

WEBVTT

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00:00:01.830 --> 00:00:11.608

It is a way of life oriented toward optimal health and well, being in which mind body and spirit are integrated, any purposeful matter.

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00:00:11.608 --> 00:00:25.614

So, like I said, this is what sets us apart this is what you might remember learning in your graduate studies. This might be if you're 1 of my students, you've definitely heard me talk about this plenty of times.

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00:00:26.274 --> 00:00:26.873

Um.

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00:00:27.149 --> 00:00:36.240

And so we're going to dissect wellness a little bit today. I think it's important for us to understand and dissect the concepts that our field.

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00:00:36.240 --> 00:00:48.450

Is based off of, um, and then to you're going to hear some voices today besides mine, um, who have talked about social justice and wellness and.

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00:00:48.450 --> 00:00:52.289

It just have some food for thought for today and hopefully leaving with.

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00:00:52.289 --> 00:01:01.439

Maybe a sense of action, a sense of advocacy, or just a sense of I need to sit with this information for a minute.

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00:01:01.439 --> 00:01:07.319

And all of those are wonderful, and wherever you need to be at the end of today.

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00:01:08.519 --> 00:01:18.390

So, if you are my student on here, you know, I love a good case to bring to, you.

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00:01:18.655 --> 00:01:31.885

Um, and so that's what we're going to start with. Today. We have Chris Chris's family is from the South. They're coming to therapy, because there is a significant disagreement between the family and Chris, due to the family unit.

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00:01:31.885 --> 00:01:33.715

Not agreeing with Chris's choices.

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00:01:34.614 --> 00:01:49.165

Chris presents a significant emotional distress when showing up to your office, you conclude that Chris is unwell and that focusing on a plan towards wellness would include setting boundaries of family members and focusing on Chris's own wants and needs.

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00:01:49.469 --> 00:01:54.299

So once you to take a few minutes, absorb that and.

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00:01:54.299 --> 00:01:58.560

I want you to think about what else would you add to chris's plan.

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And you can drop it in the chat you can kind of just.

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00:02:01.950 --> 00:02:05.340

Ponder it for yourself, and I'm going to give you a few minutes to do that.

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00:02:08.125 --> 00:02:36.625

Okay,

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00:02:36.925 --> 00:02:37.495

so.

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00:02:40.650 --> 00:02:47.069

I'm curious what everyone thought. Let's see some coaching and health skills.

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00:02:47.069 --> 00:02:52.860

I can't actually see the chat if, if, um, Dr circle, could you read some more out to me?

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00:02:55.710 --> 00:03:00.780

Sure thing, um, self care assessment to identify any deficit.

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00:03:00.780 --> 00:03:10.949

They would like to work on some coping and health skills make sure he has a supportive friend group.

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00:03:10.949 --> 00:03:15.569

Right.

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00:03:15.569 --> 00:03:19.139

Group therapy to find out how others are coping.

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00:03:20.490 --> 00:03:24.629

Wonderful wonderful.

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00:03:25.740 --> 00:03:29.699

I would want to know how Chris defines wellness for themselves.

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00:03:29.699 --> 00:03:34.349

Ooh, that's a good 1. that's a good 1.

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00:03:34.349 --> 00:03:39.750

So, normally therapy okay, I'm starting to see it pop up a little bit. So.

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00:03:39.750 --> 00:03:53.490

I'm glad we are thinking about it. What is best for Chris and spirituality. That's great. That's great. And I don't usually like to do this, but it's kind of a.

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00:03:53.490 --> 00:03:56.550

Trick question that I asked you this morning.

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00:03:56.550 --> 00:04:05.729

So, the problem of what I asked you, what else would you add to Chris as wellness plan? Is the fact that you were adding to Chris's wellness plan.

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00:04:07.349 --> 00:04:12.300

So, and also that you conclude that Chris is on well.

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00:04:12.300 --> 00:04:19.949

I want you to think about for a 2nd, when I read this description to you, how you mentally thought about Chris?

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00:04:19.949 --> 00:04:25.230

Was Chris African American, white.

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00:04:25.230 --> 00:04:29.189

Asian was Chris clear.

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00:04:30.358 --> 00:04:35.939

Was Chris non binary? What identities to Chris? Hold.

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00:04:36.959 --> 00:04:40.288

Because I didn't give any of that in the descriptor.

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00:04:41.699 --> 00:04:51.869

Right. And so I want you to think about some demographic and cultural info that would have been really important for us to know, to define what makes Chris. Well.

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00:04:53.338 --> 00:04:56.879

And as you picture, Chris, I want you to think about.

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00:04:56.879 --> 00:05:07.649

Did you picture Chris from your own point of view from maybe potential stereotypes from experiences in your life from your own identity?

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00:05:08.728 --> 00:05:13.019

So, while all of the choices that you gave were wonderful.

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00:05:14.488 --> 00:05:18.269

We don't know enough information to give a wellness plan for Chris.

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00:05:18.269 --> 00:05:28.439

I think that's why we're here today is to dissect wellness and whoever said it in the chat ask what wellness means to Chris.

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00:05:28.439 --> 00:05:36.509

Right. Would their plan be different, depending on their demographic information and the answer should be yes.

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00:05:36.509 --> 00:05:49.619

Okay, so sorry for tripping you this morning but I hope it got you thinking about some information and what we naturally put in to certain case situations.

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00:05:52.588 --> 00:06:06.298

So these are the bonus models that our field is kind of based off of. Okay so this is the invisible self and evidence based model of wellness and then we also have the wheel of wellness to your right hand side.

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00:06:06.473 --> 00:06:18.863

And I'm going to start with the invisible self. It's also called the I, as well, um, it is an evidence based model wellness, and it provides an alternative perspective for viewing wellness across the lifespan.

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00:06:19.403 --> 00:06:25.374

So it incorporates 17 different wellness dimensions. And then you're gonna see on on the left side of that.

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00:06:25.709 --> 00:06:31.168

Contexts as well, and so these contacts are going to be.

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00:06:31.168 --> 00:06:37.019

What's surrounding the individual that might potentially be impeding their wellness.

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00:06:38.963 --> 00:06:45.204

We have on the right hand side, the wheel of wellness, and this is a precursor for the model.

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00:06:45.894 --> 00:06:57.173

So we have Meyers who created these, and those are going to be the names that we know and love and while all of this information.

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00:06:57.538 --> 00:07:07.468

Um, was created to provide wellness for everyone to create a standard of what we believe wellness to be true. Obviously.

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Everything because it's created by humans have a bias. Okay so we're going to get into that a little bit.

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00:07:14.124 --> 00:07:27.983

These 2 dimensions that you're looking at, helped create what's called the 5 airflow and the 5 f. well, is an assessment you might have heard about and might not know what it is, but that that rings a bell.

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The 5 was an assessment that was created to assess someone's wellness, their overall wellness, and it would give you a score for their wellness in different areas. Right?

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00:07:40.199 --> 00:07:45.569

Well, as much as this is beneficial.

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It was sampled when it was created on a population that was 80% white.

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00:07:52.168 --> 00:07:56.848

So, while this is sadly representative of the counseling profession.

