Title page

Personal crisis

Step 1: Defining problem

I would apply this step of determining the reasons behind the probelamiit behavior of client by asking questions and engaging him in discussion. The client has locked himself in his room and prefers to remain in isolation. He hardly communicate or interacts with other. The situation started when the client was informed about the sudden death of his mother. He often cries furiously and feel extremely helpless. The common issues faced by client that reflects his mental instability include emotional shutdown, panic, crying and feelings of suicide. It is difficult to accept the personal loss and client is unable to return to his normal life. Everything seems to be bizarre and disturbing.

Step 2: Ensuring client safety

I will apply this step to determine if the client needs hospitalized or adequate safety can be guaranteed at home. Safety planning is crucial for assuring that the client do not commit suicide. This assessment is based on evaluating the relationship of client with his family members and their role in offering support to him. It is also important to determine if the client relies on self-help or support from others (Ng, How, & Ng, 2017). The client is encouraged to realize his family members and overcome his feelings of suicide by talking with them and the counselor.

Step 3: Providing support

This step will be applied for providing emotional and moral support by Cognitive Behavior Therapy. The intervention will allow client to overcome his negative thoughts and replace them with positive feelings. The therapist communicates with the client and attempts to identify his feelings that provide solution of removing them. After examining the behavior patterns the therapist focus on building problem-solving attitude (Choudhury, Blakemore, & Charman1, 2006). The client is offered support by the therapist that allows him to get rid of his negative feelings that are the cause of depression. The purpose of the therapy is to make client self-sufficient that he could handle his unstable state appropriately by relying on his problem-solving attitude.

Step 4: Examining alternatives

This step is applied for identifying alternatives that can be considered in the present scenario include coping. This means that the client is examined by the therapist and also his family members. If any threats of suicide or negative actions are anticipated it is appropriate to offer him help by reminding him to perform meditation or take tranquilizer. This is an effective alternative that eliminates the possibilities of any dangerous action.

Step 5: Making plans

A comprehensive plan is a made for dealing with the problem of depression. The first stage of the cognitive therapy is to allow client to identify the problem he is going through. This requires that the client must develop full awareness of his thoughts and feelings. The second step is to help him in determining his negative feelings through discussion and interactive sessions. In the next stage the client is encouraged to control his negative thoughts by making him realize that something are not in the control of humans. The nature of the crisis suggests that it is important for the therapist to help client in accepting the reality and death of his mother. Instead of blaming anyone the client is taught to develop emotional stability and positive attitude.

Step 6: Obtaining commitment

The communication with the client will start for a handshake and greeting because it makes him feel comfortable. A document will be exchanged includiing the worksheet of plan while details will be explained verbally also. This will help client in building good understanding of how plan will work.

References

Choudhury, S., Blakemore, S.-J., & Charman1, T. (2006). Social cognitive development during adolescence. *Soc Cogn Affect Neurosci,1(3)*, 65–174.

Ng, C. W., How, C. H., & Ng, Y. P. (2017). Depression in primary care: assessing suicide risk. *Singapore Med J, 58* (2), 72–77.