# AN ANTI-STRESS PROTOCOL BASED ON THE PSYCHOLOGICAL FUNCTIONAL MODEL

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**ABSTRACT**

In psychology, Functional Model considers the individual as a unity and at the same time in all its complexity, i.e. analyzes the single psychosomatic individual functions, without losing sight the global view of the person.

This paper proposes an anti-stress protocol capable to improve the quality of life in an environmentally correct manner.

Key words: stress, self, quality of life, Functional Model, Psychology

## INTRODUCTION

The Functional Model in psychology aims to study the complex organisms in a multidimensional way (mind and body) as whole units and not fragmented and has been developed by Luciano Rispoli since '75 together with his collaborators, through observation, research and clinical practice [1,2].

According to the views Functional Model can be identified four broad areas, or main groupings: emotionally[3,4], physiologically, floor-postural muscles[5,6] , plan congitivo-symbolic[7,8], which differentiate the various psychosomatic processes of the individual [9], which can certainly be considered in their specificity, provided you do not forget that they are - at least in an original condition - always integrated and connected with each other.

The Functional Model defines the functional integrated Basic Experiences of Self (BES) [10,11] as real "bricks" that make up the identity of a person and to be lived fully and reiterated - that a sufficient number of times - to be able to ensure full and harmonious development of the full potential of the person[12-14].

The Functional Model is characterized by a different theory of the operation of the mind-body: no longer a “pyramidal organization”, with a mind that controls everything from above, but of "circular integration", in which all the various psychosomatic plans contribute equally to complex organization of the organism[15-18].

## ANTI-STRESS PROTOCOL

Fundamental aspects of anti-stress intervention are the recover the BES of Leaving, Calming, Remaining, Indulging, Wellbeing, Feeling, Softening the rigidity, Stopping the continuing tendency to hold back and Loosening the control.

Wellness, corresponding to the fullness of bodily sensations, is a condition of completeness noticeable at several levels[19-23]. The person looks calm both in posture and in movement, the physiological homeostasis turns towards vagotony and thoughts, positive and pleasant, flow smoothly[24-28].

The proposed anti-stress protocol provides a number of 10 sessions and involves the use of techniques developed by adapting the Functional Model proposed by Luciano Rispoli[10] and other psychotherapists.

The following is a guideline for the techniques included in the protocol:

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| 1. SESSION | in orthostatic position, relaxing of the head and neck, rotating of shoulders, breathing deeply, yawning and imagining to follow the alternation of the breath. (figure 1) |
| 2. SESSION | beat hands and feet, chilling down, staggering, imagining to do somersaults between the clouds, sharing. |
| 3. SESSION | feel parts of the body (standing and walking), contacting back to back the others of the group, remembering tenderness, sharing. |
| 4. SESSION | in orthostatic position, moving the pelvis and modulating the voice, breathing as a butterfly, imagine smooth hills and a calm lake, sharing. |
| 5. SESSION | contracting and releasing the body's muscles, the shoulders to lift and leave, raising and lowering the shoulders, imagining to breathe deeply, sharing. |
| 6. SESSION | grimacing, exhaling with eyes half-closed and mouth open, yawning, crawling in the direction of the head, sharing. |
| 7. SESSION | game with clothespins, breathing and moving the pelvis, imagining of getting lost, self-massaging, imagining to dive, sharing. |
| 8. SESSION | groping in the dark with eyes closed, producing tremors and convulsions, imagining to follow the alternation of the breath, sharing. |
| 9. SESSION | rolling on the others of the group, self-massaging the back, self-massaging the neck, imagining to be a leaf in the wind, sharing. |
| 10. SESSION | in orthostatic position, relaxing of the head and neck, rotating the shoulders, breathing deeply,moving togheter body and arms, imagining to fly, imagining sand dunes in the wind, sitting in a circle to greet. |

For the particulars of each individual technique, see the Technical Manual of the Functional (2nd ed. 2011 Luciano Rispoli).

Figure1. Start session for the proposed Ati-Stress Protocol.

## CONCLUSIONS

The Anti-stress present Protocol, constructed by adapting the Functional Model, assumes that the Basic Experiences of Self cannot be defined simply as "parts" that make up the individual nor can looked individually: in each function is expressed the person in the whole [29-34].

They are not opposed, and the more they are integrated and interconnected, the more the individual will have a condition of health and wellbeing.

The present Anti-stress Protocol aims to re-balance, when necessary, a condition of psycho-physical well-being in a non-polluting and non-invasive way, i.e. in an environmentally correct manner[10].

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