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00:07:56.963 --> 00:08:05.334

Researchers notice the important of replicated in these valid tests. And so what happened? So we were like, okay, we have to be multicultural competent.

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00:08:05.363 --> 00:08:15.653

Right um, so there were adaptations in over 8 different languages and I highly suggest CSI guy, Sigma, Iota their website.

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Has a bunch of information on wellness and all of the cultural adaptations if you do want to use this assessment to go. Look at that. I think it is great.

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But consistent bindings were showing that even with these.

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Language adoptions, I don't necessarily want to call it cultural adoptions because I don't believe it was we adapted the language. There were still higher alpha test levels for.

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00:08:41.639 --> 00:08:48.178

The ones that were English based, so I think that's something something to keep in mind.

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Counseling Wallace theory.

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00:08:51.629 --> 00:08:55.408

Is normed on individuals in the United States.

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00:08:55.408 --> 00:08:59.158

Which is a colonized industrialized.

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00:08:59.158 --> 00:09:02.818

Country right?

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00:09:02.818 --> 00:09:14.818

So the theory and model state that an individual's wellness is based on context, such as CC on the left, local institutional laws and policies, global events.

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00:09:14.818 --> 00:09:18.658

And so, for example, if we have people.

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00:09:18.658 --> 00:09:23.399

Who are from 3rd world countries who cannot speak freely against their government.

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00:09:23.399 --> 00:09:27.778

Are they on well, based on our definition? Yes.

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00:09:28.859 --> 00:09:40.259

And so we want to talk a little bit more in depth today about some institutional and systemic issues of what we believe our wellness is. And what our field is based off of.

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00:09:42.839 --> 00:09:46.649

So the overall assumption of what we know.

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00:09:46.649 --> 00:10:00.808

Our wellness is, is that all parts of our wellness affect all of their parts? It's kind of like a balancing beam, right? It's kind of like, okay, well, let's say your social self is off, then your.

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00:10:00.808 --> 00:10:09.504

Coping self might be off as well or if you're not well in the physical self, then your spiritual self is probably off as well.

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00:10:10.224 --> 00:10:16.913

So that's 1 aspect that I think it's important to remember that all parts affect other parts.

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So.

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00:10:21.808 --> 00:10:25.979

I want to talk a little bit about language.

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When we talk about wellness, the idea of achieving wellness in in itself is a privileged concept.

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00:10:35.099 --> 00:10:43.168

All right, I want you to take that in for yourself, and just see how it feels. Does it feel uncomfortable?

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00:10:43.168 --> 00:10:48.178

So, it'd be like, yeah, that makes sense. And what's coming up for you.

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00:10:48.178 --> 00:10:57.359

And just sit with that, and while you're sitting with that, I want to talk a little bit about the history of wellness.

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We have evidence.

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00:11:01.649 --> 00:11:07.288

That there are roots of wellness, dating back to 3000 to 1500 BC in India.

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00:11:07.288 --> 00:11:11.938

Where individuals talked about their holistic.

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00:11:11.938 --> 00:11:19.528

Point of view and their holistic self. We then know that we have affirmative indigenous folk medicine.

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00:11:19.528 --> 00:11:25.259

That was around that talked about the concept of being holistic.

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And then Halbert done, brought this information.

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Over to where now we have from minors Myers, Marin, Sweeney, this information that we know of our current wellness practices for.

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Counselors counselor educators.

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And so when we look at.

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00:11:48.599 --> 00:11:55.438

This definition, I have you had you thinking about it a little bit the act of cheating wellness.

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That language denotes that everyone has the means of potential to get to wellness.

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00:12:02.278 --> 00:12:07.318

Right it it feels as if, um.

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00:12:07.318 --> 00:12:16.259

It's almost like, pick yourself up by your bootstraps type of mentality. Right? Just do it. You can achieve wellness and.

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00:12:16.259 --> 00:12:23.308

But this is also a capitalistic and in a US mindset that you can achieve whatever you put your mind to.

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00:12:23.308 --> 00:12:31.889

Right, so what I'm offering is when you are speaking about wellness to not talk about achieving it.

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00:12:31.889 --> 00:12:36.899

Um, maybe use some different language and terminology such as.

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00:12:36.899 --> 00:12:42.298

What does wellness need to you? And how do you want to portray wellness in your life?

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00:12:43.499 --> 00:12:47.578

I gave you a little bit of the history.

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00:12:47.578 --> 00:12:57.839

Of wellness to show you honestly the colonization of wellness in our country. And so what exactly does that mean?

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00:12:57.839 --> 00:13:05.458

Well, we know that colonization has resulted in generational trauma for a lot of individuals, including.

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00:13:05.458 --> 00:13:10.259

Black indigenous bypass people and.

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00:13:10.259 --> 00:13:19.318

Colonization of wellness looks like at 1 point taking away those individuals, spiritual and holistic wellness practices.

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00:13:19.318 --> 00:13:23.339

Banning them saying they were not allowed.

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00:13:23.339 --> 00:13:26.548

In our area, people were enslaved.

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00:13:26.548 --> 00:13:31.558

For practicing their wellness and holistic traditions.

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00:13:31.558 --> 00:13:37.769

Fast forward we are now in a wellness 20Billion dollar industry.

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00:13:37.769 --> 00:13:42.538

In the United States, using these practices.

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00:13:42.538 --> 00:13:47.369

As of indigenous by park, black individuals.

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00:13:47.369 --> 00:14:01.048

And so I want to bring that to your forefront to just understand, um, the complexities of wellness and when we say wellness what that might bring up for some individuals.

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00:14:02.999 --> 00:14:12.719

So, I want to pause and see if there are any thoughts or questions as of this point before we get into a little bit more.

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00:14:12.719 --> 00:14:16.048

Deeper dive into the 5. F. well.

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00:14:23.308 --> 00:14:34.288

Okay, I, I would just like to say this is alive. Um, sorry my camera's not functioning well, this morning, but I'm just, um.

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00:14:34.288 --> 00:14:38.729

This is an incredible perspective that.

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00:14:38.729 --> 00:14:45.509

What you just said about how we've taken away traditions and ways of practicing wellness and now.

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00:14:45.509 --> 00:14:49.889

We're profiting off of.

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00:14:49.889 --> 00:14:56.068

A culmination, but also use of some of these very ways and.

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00:14:56.068 --> 00:15:02.609

That's just, um, wow, I'm really sitting with that right now. So thank you for.

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00:15:02.609 --> 00:15:06.538

For bringing it up. Yeah, thank you. Alexa.

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00:15:10.798 --> 00:15:14.158

Yeah.

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00:15:16.139 --> 00:15:30.658

Well, as we're all sitting with that information, I do want to go a little bit deeper into some concepts of the 5. F. well, because I think it's important if you have given this assessment, if you are thinking about giving this assessment.

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00:15:31.433 --> 00:15:45.984

To understand, some of the language and privilege that goes within this assessment, and just our wellness practices as a whole and so I'm going to get into a couple of them. I'm not going to get into all of them. I will not spend all of your time today doing that.

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00:15:46.259 --> 00:15:51.119

But I'm going to get into the ones that I think is really important.

