintaining one's own boundaries and territory
7. experiencing and increasing relaxation
8. identifying, processing and giving words to emotions
9. supporting increasing personal resources; promoting social skills

SomeBody is an effective method for

- concentration problems
- learning problems
- emotional problems
- self-esteem problems
- problems in social interactions
- problems with alienation from the body and body awareness problems

Who benefits from SomeBody?

- SomeBody works for all age groups in promoting holistic well-being and health. It supports coping with work and free-time related stress. It is a tool for developing self-knowledge and self-esteem. It is also a work method for both preventive early support and rehabilitation.
- In regard to children and adolescents, SomeBody effectively supports childcare, education, counseling, nursing and caring for those with special needs.

Resource-based and solution-focusedness

- Young people need support for their own growth and development
- We must have an idea of different parts of our self-concept (social, physical, emotional, academic me), to identify our own resources in different social situations and to find solutions to even the most difficult situations.
- In all interactions, things always happen in relation to others and to the environment and also to your own body.

How is SomeBody put into practice in real life?

- SomeBody is implemented in the everyday environment
- It is given as peer support in small groups led by two instructors.
- It can be done one-on-one.

Group session

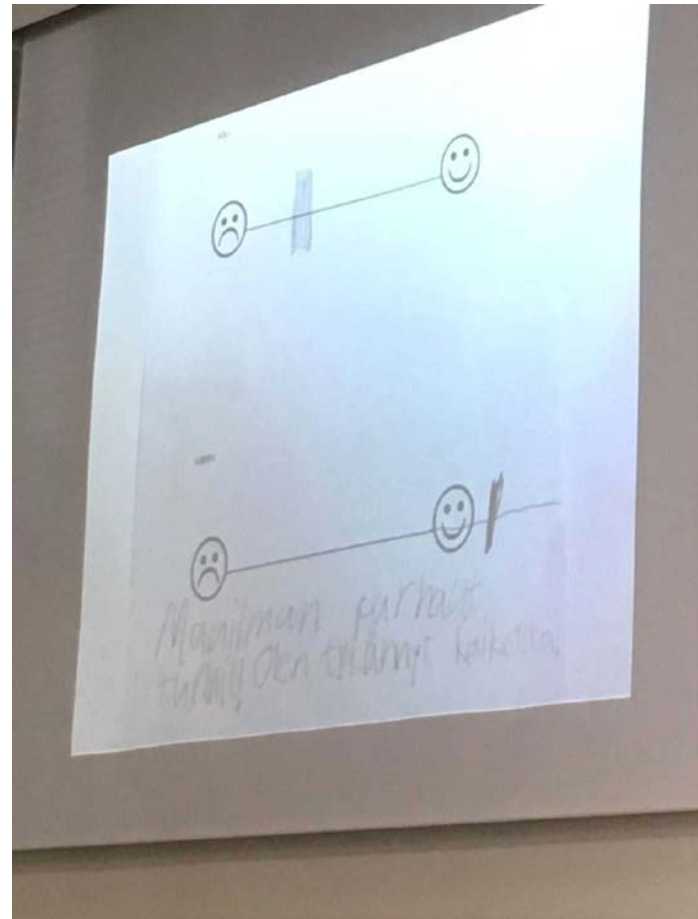
The basis for the regularly given SomeBody group sessions are

1. stopping, calming down, no hurrying, being aware in the moment
2. functional exercises (motion, postural, movement awareness, breathing, relaxation, touch, body image, body boundaries and social interaction exercises)
3. processing as a group the experiences, feelings and thoughts that arose while doing the exercises
4. relaxing

The participants get opportunities to learn and act in new ways. They learn about themselves and other people and how different people are. Then, based on what they have learned, they can act in new ways which support their well-being.

Children, teens and their parents have felt that SomeBody method is beneficial:

- "I've used the exercises for managing anxiety during classes."
- "I'm better at identifying emotions."
- "It's easier to relax."
- "During the group discussions, I've understood that I'm not alone with my feelings."
- "SomeBody has made me feel good."
- "My child started to discuss his emotions after the group started."



Professionals and their supervisors have felt:

- “Now we have a tool that not only benefits the children and teens but also supports their own coping at work.”
- ”Instructing a Somebody group is well-suited for comprehensive school because we see the kids often and know them in their everyday life. We feel that the exercises have helped the kids relax, and the shy students have been able to better identify and show their emotions”
- “A lot of independence, courage and strength is expected of teens, but until this method they weren’t supported to do so.”
- “Clearly the results were relaxation, aha moments about themselves and their strengths, and learning to appreciate themselves.”
- “The method is versatile, sometimes therapeutic, suitable as a basic tool for creating group togetherness, and supporting one’s own work wellbeing.”

SomeBody education/course

5 cr

- 5 ½ contact day, once a month
 - Functional exercises
- Plan, execute and assess SomeBody-implementation in your own operating environments (implementation in small groups, the whole grade, one by one)
- Report: evaluate and reflection

SomeBody as a Method for Municipalities' Welfare Work 2018 – 2020

- The funding for the project: the Ministry of Social Affairs and Health, the Promotion of Health appropriation, 350 000€
- Project partners: the University of Eastern Finland (UEF), the University of Tampere (UTA)
- Other partners: municipalities (Pori, Rauma, Säkyä, Eurajoki), DIAK, Sataedu (vocational education institution)

The goals are to:

- Spread, instill, research and further develop the SomeBody method.
- Develop FamilySomeBody to support parenting and a food module suitable for SomeBody to support the eating competence.
- Evaluate the welfare and cost effects of the method.

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Tack!



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European Union
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