

*“WE NEED TO HEAR WHAT OUR BODY
TELLS US”*

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The purpose of this paper is to show the importance of the experience of the Snoezelen rooms for teachers and therapists who work with patients and students.

The environment, specially designed, has to create an atmosphere of warmth, peace and welfare.

It is important to find spaces of silence that are more than the mere absence of noise. Nature has many noises and when one is found and is related to them is a quieter feeling.

Going through that silence people can achieve a state of happiness, in the sense of a welfare state, a general feeling of satisfaction. The condition of happiness provides an ideal opportunity for the person to grow.

By way of illustrating what we are talking I would like to ask you a question for us to think together - when we get up in the morning what do we turn on first the television, the cellular phone to hear the news? Would it not be better to start the day listening the music we like? It is not about being against technology, on the contrary, it helps to be connected with the entire planet. But note this paradox: with the technology we are connected to all, but are less communicated and disconnected from ourselves.

Technology is a fantastic instrument. We need to know how much, how and where to use it, but above all we must be aware of how messages us

away from the body. We have a wonderful tool as it is technology. So we have to be conscious when choosing if we look at the sky or the screen.

Therefore, to achieve development and personal growth, we have the Snoezelen rooms. It is necessary for us to know and sensory awakening through our own experience; without losing sight of two concepts: impregnate and dream.

All people here know the Snoezelen rooms and the different elements that can be found in them. In addition to technical knowledge, I believe it is essential to experience each one. By this I mean to put ourselves in the place of students and / or patients. Put all our senses after experiencing the pleasure and / or displeasure felt by those who enter it using the elements offered by the room.

I mentioned a word known to all THE SENSES. In his book, Paul Pagliano defines sense "is any faculty that access to stimuli from inside or outside the body." Our five senses - touch, smell, taste, sight and hearing - connect our brain with the world around us; we are multi-sensory beings.

Multisensory stimulation appeals simultaneously to more than one set of sensory nerve receptors. Human beings go through different experiences which depend on our ability to use the senses.

People are not all the same. As a result of our innate genetic we learn to use the senses. For some people this process is spontaneous. But for those with sensory difficulties, sensory processing difficulties or brain damage, sensory experiences may be meaningless or even be unpleasant. Hence the need and importance of teachers and therapists cross the multisensory experience in a Snoezelen room each learning to listen to your body and the signs that this brings.

Another very important concept to consider is the PLEASURE. Paul Pagliano explains the pleasure as a deriving enjoyment from a sensory experience. It is a state of being which involves the gratification of the senses. If we consider that each person is unique and individual, we can say that teachers and therapists have to understand how each student or patient experiences the world. At the same time, we have to measure how we experience the world.

When we approach a Snoezelen room we have to overcome the feeling of fear and disappointment. It is often much fear of connection with our feelings that we prefer not to risk illusion of emotion, to be able to enjoy the silence, listening to what our body tells us.

As expressed by Paul Pagliano in his book "the care relationship is based on a set of principles governing how a therapist ought to behave when working with a patient, especially someone who is vulnerable. (...) The whole idea of establishing a caring relationship is to help prevent discrimination occurring. Discrimination refers to the act of excluding or restricting individuals because of their membership of a particular group. "

For a relationship to be congruent it must be authentic. If the teacher is not genuine, then he or she should not continue working in the field. We have to develop trust. At all times the patient should feel safe and secure with the therapist and with the activities offered.

This same authentic relationship between patient and therapist or teacher and student is the same relationship we have to feel ourselves; security,

confidence, success without fear of failure.

In the words of Paul Pagliano we have to be able to achieve what we try. The more successful experience, it is easier to persevere. But the more failures perceive will be harder again.

Two terms are essential to keep in mind when we talk about success and failure.

In 1975 Martin Seligman introduced the term **LEARNED HELPLESSNESS** to describe a situation where people do not equate success with personal effort. This causes the failure not only expand to all aspects of life but also is felt as permanent and inevitable.

Flannery believes that **LEARNED HELPLESSNESS** is "a psychological state that results when an individual who is unable to exercise reasonable mastery in one situation incorrectly assumes that he or she is unable to exercise reasonable control in other situations as well."