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For us to dissect a little bit.

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So, from a wellness, um, aspect, I think it's important to know that.

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00:16:01.499 --> 00:16:07.558

When we look at the factors with well, this is something that, um.

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00:16:07.558 --> 00:16:19.019

Is saying we need these in order to be we need these in order to feel holistic and to live on our optimal wellbeing. Right? That is the definition. And so.

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00:16:19.019 --> 00:16:29.639

When we look at gender identity, the 5 and 12 states that there is satisfaction, we need satisfaction with and feeling supported in one's gender or the ability to the androgynous.

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00:16:29.639 --> 00:16:32.729

So.

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00:16:32.729 --> 00:16:37.739

This is all well, I'm fine if someone has access to medical care.

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00:16:37.739 --> 00:16:47.668

That is affordable, right? There are individuals in the trans and gender non, gender, expansive communities who do not have this privilege.

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00:16:47.668 --> 00:16:51.599

Of feeling satisfaction with their gender identity.

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00:16:51.599 --> 00:16:54.599

Because they don't have access.

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00:16:56.214 --> 00:17:04.763

There are a lot of barriers in the way for individuals to feel confident and comfortable with their gender identity.

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00:17:05.213 --> 00:17:11.663

And a lot of times it's going to be asked of us as clinicians to write a piece of paper and say.

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00:17:11.939 --> 00:17:16.378

Yep, that person's allowed to be comfortable with their gender identity.

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00:17:16.378 --> 00:17:22.318

That person is allowed to to process and begin the process of medical transitioning.

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00:17:22.318 --> 00:17:33.659

And so I want you to kind of think about that like, that might, that might not be someone's honest truth. That might not be an access point for an individual.

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00:17:35.848 --> 00:17:43.588

Cultural identity satisfaction with and feeling supported in one's cultural identity or cultural assimilation.

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00:17:43.588 --> 00:17:52.648

There are a lot of individuals who do not have the knowledge or access to the knowledge of where they come from.

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00:17:52.648 --> 00:17:57.719

What their lineage inherited is because that was wiped away from them.

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00:17:57.719 --> 00:18:02.669

Through colonization through slavery.

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00:18:02.669 --> 00:18:15.598

Right. They don't know that information. And so I think it's, it's important to realize and understand that when you do those, you know, 23 and me kits and all of that and you're like, oh.

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00:18:15.598 --> 00:18:19.828

Really burned in my lineage. Not. Everyone has the privilege of doing that.

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00:18:19.828 --> 00:18:25.588

And so it's something to think about self care.

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00:18:25.588 --> 00:18:32.608

Taking responsibility for one's wellness through self care and safety habits that are preventative in nature.

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00:18:32.608 --> 00:18:40.229

Oh, there's a lot there. I won't go into everything, but there might be some things that went off in your head. When, when I read that.

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00:18:40.229 --> 00:18:51.479

Preventative in nature people, some people do not have access for preventative health care or self care measures because it is very.

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00:18:51.479 --> 00:18:59.249

You have to have some social economic privilege in order to practice what we know as and what's branded at self care.

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00:18:59.249 --> 00:19:04.919

In in our society, but there's also a point of self care that I think.

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00:19:04.919 --> 00:19:18.538

Is missed in this definition. Um, and so I, I want to read some of you might know Audrey Lord, who is a queer, black feminist and so I want to state what they stated.

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00:19:18.538 --> 00:19:22.348

Caring for myself is not self indulgent.

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00:19:22.348 --> 00:19:26.759

It is self preservation and that is an act of political warfare.

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00:19:28.798 --> 00:19:33.088

When you have privilege identities, self care can be a choice.

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00:19:33.088 --> 00:19:36.509

We might choose to.

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00:19:36.509 --> 00:19:41.848

Get her hair done or nails done and things like that what we envision as self care right now.

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00:19:41.848 --> 00:19:49.259

But, for people who have marginalized identities, self care as Audrey, Lord, put it.

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00:19:49.259 --> 00:19:53.368

Is an act of self preservation to continue lineage.

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00:19:53.368 --> 00:19:59.788

To find justice, so sitting with that.

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00:19:59.788 --> 00:20:11.249

Thinking about what self care means for other individuals, it could be beneficial to ask that question. What does self care mean to you?

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00:20:12.328 --> 00:20:16.979

Going into, um.

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00:20:16.979 --> 00:20:20.969

Some other factors that are important.

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00:20:20.993 --> 00:20:35.153

Nutrition and exercise so there is this whole concept of the physical self and I think I get this a lot when I when I teach wellness a lot of times, I'll hear students say, oh, I need to go to the gym more right?

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00:20:35.153 --> 00:20:43.913

I need to go to the gym more like yeah, I'll go 3 times a week. That feels sustainable. That's gonna help me feel. Well, I'm like wonderful. That's great.

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00:20:44.729 --> 00:20:48.358

But where did you get that information? Right?

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00:20:48.358 --> 00:20:57.628

So, this definition of nutrition, eating a neutrally nutritiously, balanced diet, maintaining a normal weight within 15% of that ideal.

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00:20:58.679 --> 00:21:02.128

1, I'm curious what the ideal is, is it basically.

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00:21:02.128 --> 00:21:13.528

Based off of the, which is inherently racist and not actually used how it's supposed to be used.

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00:21:13.528 --> 00:21:16.858

Um, and.

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00:21:16.858 --> 00:21:21.838

I think it also talks about in this.

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00:21:21.838 --> 00:21:29.669

It shows medical stigma for individuals and larger bodies, or individuals who identify as that.

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00:21:29.669 --> 00:21:40.409

And so there is this underlying notion in society that people in larger bodies, or people who are fat, get.

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00:21:40.409 --> 00:21:43.888

Assumed as unwell more often.

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00:21:43.888 --> 00:21:57.179

Right. Um, there is, I can speak from my experience as a thought person. There is an innate fear to go to the doctor. There is an 8 fear to go to a nutritionist.

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00:21:57.179 --> 00:22:09.088

How is BMI racist? Yes. So the BMI was not created for individuals in different from different perspective. Um.

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00:22:09.088 --> 00:22:21.719

Racial identities, the BMI was created for white individuals and it's going against a Eurocentric idealism that this is.

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00:22:21.719 --> 00:22:30.659

What is ideal so, um, it is hard for people in larger bodies to get access to.

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00:22:30.659 --> 00:22:34.138

Medical care, um.

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00:22:34.138 --> 00:22:38.729

And so a lot of times, um.

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00:22:38.729 --> 00:22:45.959

I'll have clients come in and they'll say I, I really need to lose weight.

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00:22:45.959 --> 00:22:52.469

I know I'm not well, I know everyone keeps telling me I'm not well, and and.

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00:22:52.469 --> 00:22:58.979

There is an act of radical ISM. I think that comes with.

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00:22:58.979 --> 00:23:03.449

Saying are you sure that's what you want to do?

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00:23:03.449 --> 00:23:07.288

Versus what you think you should do from society's perspective.

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00:23:07.288 --> 00:23:21.628

Right and so asking that question, I think is really important. And I usually come from an anti diet perspective in my clinical work because we know that, um, eating disorders.

