

Framework

Technology For Your Psychology

The primary objective of Technology For Your Psychology is the understanding of the nature of the psyche and the integration of all its components, so as to create a singular, unified state of wholeness. In this context, the psyche here simply refers to the complete personality of the individual, including thoughts, emotions, feelings and beliefs; the combination of the unconscious and conscious mind. Through the process of self-realization of their psyche, the participants will become more balanced and authentic with themselves.

The **Technology For Your Psychology Program**, draws from three theories: The Social Cognitive Theory, The Theory of Reasoned Action (TRA) and The Theory of Planned Behaviors.

These theories have been shown to be of great value in understanding a wide range of health-related behaviors.

There are two major concepts included in these theories: (1) self-efficacy or perceived behavioral control beliefs, which are defined as people's confidence in the ability to take part in a behavior.

e.g., abstinence from emotional upsets, and (2) outcome expectancies or behavioral beliefs, which are beliefs about the consequences of their behavior. Experience shows that all of the beliefs below are critically important to change behavior. The **Technology For Your Psychology Program** activities address each of these concepts.

Below is a description of the two types of self-efficacy or perceived behavioral control beliefs emphasized in **Technology For Your Psychology**.

- **Emotional and Social Intelligence**

Many people find it difficult to abstain from emotional upsets because of not understanding the mind/ body connection. Therefore, they are less likely to practice emotional management. In module 2 participants learn about the mind and the many different facets that affect stress levels. In module 5 and 6, they learn how to react when buttons get pushed and ride the emotional wave/climb the emotional hill.

When buttons get pushed (emotional upset) within a person, he/she may interpret this as rejection or mistrust of a situation. This can lead to avoidance of conflict and inability to set personal boundaries. In module 3 participants learn to identify their own emotions and perspectives and their responses to the emotions of others. In module 4 we learn to interpret and respond to emotions of others while remaining authentic.

The knowledge gained through self-evaluation can help solve problems and inform decision making. This knowledge encompasses competencies related to self-awareness, self-management, social awareness and relationship management. This provides the ability to read and understand the needs, motivations beliefs and desires of ourselves and improve our interactions with others.

- **Resilience**

The beliefs from the mental models we grew up with can have a negative impact on our emotional resilience and self-efficacy. In module 1, the participants are engaged in the principals of self-awareness to be more resilient physically, mentally and emotionally.

These skills are introduced for the participants to recognize their own self-efficacy and recognize obstacles that can affect their health and well-being, including the potentially negative consequences of low self-efficacy.

People cannot control all the events that impact their lives but through resilience and self-reliance they can create improved responses to their experiences and create lives well lived. Scientists can use functional Magnetic Resonance Imaging to measure brain activity in response to stress. Resilient brains can shut off the stress response quickly. Resilience to stress and equanimity in the face of emotions leads to higher self-efficiency.

Many people do not believe they can change their stress responses. It is important for them to realize they have carried their beliefs, thoughts and emotions for a very long time. One goal of **Technology For Your Psychology** is to increase participants' information and education on "Looking Within." Module 2 & 3 allow us to examine the mind/body connections and the chemical impact of the brain's arousal system on thoughts, emotions, feelings and beliefs.

This is addressed throughout the program.

The **Technology For Your Psychology** program has a unique approach that has proven to be successful with:

- Health Care Professionals
- Educators
- Business Professionals
- Community and Families
- Consumers

Three outcome expectancies

- **Emotional Responsibility And Accountability**

Learning to be emotionally and socially accountable is something that people can learn. The program teaches participants to make responsible decisions regarding their physical and mental well-being. This program also improves psychological self-sufficiency, improves self-regulation, social interactions and problem solving. The participants are encouraged to use the skills that are learned in their own lives to benefit themselves and others in taking responsibility for their self-sustainability. The program offers the education and information needed to improve the mind and body connection.

- **Choosing Safer Mental And Emotional Hygiene**

The Technology For Your Psychology Course, programs and workshops provide skills, tools and techniques for safer means of self-management. This can lead people to develop a sense of self-confidence, self-respect and high self-efficacy. The exercises and skill-building activities reinforce many positive benefits, both psychological and physical.

- **Behavioral Regulation**

The importance of protection of one's health physically, mentally and emotionally is used as a motivation to change the individual's behavior.

Most people are often faced with confusion, mixed emotions and uncertainty. They are bombarded with stress messages from various sources. They struggle from low self-esteem and poor self-respect. Because of this, it is extremely important that they learn to feel good about themselves and their decisions. The more we develop Emotional intelligence, the more we understand the roots of our perspectives and behaviors and understand the reactions and behaviors of others. Improved Self-Awareness creates a better understanding of moods and emotions and the ability to self-regulate disruptive emotional impulses.

Behavioral Findings

The participants who received the *Technology For Your Psychology* Presentations and workshops, found a reduction in stress responses, improved self-awareness and a clear and understanding mind that produces harmony within.