

MASC-i juhend spetsialistidele



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8.2. Märksõnad, millega sobilikke kliente motiveerida

Juhul, kui klienti saab pidada sobilikuks MASC-iga töötama, peaks spetsialist olema ka võimeline MASC-i eesmärki, kasutegureid ja komistuskohi kliendiga arutama.

Olgugi et arvatakse, et kõik saavad MASC-ist kasu, peetakse (sisemist) motivatsiooni oluliseks eeltingimuseks, et moodulitest kasu saada. Lisaks peetakse aru saamist sellest, kuidas MASC rasketes olukordades vaimset tervist toetab, ülimalt oluliseks eelduseks, et end motiveerituna tunda.

Spetsialistid võiksid MASC-i kasuteguritest rääkides öelda, et:

- Kliendid on pärast võimelised mõttemustreid ja kahjulikke baasuskumusi ära tundma, jälgima ja ümber mõtestama.
- MASC saab klientidel aidata oma mõtteid ja tundeid avastada.
- Lisaks emotsioonide ära tundmisele arenevad minapilt ja enese aktsepteerimine.
- MASC saab aidata üleüldise heaoluga, luues soodsa pinnase eneserefleksiooniks eesmärkide saavutamise teemal.
- Kliente võivad hakata eneskriitilisus ja enda hukkamõistmine vähem vaevama.
- MASC toetab üleüldist tugevamat vaimset ja füüsilist heaolu, kuna pakub keeruliste olukordade tarbeks toimetulekustrateegiaid.
- MASC aitab olla hetkes kohal ja aktsepteerida elu sellisena, nagu ta on.
- MASC võib anda julgust olla omanäoline inimene.

Klientidele, kellele meeldib võistluslik (harrastus-)sport, võib olla kasulik mainida ka järgnevaid kasutegureid:

- MASC saab aidata vastu panna ebaseaduslikele ainetele või panna mõtlema nendest loobumisele, juhul kui klient neid kasutab ning on hakanud selles kahtlema.
- See võib tõsta enesehinnangut ja aidata negatiivsete tunnete vastu.
- See võib toetada positiivsemat hoiakut (elu-)eesmärkide, trenni ja enesearmastuse suhtes.
- See võib aidata luua rangeid piiranguid ja toetada arusaama, et nende iseseisvalt paika pandud piirangute ületamine ei ole variant.
- Harrastus- ja/või professionaalsed sportlased õpivad seeläbi, et keha ja vaim teevad koostööd. Kui parandada enesehinnangut ja tekitada meelerahu, peegeldub see ka füüsilises sooritus.

8.3. Klientidele moodulite tutvustamine

Selleks, et MASC-i kontseptsioonide ja moodulite rakendamine oma praktikas lihtsam oleks, on soovituslik tutvustada MASC-i, kasutades hariduslikke programme, näiteks töötoas väljaspool tavaprogramme või ka osana olemasolevast treeningprogrammist. Need hariduslikud programmed peaks hõlmama nii õpetavat osa kui ka demonstratsiooni, et näidata, kuidas moodulid (tervikuna) seatud eesmärkide saavutamisele kaasa aitavad.

Soovituslik on läheneda MASC-i programmile psühholoogiliste vajaduste nurga alt ja proovida leida inimestes endis motivatsioon muutusi luua, enne kui programmi neile pakute. Lisaks võib olla kasulik mainida, et programm on tasuta, ei ole kuidagi ohtlik ning et harjutusi saab teha ükskõik millal.

Töötades koos võistlus- ja/või harrastussportlastega, on soovituslik tutvustada neile mooduleid psühholoogilise ettevalmistusena enne võistluseid. See ettevalmistus saab neil aidata pingega toime tulla ning MASC saab olla tööriist, et tulla toime raskustega seatud eesmärkide saavutamisel. Lisaks saab programmi tutvustada kui psühholoogilist eneseabitööriista, mille abil võidakse avastada uus treeningviis, hakata oma tegevust armastama või teha ebaseaduslike ainete tarvitamist kaaludes läbimõeldud otsuseid.

8.4. Sinu roll, kui kliendid MASC-i ressursse kasutavad

Kõik spetsialistid, kes töötavad sportlastega, tajuvad endal mingit kohustavat rolli selles, kui oma praktikas MASC-i rakendavad. See võib hõlmata vajadusel tagasiside andmist, kliendi palvel sobiliku esimese mooduli valimisel abiks olemist, alla andmist kaaluva kliendi motiveerimist või klientide toetamist MASC-iga lõpuni töötamisel ja eesmärkide seadmisel. Oluline roll, mille MASC-i oma praktikas kasutatav professionaal võtta võib, on klientidega rääkimine ja nende suunamine, kui neil on raske MASC-i oma elus rakendada ja nad selle põhjal järeldusi tegema hakkavad. Suunamise fookus ja määr olenevad mõistagi aga sinu professionaalsest taustast ning alati on vaja individuaalset lähenemist.

9. Kasutatud kirjandus

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