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00:23:21.628 --> 00:23:29.608

Our core morbid with those in the trans population. Um, and so I usually come from an anti diet perspective, but it's something to think about.

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00:23:29.608 --> 00:23:38.969

Exercise engaging, insufficient, physical activity through exercise, or in one's work to keep in good physical condition.

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00:23:38.969 --> 00:23:48.298

This is a very mentality, right? 1, I kind of want to know what good physical condition means because I think that's different for every person.

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00:23:48.298 --> 00:23:55.048

But colonization has led to the systematic and.

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00:23:55.048 --> 00:24:03.959

Of disabled bodies, and so a disabled person, I mean, the world that we live in are not made for those who are disabled.

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00:24:03.959 --> 00:24:10.078

It's just not and a disabled person also may require more rest.

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00:24:10.078 --> 00:24:18.328

Anyone could require more rest and in our capitalistic society that same grind harder do more.

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00:24:18.328 --> 00:24:21.719

Get up at 70 a M, do all this stuff, right?

197

00:24:21.719 --> 00:24:25.979

Does that mean they're unwell if they don't.

198

00:24:25.979 --> 00:24:31.409

Live to that ideal right? So I think it's something to think about.

199

00:24:31.409 --> 00:24:35.548

Food for thought.

200

00:24:35.548 --> 00:24:46.469

Receive safety the extent to which you believe you are safe in your home neighborhood and community, and the extent to which you feel safe by harm from terrorist.

201

00:24:47.848 --> 00:24:52.618

1, the word terrorist there are stereotypes associated with that.

202

00:24:52.618 --> 00:24:59.878

And so I think it's just important to realize that language could be really, really harmful for some clients.

203

00:24:59.878 --> 00:25:06.929

Some people don't have the privilege of feeling safe where they live.

204

00:25:06.929 --> 00:25:11.848

Right. Um, and you're going to hear from.

205

00:25:11.848 --> 00:25:18.808

Someone later today in a video, I'm going to share where she talks about not feeling safe.

206

00:25:18.808 --> 00:25:22.048

But actually being pretty well in her community.

207

00:25:22.048 --> 00:25:25.888

And so sharing that, um.

208

00:25:25.888 --> 00:25:32.608

While perceived safety might not be an option for some people. It does not make them automatically on. Well.

209

00:25:33.989 --> 00:25:39.778

Context so I think she does a really good job at saying.

210

00:25:39.778 --> 00:25:49.048

That there is there context matters, right? Context where the human is in the world matters for their wellness yes.

211

00:25:49.048 --> 00:25:57.808

Almost got the point right? So close so quick because the focus is on how individuals interact within the context.

212

00:25:57.808 --> 00:26:01.169

But not how the context interact with the individual.

213

00:26:01.169 --> 00:26:06.778

Okay, so it's a 2 way street and I think that's important to think about.

214

00:26:06.778 --> 00:26:10.798

And this also this definition.

215

00:26:10.798 --> 00:26:16.409

Really really hits him on the fact that everyone has access to be. Well.

216

00:26:16.409 --> 00:26:22.199

And that is just simply not true. So.

217

00:26:23.548 --> 00:26:27.479

I absolutely love.

218

00:26:27.479 --> 00:26:40.409

This study that just came out Hargrove in 2022, so very, very new hot off the press. Actually dissertation. Do I read? Dissertations for fun? Yes.

219

00:26:40.409 --> 00:26:44.548

Sorry, that is who I am as a human, um.

220

00:26:44.548 --> 00:26:47.578

But I I think.

221

00:26:47.578 --> 00:26:54.298

I'm going to read a couple of these to you, and just like, with everything I want this to sit in and sit and see how you're feeling.

222

00:26:54.298 --> 00:27:04.439

So, a lot of times with wellness, what we talk about is the absence of wellness right? So, maybe we're talking about ourselves as counselors and.

223

00:27:04.439 --> 00:27:16.288

Like, oh, you got to practice wellness or else you're gonna burn out and we don't want that right? Or if our clients come in, we're like, okay, something is not right there on well, because they're showing symptoms of anxiety depression.

224

00:27:16.288 --> 00:27:21.568

Maybe burn out, um, so what we do.

225

00:27:21.568 --> 00:27:26.459

As we look at symptom reduction. Okay, that is.

226

00:27:26.459 --> 00:27:32.519

Kind of how we have been looking at wellness, have been the lack of wellness.

227

00:27:35.038 --> 00:27:38.818

And so I want to read a couple of these quotes for, you.

228

00:27:38.818 --> 00:27:42.868

The notion that symptom reduction.

229

00:27:42.868 --> 00:27:46.648

It's too narrow to capture.

230

00:27:46.648 --> 00:27:51.269

The full healing process. The notion is.

231

00:27:51.269 --> 00:27:53.124

That symptom reduction is too narrow to capture.

232

00:27:53.124 --> 00:28:06.443

The full healing process is not new in the general population scholars have to find well, being as the goal for healing through areas of scholarship, such as positive psychology, the concept of post, traumatic growth and other wellness movements.

233

00:28:06.773 --> 00:28:14.453

However, these models have yet to be integrated into the evaluation of programs, let alone the programs attempting culturally relevant work.

234

00:28:14.759 --> 00:28:18.689

Was in there so what does that mean.

235

00:28:19.798 --> 00:28:24.209

We are evaluating an individual and how they can be. Well.

236

00:28:24.209 --> 00:28:30.509

Out evaluating the systems and institutions that they come from.

237

00:28:32.278 --> 00:28:35.663

That is a problem, right?

238

00:28:36.233 --> 00:28:50.034

We there I feel like there has to be some way we can evaluate systems and institutions, especially those that are, um, trying to be culturally aware and relevant. Right? Like, is the system. Well.

239

00:28:50.338 --> 00:28:55.798

How do we make systems? Well, I wish I had an answer for you.

240

00:28:55.798 --> 00:29:01.949

Hopefully, that's in my life's work somewhere, but, um, just kind of food for thought. So I'm thinking.

241

00:29:01.949 --> 00:29:13.769

Wellness is steeped and resistance, and their perspective of wellness is holistic. So this dissertation specifically focused on wellness 4, black women.

242

00:29:13.769 --> 00:29:24.209

And so it came out that through qualitative research that a huge component of black women wellness.

243

00:29:24.209 --> 00:29:28.499

Was resistance and that's something that.

244

00:29:28.499 --> 00:29:33.358

I know I haven't heard of when you're talking about wellness resistance.

245

00:29:33.358 --> 00:29:39.118

Resistance of institutions systems.

246

00:29:40.499 --> 00:29:53.278

Once this symptom reduction is the goal we risk defining. Well, being in a way that misses the heart of what matters to black women, or even perpetuates their oppression by suggesting any failure to heal is their own fault.

247

00:29:54.324 --> 00:30:09.023

Black women navigating the healing process within a racist society, deserve more from mental health service providers in order to effectively treat black women, survivors of trauma. It is necessary to go beyond white norms. And instead.

248

00:30:09.328 --> 00:30:12.598

Develop models where black women are at the center.