However, in the year 1998, Martin Seligman introduced the term **LEARNED OPTIMISM**. It is important to provide positive experiences. Who and where these experiences are provided? Teachers or therapists designed a multisensory environment where students can experience positive experiences that are personally relevant and meaningful.

WE WILL MAKE THE FOLLOWING EXPERIENCE: Close your eyes, **LISTEN TO MUSIC** (Enya, Zorba El Griego, Shakira) **ARMS PLACED BESIDE THE**

BODY. How do you feel? What does your body express? Joy, sadness, tiredness, pain, stress, fear, anxiety.

We understand that the body cries what one says or does not want to hear. The rooms are a special place to express these hypothetical cries; to release our emotions and find ourselves.

Putting our minds in blank and getting carried away by the welfare that provide us with the different elements and effects succeed rooms have, freely express the sorrows and joys, anxieties and fears, hopes and frustrations. So we have to work with passion looking at people as a being in fully body and soul. Help us connect with our feelings preceding tolerance to frustration developing all our skills and talents.

Many times we can be afraid to deceive fearing that particular event does not happen and then feel frustration, sadness and pain. So what do we do? We repress the feeling of illusion that is vital to every human being. It is therefore important that never hide our feelings but manifest and externalize. I believe that the Snoezelen rooms are the place to reveal and discover the emotions.

What are emotions? They are an attempt of our brain to decode what happens to our body in relation to the environment. If we listen more to our body, the brain would find it easier to translate the signs and could say more clearly what happens to us and feel. Experience and daily life shows us that emotional control or the not expression of emotions that inhabit us, is a sign of adaptability to environmental pressures. Let us look inward, find us, so that we can externalize what happens to us. We do not

forget that our body screams and sometimes we get so bad that shouts loud. Learn to listen your body.

Nothing foregoing is accomplished with ease. If we love what we do, we have very little awareness of the tiredness we feel. Not so for those who not only love what they do, but develop their responsibilities for survival.

I would like a paragraph away from this work to tell my experience as a teacher of “El Galileo” Institute. We assist to different rooms - white, audio tactile, bland - regularly with our students; where we perform different exercises. They can be relaxing or related to curricular activities.

Being a school where different subjects are taught we have a schedule for each group to attend the room with his teacher. But if a student needs to relax can attend it.

I want to tell you for example that after several sessions of relaxation in the room, we noticed that attentional periods for children in the classroom significantly improve.

I remember the first year I entered school. I was explaining the figures and geometric forms. After the theoretical explanation in the classroom, we assist to the room, and students were able to recognized them.

Students are not the only one who attend the room, but teaching and parents meetings are also held.

Adults have to know the room, so we feel safe, confident, calm when we go with the students. We must learn to express sadness, mourn when you have to mourn and laugh when you have to laugh. Learn not to be afraid to face different situations, we are sensory people, not make deaf ears.

We need an education to teach, to motivate, and assess the expression of emotions since we were very young. It is important to go weaving a social network in which all see the human being as a complex, diverse and wonderful body that can participate in any instance, without discrimination.

Teachers educate our students on empathy, tolerance to frustration and expression of emotions. Share necessary for self-knowledge and guidance tools proceed in life. These are some of the feelings we have to take risks, we have to deceive and disappoint us, we have to feel pleasure and pain, we have to lose the fear of thrill.

Let us use the tools that give us the Snoezelen rooms for attaining feel comfortable in coming to them. We manage to relax, find silences with the help of music, scents and warm lighting. We get to see in us our conflicts for attaining a turning point that allows us to explode bringing out our feelings. Obtain pleasure and displeasure, meet comfortable with ourselves and achieve the desired happiness. Rooms are useful and efficient places that give us greater satisfaction and invite us back.

The World Health Organization states that "health is not merely the absence of disease or injury, it is a state of complete physical, mental and social well-being". Daily we learn to respect, to listen to our time and emotions.

For human existence to be satisfactory, we must find meaning in life. We work to find these spaces of silence in which to take a chance not to lose the excitement.

References:

- Paul Pagliano, “The Multisensory Handbook – A guide for children and adults with sensory learning disabilities”; Routledge Taylor and Francis Group; 2.012.
- Pilar Sordo, “Oidos Sordos”; Editorial Planeta; 2.016.