

Notions abordées : Espaces et échanges & L'idée de progrès

An interview with Sacha Jones by Shelly De Vito
Welsh and American Voices

Social Forums and Health

Shelly: Sacha is a Holistic Wellness Counsellor. You work internationally, and a lot via the internet. What do you think the benefits are of working a social forum? How does it work for you; can you tell us about the programs that you do, internationally and with social forums?

Sacha: Yes, so in addition to working one-on-one with clients, which I do in person and on the phone, I also work in... with groups, so, for example, I run International Cleanses, which can have, any number of people in them, and one of the... one of the tools that we use is to have social forums, so we have a Google group and a private Facebook group, so only people invited to be in that group can see what's posted, and I really do think it's an important part of the program, especially when I'm working with large groups rather than one-on-one, because everybody checks in with one another, and I think that that can be incredible. I think people come up with ideas that I wouldn't have come up with; if somebody feels like they're going to fall off the wagon, so to speak, there's... a bunch of people rush in to support them, and then if somebody's had an amazing experience, or they've done something they didn't think they could, like give up smoking, for example, there's all this community to congratulate them and... and make them feel amazing, for the progress they've made, and so I really do think that's important, and a really beautiful part of the group work.