249

00:30:12.598 --> 00:30:19.259

From in section, right? So what Hargrove is saying here is.

250

00:30:19.259 --> 00:30:23.939

We need different models of wellness for different.

251

00:30:23.939 --> 00:30:27.449

Cultural institutions for different.

252

00:30:27.449 --> 00:30:33.209

Individuals, because the foundation of wellness, if we're warming, what.

253

00:30:33.209 --> 00:30:37.288

A black woman's wellness is based off of a.

254

00:30:37.288 --> 00:30:45.628

A test that we know 80% individuals who who created that test for white. That's a problem.

255

00:30:45.628 --> 00:30:51.479

Right. They are going to be unwell from those statistics and that might not necessarily be true.

256

00:30:54.413 --> 00:31:09.084

So, I'm going to pause again and sit with you here for a 2nd, before I introduce a really important concept now that I've given you all of this information, and just see if there's any questions that are coming up for anyone or any reactions.

257

00:31:12.144 --> 00:31:25.943

Thank you so much. Dr Simon, we did have 1 question about how is the BMI racist and, um, and it seems as though you did address that later, but that might be good to to highlight again. Yeah. Yeah. Good question.

258

00:31:26.544 --> 00:31:36.263

So, when the BMI was created, um, it was not created for health standards actually. Um, it's a very fascinating thing to look into. I highly recommend.

259

00:31:36.683 --> 00:31:48.983

Um, but it was also created for white individuals and, um, as a factor of saying, this is a Euro centric version of what is.

260

00:31:49.259 --> 00:31:55.469

Good versus maybe some other cultures who might not have that body type.

261

00:31:58.169 --> 00:32:08.368

Yeah, thank you. Um, and then another comment was I like, how you highlighted that people who are overweight.

262

00:32:08.368 --> 00:32:22.409

Having a neat fear of going to the doctor for myself. My 1st, Pre Natal appointment. I was literally terrified because I had this tremendous fear that my doctor was going to treat me like, I was I incapable of carrying a healthy baby due to my weight. So, thank you for highlighting that.

263

00:32:22.409 --> 00:32:25.828

Yeah, yeah, thank you for sharing that.

264

00:32:25.828 --> 00:32:30.028

Yeah, and would you share the name of Hargrove dissertation.

265

00:32:30.028 --> 00:32:36.179

Oh, I will, I don't have it right off hand. I don't believe you, um.

266

00:32:36.179 --> 00:32:43.828

But I will share that. Yes, yes, it is actually in my references to you. So when, um, if you get a copy of this, you will have access to it.

267

00:32:43.828 --> 00:32:48.148

Thank you. Yeah, thank you.

268

00:32:48.148 --> 00:32:51.749

Okay, so.

269

00:32:51.749 --> 00:33:01.979

I hope I hope I hope you've heard of Angela Davis, if not please look into her, but I wanted someone besides my voice.

270

00:33:01.979 --> 00:33:11.759

In this, and so I wanted to share with you what Angela Davis says about.

271

00:33:11.759 --> 00:33:20.969

Self care and self care being a radical act for certain individuals. So I hope you can hear the video when I played it. Um.

272

00:33:28.348 --> 00:33:34.828

Um, we actually we can't hear, but I know how to fix it. So if you hit stop share.

273

00:33:35.999 --> 00:33:47.878

And then go ahead to share again and then before you select your content, go to the top, right? Where it says, automatically optimize and unmute that little microphone.

274

00:33:47.878 --> 00:33:54.328

Magic okay, thank you. Okay. Try this again.

275

00:33:56.003 --> 00:34:05.723

Anyone who's interested in making change in the world also has to learn how to take care of herself himself their cells

276

00:34:13.943 --> 00:34:28.643

for a long time activists did not necessarily think that it matters to take care of themselves in terms of what they need in

277

00:34:28.643 --> 00:34:32.213

terms of mental self care,

278

00:34:32.423 --> 00:34:35.844

corporal self care spiritual self care.

279

00:34:35.963 --> 00:34:38.514

I know that there was some people who emphasized it,

280

00:34:38.514 --> 00:34:42.353

I'm thinking about 1 of the leaders of the Black Panther party,

281

00:34:42.353 --> 00:34:51.114

Erica Hawkins who began to practice yoga and meditation in the seventy's and she encouraged many people,

282

00:34:51.114 --> 00:34:55.643

including hearing Newton and bobby's able to join that practice.

283

00:34:55.643 --> 00:35:04.043

I think they did a little bit, but I think I moved. It would've been very different and we understood the importance of that kind of self care.

284

00:35:04.463 --> 00:35:12.684

Personally, I started practicing yoga and meditation when I was in jail but it was more of an individual practice later.

285

00:35:12.684 --> 00:35:22.074

I had to recognize the importance of emphasizing the collective character of that work on the self.

286

00:35:28.764 --> 00:35:36.804

Well, it means that we're able to bring out and tie ourselves into the movement.

287

00:35:37.523 --> 00:35:49.403

It means that we incorporate into our work as activist ways of acknowledging and hopefully also moving beyond.

288

00:35:51.023 --> 00:35:52.914

It means a holistic approach.

289

00:36:00.114 --> 00:36:12.474

I think longevity is important and not simply individually is equally important to recognize that,

290

00:36:14.094 --> 00:36:26.813

as we develop our movement today we're creating a terrain for the emergence of new activists and what we do today,

291

00:36:26.813 --> 00:36:31.974

has an impact on what younger people will be able to do tomorrow.

292

00:36:32.003 --> 00:36:39.804

I think we have to imagine ourselves as connected to people who came before us and to those

293

00:36:48.443 --> 00:36:50.153

black people all over the world,

294

00:36:50.153 --> 00:36:55.764

have been subjected to the most imaginable forms of violence,

295

00:36:56.244 --> 00:36:57.173

slavery,

296

00:36:57.744 --> 00:36:58.313

torture.

297

00:36:59.963 --> 00:37:01.344

But at the same time,

298

00:37:01.344 --> 00:37:04.074

and this is what black people have opened the world,

299

00:37:05.393 --> 00:37:20.364

we've also produce beauty music and I think that was self care that gets produced by black people recognizes the connection between struggle at

300

00:37:20.514 --> 00:37:23.873

art and beauty and the imagination.

301

00:37:30.384 --> 00:37:31.523

Very dangerous.

302

00:37:31.523 --> 00:37:36.534

It's very dangerous not to recognize that,

303

00:37:38.483 --> 00:37:40.494

as we struggle,

304

00:37:41.514 --> 00:37:55.523

we are attempting to prisado the world and the world of com should be 1 in which we acknowledge the collectivity and

305

00:37:56.184 --> 00:37:59.963

connections and relations and joy.

306

00:38:00.983 --> 00:38:12.804

And if we don't start practicing collective self care, now there's no way to imagine much less reach a time of freedom.

307

00:38:14.219 --> 00:38:17.219

Hello.

308

00:38:19.469 --> 00:38:29.550

So, I also let that sit with you, I love Angela do this and it brings me to the concept of.

309

00:38:29.550 --> 00:38:32.670

Well, we're going to talk about is what, what do we do.

