



# Cinema debates as an aid in emotional expression during the contingency by COVID-19

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# WHAT'S + JANDI

We are a health community with two main goals:

To get people to take actions to preserve their physical, mental and emotional well-being.

To be a team of health professionals who work assemble towards the wellbeing of the patient.



# + JANDI ACTIVITIES

\* Professional Practice: Psychology, Physical Therapy, Dietetics.

\* Cinema Debate: we screen films that address the health issues we see on our patients to discuss on a new perspective.

\* Caregivers sessions: weekly meetings of professionals to share knowledge and experiences.

Open to health professionals and any other professional interested in sharing with us.



# CINEMA DEBATES

## GENERAL OBJECTIVES

- Identify and validate emotions.
- Promote emotional expression.
- Share strategies for life.
- Generate sense of community.
- Deny myths giving based evidence information.

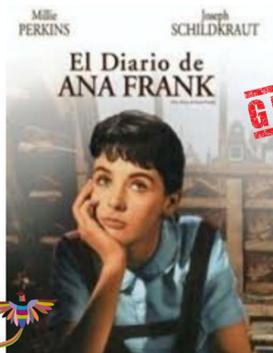


Projection in situ for november: Coco



# ONLINE CINEMA DEBATES

## SALUD DE PELÍCULA CINE DEBATE CON ESPECIALISTAS



SÓLO EL DEBATE SERÁ POR VIDEOLLAMADA

1. REGÍSTRATE: 5522983702
2. SOLICITA EL LINK DE LA CONFERENCIA
3. VE PREVIAMENTE LA PELÍCULA EN YouTube
4. DEBATE CON NOSOTROS

**VIE 27 DE MARZO 6:00 PM**



Personajes	Rol	Recursos
Ana	rebelde, esperanza, revolucionaria	Diario, libros, humor, amistad, asombro, entusiasmos
Papá:	Conciliador, líder	liderazgo, templanza, comercio, familia, Lealtad, libros
Mamá	Sumisa, servicial	Orden, tejido y cocina,
Margott	Hija perfecta, relegada	Templanza, diario, servicio
Peter	Reprimido, inconsciente, cerrado	Gato, Anne Más iniciativa
Papá Peter	Flojo, quejumbroso, egocentrista	Edonismo, autocracia
Mamá Peter	Aprehensiva, egocentrista, soberbia	Tejido y propiedades (abrigo)
Dentista:	Pesimista, fatalista, poco tolerante	Profesión, noticias, rutinario



# ONLINE MOVIE SELECTIONS

- The Diary of Anne Frank (1959)
- The Croods (2013)
- Good morning Vietnam (1987)
- Beginners (2010)\*
- I am Legend (2007)\*
- Wall-e (2008)\*

**SALUD DE PELÍCULA**  
CINE DEBATE CON ESPECIALISTAS

**GRATIS**

**THE CROODS**  
MARCH 22-30  
3 DE ABRIL

**ROBIN WILLIAMS**  
**BUENOS DIAS VIETNAM**  
10 DE ABRIL

**tjandi**  

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**LOS VIERNES A LAS 6:00 PM**

**SALUD DE PELÍCULA**  
CINE DEBATE CON ESPECIALISTAS

**GRATIS**

**El Diario de ANA FRANK**  
MILV PERKINS  
Joseph SCHILDKRAUT

**tjandi**  

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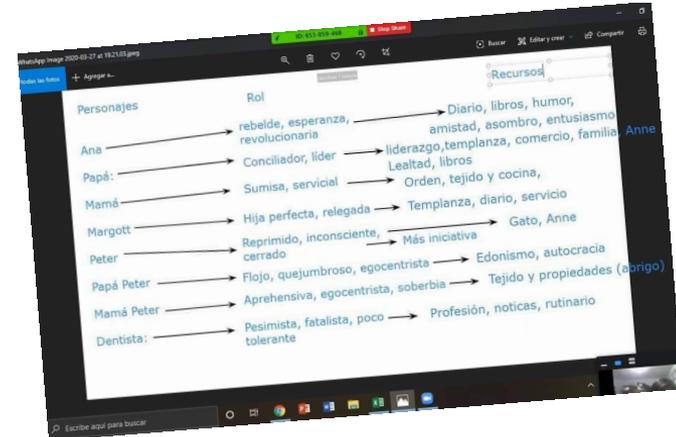
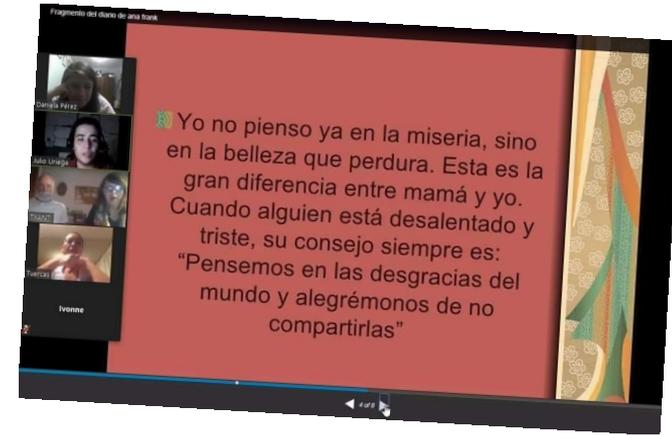
# THE DIARY OF ANNE FRANK (1959)

