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Sunday, February 14, 2010

Solutions on the screen - the movie is therapy for you?

Who does not want to kick back, relax and a good movie? Films engage our minds and help us to relax, let us temporarily forget our worries. Some movies help us to problems in our lives by seeing how others have the same or similar situations. The use of films as a coping strategy tool in practice for many years. Mental health professionals often use "movie therapy" for customers to address and help with current situations that affect the client's life.

What isFilm therapy? Also cinema therapy, and therapeutic roles is known film described therapy as a treatment for the mind, when a person has certain films seen under the supervision of a mental health therapist to help treat mental and emotional conditions. According to shed Birgit Wolz, an Oakland, California, a psychotherapist, a film can contribute to a new light on a dilemma that in many ways.

How can film-therapy at home work for the average person, other than psychotherapy? Watch a movie thatParallels a person, the current situation may help the individual cope with the situation. For example, the loss of a loved one, a person may be very sad, but not to weep in the situation. A film that deals with the loss of a loved one like "The Bridges of Madison County could be" the tears that are necessary to the person with the loss help and the healing process start trigger.

Sometimes only one segment of the film is helpful. For example, I always had problems with the public space. TwoMovies, I've found that, with public spaces will be helpful, "Video Voyeur: The Susan Wilson Story" and "Legally Blonde". These films are parts where the main character makes the public space. When we see how calm and assured, the characters are when they slow down their speeches, I have the ability to concentrate, and to give better public presentations.

Often handle a situation better when they see what is someone else in the same situation. If a person in theSituation, he often can not see it from an objective standpoint. The observation of the same or similar problem is dealt with by someone else looked like on the outside, and allows the person to see the dilemma from the perspective of an outsider.

Movie therapy is not in itself a solution to a specific problem, it is one of many tools in the toolbox to help, in combination with other tools in order to help a person in coping with problems. Many people are using the film remember therapy without itthey are in a position to seek their problems without solving a therapist.

By combining the at-home movie therapy with my people skills and my desire to provide information to my audience, I could control my fear of public speaking too. I have not over, but it is manageable. Movie therapy is not for everyone and is not a substitute for professional help.

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Posted by kreang at 4:30 PM
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