

Mental health counseling

Name

Institution

Mental health counseling

Assignment I

Introduction

According to Miller (2012), crisis counselling is a practice and procedure that is expected to carry on for a short period of time such as few weeks or days. The procedure is centered towards managing anxiety in victims as well as bolstering a person's adaptations methodologies as well as their recovery. In reference to the case study provided, this paper will carefully identify the major concerns in the study and examine the roles of an ideal and professional crisis counsellor as well. Moreover, the essay will go on to focus on the major problems facing the education institutions such as schools which causes valence as well as unravel and conceptualize the problems using the Crisis Intervention Model.

The Main Issues in the Case Study

The case identifies a man who is taking drastic actions which as the major problem. By so doing, the man is considering committing suicide by shooting himself. He is suffering from acute emotional pain that is being caused by the fact that he was left by his wife more than three years ago. Since the man is not able to identify or trigger the emotional pain, the problem is even worse. Thus, the pain is capable of derailing and compelling the man to revert the dependency of chemicals. The counsellor's education in this case is more than critical. Education the man, in this situation, includes making the individual realize that the answers are typical of killing themselves. The person should, however, realize that both the cause of their reactions and the emotional distress are transient. In addition, by effectively listening to the man, a trauma counselor can offer assistance. The other duty of the crisis therapist includes improving coping

strategies in the client. In an individual, coping abilities are built by presenting the person with potential alternatives to his dilemma, incorporating technicalities to alleviate tension and fostering affirmative thought.

Assignment II

The Sandy Hook Elementary School Problem

The problem in concern was the shooting that occurred on 14th December, 2012, at the Sandy Hook Elementary School which is located in Connecticut. The perpetrators, the distressed Adam Lanza had already shot his mother before he went to shoot the students and teachers at his school. He was also involved in the shooting of the support staff in the school. After massive shooting which killed many people in the school, he went ahead and shot himself. The survivors of the shooting include a young girl who assisted in the description of the perpetrator as an angry man. Due to the horror, the young girl required a crisis counsellor.

Crisis Intervention Model

In regard to the Crisis Intervention Model, Robert explains seven major stages that constitute the crisis intervention model that could be ideally used to help the girl who had witnessed the mass shooting at the school. To begin the procedure, the counselor should conduct a rigorous biopsychosocial assessment of the girl. Initially, the procedure is supposed to invoke the medical needs, stressors and backings, as well as the solution in the outer and inner assets and adaptive systems. The next step in the model is to establish a fast and compatible collective partnership with the girl. In addition, the crisis counselor should recognize the crisis precipitants, who involve schools and men in this situation. To these precipitants, the girl will show multiple thoughts and concerns that the psychologist should be able to cope with. The crisis counselor offers

options, as the girl still runs screaming at the sight of police officers and declines to advance in her studies. These alternatives can include suggesting private tutoring at home but not implying that not all men with a pistol are killed because others defend those police officers. The final step is to conduct a follow up to make sure that the client recovers from trauma and leads a normal life once again.

The Objectives of the Treatment

The treatment procedure is meant to ensure that the girl is able to overcome the traumatic distress she experienced as a result of the mass shooting at the school without suffering any psychological problems. The next vital goal is to ensure that the girl does not have problem with the coping skills. The plan is also meant to make sure that the goals and objectives of making the girl able to lead a normal life are realized.

Conclusion

To conclude, the crisis could be detrimental to a person's psychosocial abilities. Thus, the reaction and treatment from a professional crisis counsellor is vital for such individuals. Getting professional support is key because it could help the person in the process of recovering and leading a normal life.

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