

## APPENDIX A

### PROGRAM FOR CINEMATHERAPY

This program is to be conducted in a span of four weeks with eight sessions. Two sessions will be held every week, wherein certain target areas related to self-esteem will be tackled for each session. Movies of different genres are to be watched by the sexually abused female adolescents from Tahanan Sta. Luisa, Inc. In addition, a discussion regarding the said film would take place, with guide questions provided for the participants. The participants would also be given homeworks in preparation for the next film showing.

The following are the goals and objectives of this program:

#### **WEEK 1**

##### ***Session 1 – Rapport building***

- Conduct ice breakers
  - This would help the researchers establish rapport with the participants
- Group dynamics
  - To encourage continuous motivation and full participation of the participants
- Short discussion regarding the activities done for the day

##### ***Session 2 – Self-awareness in relation to self-esteem***

- Film showing
  - The movie to be watched will touch the topic of self-awareness in relation to self-esteem.
- Group discussion
  - The discussion will tackle certain points regarding self-awareness and how it can help for the improvement of the participants' self-esteem
- Homework in relation to the next topic to be discussed would be given to the participants.
  - This would keep the clients motivated and focused regarding the entire program.

#### **WEEK 2**

##### ***Session 3 – Self-acceptance & social acceptance with regards to self-esteem***

- Energizer
- Film showing

- The film will tackle self-acceptance as well as social acceptance with regards to self-esteem
- Discussion of homework & film
- Homework in relation to the next topic will be given

**Session 4 – Self-worth in relation to self-esteem**

- Energizer
- Film showing
  - The film will revolve around the issue of self-worth with regards to self-esteem
- Discussion of homework & film
- Homework in relation to the next topic will be given

**WEEK 3**

**Session 5 and 6 – Overcoming negative instances as well as coping and adjusting with distressful life experiences**

- Energizer
- Film showing
  - The film will facilitate the participants in helping them to overcome as well as cope with the different negative and traumatic experiences that they have experienced
- Discussion of homework & films viewed
- Homework in relation to the next topic will be given

**WEEK 4**

**Session 7 and 8 – Encouragement and hope; establishing optimism**

- Energizer
- Film showing
  - The film will facilitate the participants in introducing hope and encouragement as well as enlighten them with the value of optimism
- Discussion of homework & films viewed
- For the last session, debriefing would be given to the participants. Also, tokens of appreciation will be given both to the participants and the institution

## **APPENDIX B**

### **POSSIBLE LIST OF MOVIES**

#### **A. Self-Esteem**

1. Billy Elliot
2. Patch Adams
3. Erin Brockovich
4. Forrest Gump
5. Powder
6. Edward Scissorhands
7. Charlie and the Chocolate Factory
8. Mr. Magorium's Wonder Emporium
9. Mona Lisa Smile
10. The Pursuit of Happyness
11. Honey
12. Almost Famous
13. Little Women
14. It's a Wonderful Life
15. Pay it Forward
16. Jack
17. Magnifico (a Filipino film)
18. Pretty in Pink
19. Matilda
20. Mulan

#### **B. Child Abuse/Physical Abuse/Emotional Abuse**

1. The Dogwalker
2. Dolores Claiborne
3. Do You Know the Muffin Man?
4. Wildflower
5. Mommie Dearest
6. This Boy's Life