\*Subjects: Confinement, social isolation, resilience.

\*Objectives: Discuss how the Frank family, and the annex group, faced the confinement during the German occupation and which personal skills they developed.

\*Reflections:

- Valuing the here and now.
- Importance of meaning and goals.
- Effects of different attitudes towards crisis.

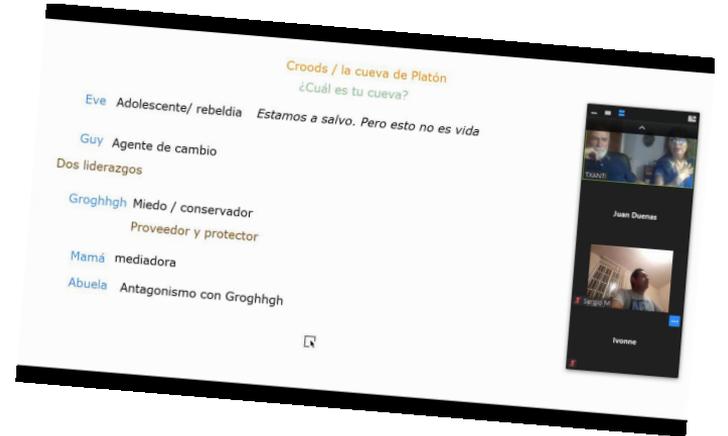


# THE CROODS (2013)

\*Subjects: Fear of change VS adapting to change, fear of newness, Hope.

\*Objectives: Discuss the different reactions to change and newness.

\*Reflections: Communication, empathy, creativity, tolerance are basic tools to face crisis.

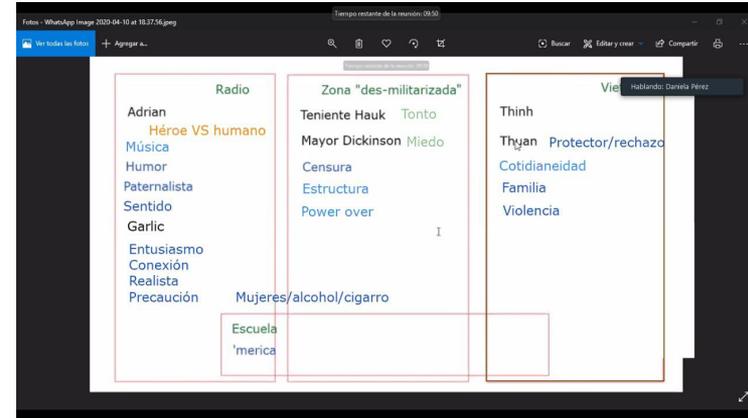


# GOOD MORNING VIETNAM (1987)

\*Subjects: Humor, avoidance and sublimation.

\*Objectives: Discuss the difference between the use of external and internal tools as a mean for sublimation, opposite to avoidance.

\*Reflections: Humor, music, food and relationships can be used both to face or negate a stressful situation. It is our choice to decide which one we'll pick.



# PERSONAL REFLECTIONS

- Each of us has lived the COVID-19 pandemic in different ways; influenced by our personal stories and professional expertise.
- Cinema debates has been an opportunity to share experience and emotions.



# ADDITIONAL OUTCOMES.

- Different strategies to cope have been shared through this same exercise.
- It has generated identification with other participants; enhancing the feeling of community.
- Cinema debates transforms the way we see movies, into a new platform for learning and answer seeking.



¡GRACIAS!