310

00:38:32.670 --> 00:38:37.980

And so I want to talk about introducing a concept called liberation psychology.

311

00:38:38.664 --> 00:38:47.065

And liberation psychology refers to the use of psychological approaches to understand and address oppression among individuals and groups.

312

00:38:47.125 --> 00:38:59.034

So, comma and Rivera just wrote this wonderful textbook back in 2022 about liberation psychology. I won't make you all. Hear me. No doubt about reading a textbook, but.

313

00:39:00.599 --> 00:39:11.130

Highly recommend that's what counselor educators do and counselor educators in the room. Yes. Just wanted to go along with me. Um, so what is.

314

00:39:11.130 --> 00:39:16.769

Introducing what is liberation psychology? So, liberation psychology.

315

00:39:16.769 --> 00:39:24.989

foster's personal and collective agency by incurring encouraging people to make things happen as opposed to having things happen to them.

316

00:39:24.989 --> 00:39:32.130

Right, so you heard you heard Angela do this, talk about a collective collective healing, collective self care.

317

00:39:33.355 --> 00:39:47.815

As a Western based principle, wellness, counseling, psychology, it is infused with individualistic world views, such as meritocracy self determination and it's important to move beyond that to start looking at the collective.

318

00:39:48.534 --> 00:39:48.894

Right.

319

00:39:49.585 --> 00:39:54.085

And so part of liberation psychology principles,

320

00:39:54.114 --> 00:39:54.715

um,

321

00:39:54.864 --> 00:40:04.614

incorporates the empowerment that everyone regardless of intelligence ability talent needs to engage in the world to survive and help to transform it.

322

00:40:05.070 --> 00:40:18.210

Right. So what does this look like when you're interacting with clients talking about it? Maybe doing some say, go in on this type of concept it is asking the question almost from an existential point of view.

323

00:40:18.210 --> 00:40:24.840

How do you envision yourself in the world? And how do you want to help the world make change?

324

00:40:24.840 --> 00:40:34.710

Right and from there, you will hear about their their ideals you'll hear about their, um, what's important to them and.

325

00:40:34.710 --> 00:40:40.949

That importance that collectivism could help them lead to wellness in their life.

326

00:40:43.255 --> 00:40:57.175

As practitioners, especially those who identifies wait, we can engage in micro aggressions during therapy when we define oppression or wellness for clients instead of having them define it for us. Right?

327

00:40:57.594 --> 00:41:07.885

So, we have to consistently be engaging in this concept of radical humility, which is this practice of authentic collaboration between you, and your client.

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00:41:08.159 --> 00:41:11.670

Between you and your student, if you're teaching this.

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00:41:11.670 --> 00:41:20.730

So we have to become aware of how we can create harm by defining these concepts for individuals. It was not created for.

330

00:41:22.019 --> 00:41:34.079

And by then creating a collective, um, with them and developing collaborative relationship with your client, or your student, and asking them, how we can be a support for them.

331

00:41:34.079 --> 00:41:42.599

So, I want you to think about.

332

00:41:43.829 --> 00:41:47.280

Yes, radical humility. Yes. Yeah.

333

00:41:47.280 --> 00:41:52.829

Um, I want you to think about a client where.

334

00:41:52.829 --> 00:41:56.489

There were inhibiting factors to their optimal wellness.

335

00:41:56.489 --> 00:42:00.869

Right and I want you to see.

336

00:42:00.869 --> 00:42:04.590

With their mental health.

337

00:42:04.590 --> 00:42:09.449

Impairment have lessened by having any of the following privileges.

338

00:42:09.449 --> 00:42:13.739

More money more power control.

339

00:42:13.739 --> 00:42:17.760

Adequate housing safe housing.

340

00:42:17.760 --> 00:42:21.239

Food substantial food.

341

00:42:21.239 --> 00:42:24.719

Sustaining food ability to walk.

342

00:42:24.719 --> 00:42:27.840

Ability to be safe from discrimination at work.

343

00:42:27.840 --> 00:42:31.980

Ability to get affordable gender, affirming surgery.

344

00:42:31.980 --> 00:42:35.670

Ability to see themselves represented in media.

345

00:42:35.670 --> 00:42:39.000

Their body size accepted by society.

346

00:42:40.230 --> 00:42:47.880

Ability to get medical care and the ability and privilege to trust the government and law enforcement is working in their best interest.

347

00:42:49.769 --> 00:42:55.110

If if your answer was yes to any of these, it would have helped my client.

348

00:42:55.110 --> 00:43:03.360

Then this affects you as a clinician, this affects you as an educator of clinicians.

349

00:43:03.360 --> 00:43:06.659

And so.

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00:43:06.659 --> 00:43:10.530

I want to talk a little bit more about what can we do.

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00:43:12.150 --> 00:43:18.449

And we can study the wellness factors with multiple cultures.

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00:43:18.449 --> 00:43:21.900

Okay, so not just simply.

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00:43:21.900 --> 00:43:25.739

Saying this is wellness.

354

00:43:25.739 --> 00:43:30.300

Take it or leave it pretty much.

355

00:43:30.300 --> 00:43:36.389

And not only studying wellness with cultures, but helping provide access and equity aflonase resources.

356

00:43:37.980 --> 00:43:41.309

Um, so.

357

00:43:43.260 --> 00:43:53.400

I, I'm sorry, I'm seeing the chat. I get distracted. Um, so the study of wellness factors with multiple cultures also means.

358

00:43:53.400 --> 00:43:57.179

That you as a clinician in the field.

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00:43:57.179 --> 00:44:07.980

Can do this research, right? It doesn't just have to be someone who is a counselor educator doing research but field research is so important.

360

00:44:07.980 --> 00:44:20.039

Clinicians in the field who are in certain communities who are seeing the deficits in certain communities who are a part of certain communities, we need your voice.

361

00:44:20.039 --> 00:44:31.050

We need your voice in our research so that I, as a counselor educator can teach my students so that I can be a better.

362

00:44:31.050 --> 00:44:35.099

Condition so that we all can be a better clinician.

363

00:44:35.099 --> 00:44:39.150

For our clients in different communities, right?

364

00:44:39.150 --> 00:44:44.250

We need to create culturally relevant wellness assessments and skills.

365

00:44:44.250 --> 00:44:50.909

And not only skills that are for an individual. Um, but also for a collective for, um.

366

00:44:50.909 --> 00:44:56.340

Systemic change, maybe for institutions, assessing wellness at an institutional level.

367

00:44:56.340 --> 00:45:05.159

And I will harbor this home for me, say it multiple times. So we need to allow for input on what wellness means to each individual.

368

00:45:05.159 --> 00:45:15.719

And, and not just that, but incorporating the concept of individualistic concepts. Um, and also collectivist aspects of wellness.

369

00:45:15.719 --> 00:45:25.800

You can use the counseling wellness principals and ideals that we've introduced today as guidelines but not as fact.

370

00:45:25.800 --> 00:45:31.710

Understanding that it might not even apply to certain populations.

371

00:45:31.710 --> 00:45:40.860

And I wanted to give you an example, a specific example that really hit home to me. There is a liberation psychology.

