

The FREE SEMPI Model is the next step Beyond, Are You Ok!

The 'SEMPI Social Communication Model' teaches THE NEXT STEP to the question 'ARE YOU OK?'. If this question feels too hard, is confusing, or doesn't feel right for the person saying 'NO' we ask 'How's Your SEMPI?'

TIME TO RESTORE HUMANITY. HOW'S YOUR SEMPI?

The SEMPI Social
Communication Model teaches
community members from age 5
and up, what to do if you ask
someone, "Are You Ok?" and
they answer "No."
Be a part of the solution.

For more information, visit
www.sempi.net

New South Wales, Sydney, Sep 7, 2021 ([IssueWire.com](https://www.issuewire.com)) - What happens if you ask someone if they're OK, and they answer NO?

THE NEW COMMUNICATION MODEL PROVIDES THE NEXT STEP BEYOND, 'ARE YOU OK?' By Alyse Price-Tobler (MCAP, USC PhD candidate).

The 'SEMPI Social Communication Model' (SSCM) teaches THE NEXT STEP to the 'ARE YOU OK?' question if this question feels too hard to sit with, is confusing, or doesn't feel right for the person saying 'NO.'

What is the 'SSCM', and why was it designed?

The 'SSCM' is written by Aussie PhD candidate and professional Clinical Psychotherapist Alyse Price-Tobler (MCAP). Alyse designed the 'SEMPI model' to complement the question, 'Are You OK?' by offering a next step, reciprocal, pay it, forward model, throughout the grassroots of our communities.

The SEMPI model teaches any adult and child (child's version for ages five and up) community member how to sit with another person if they are not feeling OK and would like to talk at that very moment.

The 'SEMPI model' teaches adult and child community members how to gently move into more profound, empathetic conversations, enabling everyone to feel heard & understood through the acronym SEMPI.

Each letter within the acronym SEMPI covers all aspects of daily mental and physical health in an easy-to-use model, allowing anyone using SEMPI with another person to have an immediate snapshot into their daily challenges.

The 'SEMPI model' has been written for ANY adult or child (from age five and up) community member and teaches the art of having a heart-to-heart conversation so that competing with each other stops and active, empathic listening can occur.

This model is designed as a community aid to reduce loneliness, stigma, child abuse, and bullying between community members while increasing altruism through a 'pay it forward philosophy'. This is especially important as we are now coming up to the Christmas season. General community members can give back in supportive ways this year by learning the 'SEMPI model'. This will help our communities empower each other throughout the world and stop relying on government handouts for counseling. The 'SEMPI model' doesn't replace counseling, but it may stop someone from having to wait for months in the meantime or die by suicide if they have someone there straight away. As our society is now, it is an exceptionally well-received communication aid/tool by communities experiencing disaster recovery.

Can people with a disability or mental health challenge use the SEMPI SCM?

YES! People living with all types of disabilities and mental health challenges can use The 'SEMPI model' to feel heard! The "SEMPI model" has been tested extensively and taught and shared within communities, both here in Australia and overseas, to gain feedback and advice on how to improve the model. Some people who have been taught the 'SEMPI model' live with Down syndrome, autism, severe mental illness, homelessness, intellectual disability, cerebral palsy, hearing impairment, and live within palliative care units. It's for everyone!

Which countries are using The 'SEMPI model' right now?

The 'SEMPI model' is currently being distributed to organisations that are working to empower their community members' voices in America, Canada, Africa, Australia, Japan, New Zealand, Europe, Afghanistan, Iraq, and Fiji.

Where is the 'SEMPI model' being used right now?

The 'SEMPI model' pamphlets are currently being shared with: farming communities, patients in hospitals (children to elderly, in both general hospitals, and hospices in America, and locally here in Australia), patients with serious mental illness, and their families in mental health facilities, schools, child abuse survivors, people with disabilities, people in domestic violence, homeless people, students, and LGBTQIA youth and adults. Also, victims of assault, children experiencing separating parents, bullied schoolchildren, disaster victims, lonely people, people in correctional facilities, first responders, advocates, church groups, good Samaritans, medical staff, and corporate professionals.

The most fantastic place that we know that the 'SEMPI model' has been shared is with the American soldiers serving in the Army (particularly Iraq, Afghanistan, and The Philippines), Navy, Air force, and the Marines (around the world). These soldiers and their families receive the 'SEMPI model' through care and morale packages, printed and distributed by @goodscrolls.

Introducing the question, 'HOW IS YOUR SEMPI?'

'HOW IS YOUR SEMPI?' is a more profound, more real invitation, asked by one person to another (between ages three to adult). This question is asked if it comes from a real place of interest for another person.

'HOW IS YOUR SEMPI?' comes with an in-built offer to take the time out to listen and walk with the other person, consequently moving the conversation to a deeper level of empathy, care, and understanding for each other's perspectives!

How does the SSCM benefit the community?

Most importantly, knowing this model could save someone's life!

However, members may also experience the development of closer communal bonds, reduced loneliness and depression, heightened feelings of inclusion, and higher values of self-worth. This may have a positive impact on community member's levels of empathy and happiness. It may also influence communal policing budgets, resources allocated to health care programs, and professional community workers' burnout rates. The money saved by using the 'SEMPI model' can be used to improve communities' health and wellbeing overall in different areas.

The 'SEMPI model' is created to be an aid for the community (not a replacement for professional help). There is a HUGE gap in self-care in the community due to escalating living costs and cuts to social services. This model is created with this in mind to assist the community in working with their difficulties together and identifying them early so that their problems don't escalate to higher unmanageable levels, and community money can be better spent!

Why the 'SEMPI model' is important

There is no other model like the 'SEMPI model' in the world!

It is very clear that mental illness has become more prevalent, and community resources are now at a breaking point! Every day, there are extreme levels of loneliness, low self-esteem, and loss of hope. In addition, there is class division, segregation, judgemental behaviour, inequality, stigma, and discrimination. The 'SEMPI Model' has been designed as a preventative measure so that we as a society can slow down and perhaps prevent our members from becoming mentally or emotionally unwell.

The SEMPI Social Communication Model FREE brochures for both the adults and children's model, free instructions and viewing the 'SEMPI model' in action at www.sempi.net, or there are over 50 tutorial videos at YouTube

https://www.youtube.com/results?search_query=sempi+social+communication+model

The 'SEMPI model' is available to any organisation currently working to empower its community members. You can also contact Alyse at alysepricetobler@gmail.com for more information.

END

Contact

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Boilerplate:

My background

I am a professional, practising Clinical Psychotherapist/Counsellor with a master's degree in Psychotherapy and Counselling (MCAP). I am currently studying for a PhD at the University of the Sunshine Coast. I have worked in front-line Community Mental Health & Disabilities for the past 33 years. I have walked with thousands of struggling community members, and I have seen a lot! Helping my community is the reason why I get out of bed every day. My passion is deep, and I am a very driven and serious advocate for many of my clients. Giving my clients a voice to feel heard and empowered is why I have written the SEMPI model. The community is on its knees now due to covid-19, and the 'SEMPI' model gets to the community's grassroots without funding! I currently run my own private psychotherapy practice and counseling retreat out of Mittagong, NSW.

Regards Alyse Price-ToblerWritten by Alyse Price-Tobler

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Source : AMPSET Pty Ltd

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