



PSYCHOLOGICAL REJUVENATION PROGRAM

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Human beings are born with ability on different things. Their abilities might be promoted or interrupted with life challenges. Once person's ability is interrupted, the life direction may totally change person's self-talk may change from positive to negative.

The mind can usually get damage just as the body does. There are life experiences which can injure the mind and result to the perceived loss of its ability.

Some of the sources of mental damage include:

- Family life styles: parenting, loses, violence
- School setting: academic underperformance, transferring from one school to another
- Work related issues: underperformance, abuses, unsatisfactory work environment, demotion, retrenchment
- Religious matters: spiritual divorce, spiritual dilemmas,
- Health related issues: chronic illnesses, medical procedures
- Economically: failure in business, unemployment
- Politically: failure in election, demotion

So what is Psychological Rejuvenation program?

Psycho logical rejuvenation program is a program which focuses at helping an individual when his/her mind loses it's the right way of making interpretation of its ability. It involves reactivating the mind about one's ability, and retaining one's trust in his/her ability in performing all misperceived tasks. The program helps in healing mental wounds and developing new perspective of life. It creates new vision of life and maximizes resilience. It also develops an individual's internal motivation towards productivity and hence promoting personal development.

Components of the Psychological Rejuvenation program

This program can be conducted to different groups of people from different contexts or areas of interests. Examples of these areas are such as;

- Law
- Talent
- Health
- Designing
- Production
- Poverty
- Behavior Modification
- Application Of History
- Business
- Leadership
- Research
- Grief Or Loss
- Sustainable Development
- Projects
- Management
- Diplomacy
- Application Of Mathematics

About Star of New Generation 1

Star of New Generation 1 is a counseling and psychotherapy related office which focuses on transforming mindset about different life aspects purposively aiming at attaining mental health for individuals' and generations' welfare.

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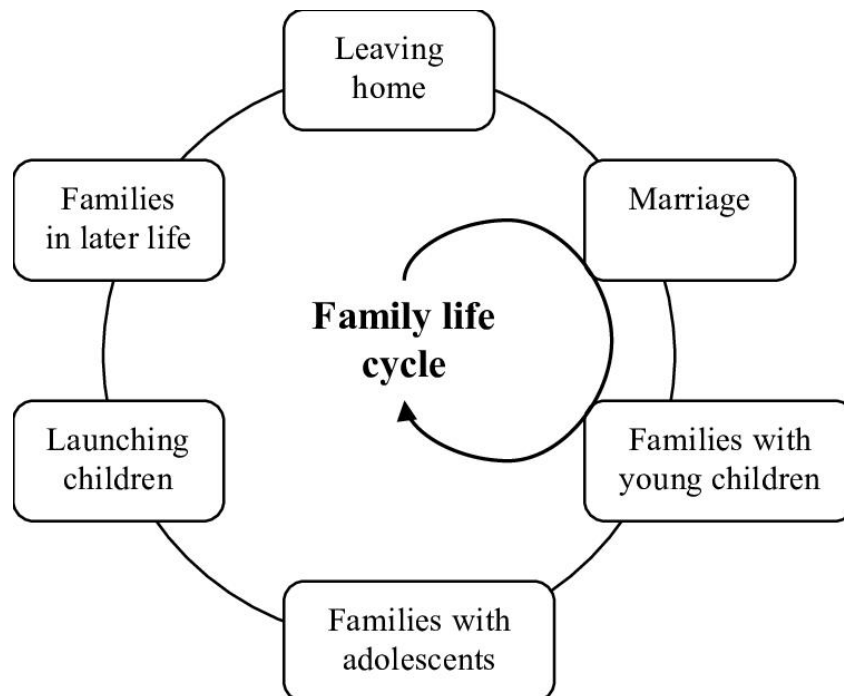


FAMILY REJUVENATION PROGRAM



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FAMILY REJUVENATION PROGRAM



As a means to achieving its vision, Star of New Generation¹ (SNG1) has designed a unique program to helping and assisting families. The program involves providing psychological assistance to dysfunctional families become or transform into functional families.

A family is an institution that produces and develops the wellbeing of its members. A family can either be functional or dysfunctional.

A functional family is the one that enables a health relationship of its members. It considers the physical, mental, social and spiritual needs for its wellbeing. It also helps and provides a supporting environment for its members to identify, develop and utilize their potential for their development. A functional family helps its members to overcome life challenges, and its members have high resilience too.

A dysfunctional family is a distorted family. It practices dysfunctional relationship and has less concern with the physical, mental, social and spiritual needs of its members. It is characterized with unhealthy parenting styles, life experiences, beliefs, coping ways and solutions which may contribute to psychological challenges to the family members such as lack of resilience etc. And this might influence or reinforcement different psychological, social and spiritual problems from one generation to another.

So, Family Rejuvenation program aims at helping dysfunctional families transform into functional families. It involves the use of different psychological and therapeutic treatments designed under SNG1 to provide psychological assistance to different families thus fostering and maintaining good mental health for the family members' and generation's welfare.

However, a family is a source of all generations. The wellbeing of each generation depends on the family wellbeing. When the family is distorted in one generation, it influences the distortion of the current and future generations. The healing of generations depends on the healing of the family. Therefore, family rejuvenation is highly needed for the wellbeing of all generations.

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