372

00:45:42.300 --> 00:45:48.539

3rd, there is a liberation psychology technique called testimonials.

373

00:45:48.539 --> 00:45:56.849

And it's a narrative approach in which individuals account their experiences with oppression, trauma and marginalization.

374

00:45:56.849 --> 00:45:59.880

They can.

375

00:45:59.880 --> 00:46:03.599

Write this out for themselves they can. Excuse me.

376

00:46:03.599 --> 00:46:08.820

Discuss this, they can recreate and empower themselves.

377

00:46:08.820 --> 00:46:12.539

And sometimes it's important to remember.

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00:46:12.539 --> 00:46:20.639

That people need to heal before they can be well, people need to heal from generational trauma from living in this society.

379

00:46:20.639 --> 00:46:26.760

And then be well, so.

380

00:46:26.760 --> 00:46:35.849

I want I wanted to give you before I ended today I wanted to give you, um.

381

00:46:35.849 --> 00:46:47.610

An example of wellness in a community that is different from my own, um, where this individual defines wellness for her community. We're not going to watch.

382

00:46:47.610 --> 00:46:56.219

All of it, um, but I want to watch a few minutes of it for you to kind of see the.

383

00:46:56.219 --> 00:47:11.219

A paradox as they call in this video, looking back on growing up in Boyle Heights.

384

00:47:11.219 --> 00:47:16.440

I can now list the things that were very real barriers to.

385

00:47:17.579 --> 00:47:21.090

1st of all getting a college education wasn't easy.

386

00:47:21.090 --> 00:47:26.489

Like, many of your parents, my mom worked long hours at a low paying job.

387

00:47:26.489 --> 00:47:30.179

Just to put food on the table, and just to make ends meet.

388

00:47:30.179 --> 00:47:35.190

So, getting a college education wasn't her priority her family was her priority.

389

00:47:35.190 --> 00:47:40.079

The other thing that I remember is that we didn't always feel safe.

390

00:47:40.079 --> 00:47:43.469

Getting out for a late evening stroll.

391

00:47:43.469 --> 00:47:48.659

It was not always possible because violence on the street was a way of life.

392

00:47:48.659 --> 00:47:53.340

And it was a real threat and so fear often kept us indoors.

393

00:47:53.340 --> 00:47:57.690

There was no physical activity and then I remember.

394

00:47:57.690 --> 00:48:01.500

That we were always excluded, we were always left out.

395

00:48:01.500 --> 00:48:07.619

For many of my family members, there was no going to the doctor.

396

00:48:07.619 --> 00:48:12.360

Because there was no money to go to the doctor. There was no money for health insurance.

397

00:48:12.360 --> 00:48:18.480

That meant that there was no form of preventive care, unless you count.

398

00:48:18.480 --> 00:48:25.769

Your mother's and so, what that meant is that we often ended up here.

399

00:48:25.769 --> 00:48:29.369

County hospital.

400

00:48:29.369 --> 00:48:34.199

And sometimes by the time we made it here, it was too late.

401

00:48:34.199 --> 00:48:38.250

I remember 1 of my mother's mothers who.

402

00:48:38.250 --> 00:48:42.869

Didn't have health insurance, and she was afraid she was afraid to go to the doctor.

403

00:48:42.869 --> 00:48:48.030

And so she didn't get pap smears and so that meant that she ended up in the car.

404

00:48:48.030 --> 00:48:54.329

With complications from cervical cancer, and I remember thinking that that was unfair.

405

00:48:54.329 --> 00:48:57.900

And I remember thinking that there had to be a better way.

406

00:48:57.900 --> 00:49:02.159

To keep people healthy and so I thought.

407

00:49:02.159 --> 00:49:06.750

I could possibly do my job come back to boil Heights, be a physician.

408

00:49:06.750 --> 00:49:10.199

And take care of the Boyle Heights community.

409

00:49:11.400 --> 00:49:16.889

Well, through my education, I learned of something called the immigrant paradox.

410

00:49:16.889 --> 00:49:23.159

The immigrant paradox is that despite all those barriers, despite the low incomes.

411

00:49:23.159 --> 00:49:26.400

The lower educational attainment, the violence.

412

00:49:26.400 --> 00:49:34.469

And often lack of health insurance, Latino immigrants still have lower rates of heart disease, cancer and stroke.

413

00:49:34.469 --> 00:49:37.829

And that despite having less.

414

00:49:37.829 --> 00:49:42.659

Pre medical care we still have lower infant mortality rates.

415

00:49:42.659 --> 00:49:48.389

Latinos as a whole will have a longer life life expectancy elimination.

416

00:49:48.389 --> 00:49:52.769

And I think it's important to talk about the Latino paradox.

417

00:49:52.769 --> 00:49:55.949

Because in that story, immigrants, when.

418

00:49:55.949 --> 00:50:05.760

Nothing knows when so this summer I had the opportunity through my studies in medicine and public health to go back.

419

00:50:05.760 --> 00:50:14.070

To that very building and hand it on and I'm very excited to say that it's no longer going to be the place that we go to.

420

00:50:14.070 --> 00:50:20.369

As a last resort, when we're sick, it's now going to be the 1st place that we go to to stay. Well.

421

00:50:20.369 --> 00:50:23.489

Because on the 1st, floor of that very building.

422

00:50:23.489 --> 00:50:27.449

Very near the E. R. where I used to spend those long hours.

423

00:50:27.449 --> 00:50:32.789

We will not have a wellness center. We will send through the Venus.

424

00:50:32.789 --> 00:50:36.960

That's what the community wanted and see.

425

00:50:36.960 --> 00:50:42.480

It's important to talk about wellness when it's not not just how.

426

00:50:42.480 --> 00:50:48.630

Because health can be defined as the absence of disease.

427

00:50:49.920 --> 00:50:56.219

But wellness is more wellness means of course, the absence of disease.

428

00:50:56.219 --> 00:51:01.440

But that you're also capable of fulfilling every role that you've decided that you want to have in society.

429

00:51:01.440 --> 00:51:05.489

But you have a confidence that you'll live to your fullest potential.

430

00:51:06.690 --> 00:51:11.130

You wake up happy and that you're able to manage your stress.

431

00:51:11.130 --> 00:51:16.440

And that you're not living in fear and you feel safe to go on to your community.

432

00:51:16.440 --> 00:51:19.949

I had the opportunity, the privilege to work with.

433

00:51:19.949 --> 00:51:25.559

The residence of Boyle Heights, and they gave a whole new meaning to this Latino paradox.

434

00:51:25.559 --> 00:51:29.070

In fact, they're, they're very meaning behind the Latino paradox.

435

00:51:29.070 --> 00:51:32.909

Because he, as Latinos, they shared, we share.

436

00:51:32.909 --> 00:51:36.659

These values we share the value of some media.

437

00:51:36.659 --> 00:51:43.800

Family, that's what led many of our family members to come to this country, because we wanted a better life for our kids.

438

00:51:43.800 --> 00:51:47.130

And we wanted a better life for those people back at home.

439

00:51:48.869 --> 00:51:54.269

Because of my media, my mother, even though she didn't have the opportunity to have an education.

440

00:51:54.269 --> 00:51:59.699

Believed in me, I'm supporting me through my education because she knew that that would change the course for me.

441

00:51:59.699 --> 00:52:03.630

It's the same reason why those obsolete those and I believe.

442

00:52:03.630 --> 00:52:07.710

And and deals, they care for us, and they love us.

443

00:52:07.710 --> 00:52:13.260

When our parents are away at work, I called them the surveillance system.

444

00:52:13.260 --> 00:52:16.769

Because nothing escapes their eyes and ears.

445

00:52:16.769 --> 00:52:22.050

When I was in high school, I remember, I dared never ditch.

446

00:52:22.050 --> 00:52:27.269

And it wasn't because I didn't want to it was because no matter how careful I was.

447

00:52:27.269 --> 00:52:33.179

That surveillance system was really good, and it will get back to my mom somehow.

448

00:52:33.179 --> 00:52:37.800

So that's fine media for you and the other value.

449

00:52:37.800 --> 00:52:42.420

Is company that company that community.

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00:52:42.420 --> 00:52:47.190

So, we actually value the group more than we value the individual.

451

00:52:47.190 --> 00:52:51.360

And we understand that our health is intricately tied.

452

00:52:51.360 --> 00:52:53.275

To the health of those around us.

453

00:52:58.135 --> 00:53:10.405

So I wanted to share that as a definition of what wellness could mean for different communities and individuals and I love that. She was able to give us statistics showing.

454

00:53:10.829 --> 00:53:16.980

That the definition of wellness and not having access to certain things for her community.

455

00:53:16.980 --> 00:53:20.219

Didn't match right? They came out well.

456

00:53:20.219 --> 00:53:25.530

And so I wanted to give some resources for you. Um.

457

00:53:25.530 --> 00:53:35.519

For, um, different wellness for different individuals and so, welfare culture and native wellness are 2 centers for.

458

00:53:35.519 --> 00:53:44.639

The inclusion and, and, um, celebration of wellness for indigenous peoples. And so I think that's a really great resource to utilize.

459

00:53:44.639 --> 00:53:56.010

The black, emotional and mental health, collective also known as beam is there for black identified individuals and embracing collectivist and culture and collective mystic wellbeing.

460

00:53:56.485 --> 00:53:59.364

The Audrey Lord project specifically,

461

00:53:59.545 --> 00:54:02.155

it's centered in New York City,

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00:54:02.155 --> 00:54:03.804

and what they can do there,

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00:54:03.804 --> 00:54:08.485

but I think the principles for QA plus populations,

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00:54:08.485 --> 00:54:10.465

and how they are creating wellness for,

465

00:54:10.764 --> 00:54:14.454

for that population can be transmitted to to other areas.

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00:54:15.204 --> 00:54:16.074

And then folks,

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00:54:16.074 --> 00:54:16.585

healthcare,

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00:54:16.585 --> 00:54:26.005

I always try and incorporate this because it is an online platform for healthcare for access for individuals who might be in larger bodies,

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00:54:26.005 --> 00:54:29.184

or specifically for trends and gender,

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00:54:29.184 --> 00:54:29.394

non,

471

00:54:29.394 --> 00:54:34.735

performing individuals to get access to healthcare at a lower rate without insurance.

472

00:54:34.764 --> 00:54:39.385

And also can help with testosterone, estrogen and hormone.

473

00:54:41.190 --> 00:54:45.030

Medication for those individuals.

474

00:54:45.715 --> 00:55:00.175

So, I'm going to stop sharing and offer these last few moments, just as a thank you for sharing space with me. And I see that there potentially are some questions that I can answer as well.

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00:55:02.545 --> 00:55:07.764

Thank you so much. Dr Simon. Wonderful. So there is there are a couple of questions.

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00:55:07.764 --> 00:55:22.644

If you don't mind and anybody else, who wants to go ahead and type in the chat, and we'll get to as many as we can beyond identifying inequalities in the current system of health perception BMI, what are some of your recommendations for professionals to address client?

477

00:55:22.704 --> 00:55:28.045

Health goals while moving away from the scale paradigm, that is a wonderful question.

478

00:55:28.074 --> 00:55:40.764

Um, so I highly recommend if if clinicians have not heard of this to look into a concept called health at every size and so, hey, the Hayes principle, you can get trained in his principles.

479

00:55:40.764 --> 00:55:45.744

But essentially it is talking to a person about.

480

00:55:47.489 --> 00:55:59.190

Sustaining themselves, so getting adequate nutrition and focusing on how they are feeling in their body instead of focusing on what the body looks like.

481

00:55:59.190 --> 00:56:12.000

Wonderful and there were a couple comments about radical humility. Um, I don't know if you want to elaborate on that. Just people say they really liked that concept.

482

00:56:12.000 --> 00:56:16.590

Yeah, yeah, um, just this concept of just.

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00:56:16.590 --> 00:56:25.559

Being humble in, in, in counseling and realizing that we do not know everything and that we have to come together. And, um.

484

00:56:25.559 --> 00:56:32.429

Understand that we could do harm by defining these concepts for other individuals who it was not meant for.

485

00:56:32.429 --> 00:56:36.449

Yeah, thank you. Wonderful.

486

00:56:36.449 --> 00:56:44.429

Okay um, and then the E. S. sounds like a great concept. Thank you very much.

487

00:56:44.844 --> 00:56:45.925

Yeah, of course.

488

00:56:46.554 --> 00:56:46.764

Yeah,

489

00:56:46.764 --> 00:56:48.324

there's also for,

490

00:56:48.864 --> 00:56:52.074

it could be really helpful when I have people in larger bodies,

491

00:56:52.074 --> 00:57:00.144

or who identify as fat if they want a nutritionist or other providers to help with potential eating disorder or things like that,

492

00:57:00.324 --> 00:57:02.364

you can go onto a his website.

493

00:57:02.784 --> 00:57:17.574

The his website and look for clinicians who are pay certified and so if you get hay certified as a therapist as well, it will notify people that you are a safe space from anti diet and a pro fat space.

494

00:57:18.505 --> 00:57:23.994

Yeah, thank you so very much.

495

00:57:24.025 --> 00:57:38.545

I think that this was a wonderful way to start off our day and I certainly applaud and appreciate you and I guess that giving you a little round of applause. Yes, we go very good.

496

00:57:39.235 --> 00:57:53.485

Oh, wonderful. Presentation. Illuminating. Absolutely. Yes. Thank you so very much great work and thank you for your time and and we're certainly excited to have you on board full time in the Department of counseling.

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00:57:53.485 --> 00:58:07.855

So Dr Simon will be here to offer her insights and thoughts as as time goes on. There was some to the earlier point of cultural foundations of wellness worth, considering how the U. S.

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00:58:07.855 --> 00:58:11.815

medical model was derived as well since they often defined wellness.

499

00:58:12.474 --> 00:58:26.034

They do yeah, I think that's a great great point of medical model, defining wellness as very Eurocentric for people who are white slim build and having privilege.

500

00:58:26.065 --> 00:58:28.974

I think that is a concept definitely to think about. Thank you.

501

00:58:29.760 --> 00:58:36.623

Thanks so much. Okay.