M5 Written Assignment

Name

Institution

# Three approaches to counseling one adolescent client: solution-focused, reality therapy, and cognitive-behavioral

In reference to the Solution-focused therapy it follows that the interpretation coursed through a conversation to initiate a talking therapy in order to understand the root of the subjective issue. Most of the phenomenal occurrences can be observed from a social context. This category of therapy forges its focus to the objectives of the personality who decides to undergo Solution-focused therapy (Corey, 2017). Without the consideration of the prevailing problem when applying the Solution-focused therapy the core objective is determine by what the subject receiving the therapy wants to achieve. It is interesting that Solution focused therapy fails to focus on root problem that prompted the victim to seek help since the past should be treated as irrelevant instead, the therapy focuses on using the past to build the present and future.

Conversely, the Reality therapy follows to interpret the advancement of counseling sessions. The therapy is used to help in psychotherapy and giving an opportunity to the therapists to take up and blended the method with cognitive-behavioral approach so as to address the concerns of the client for making a decision to go through the therapy. Considerably, the employment of the Reality therapy has a tendency of differentiating with the conformist therapies and instead takes a general/universal approach in treating a patient condition (Guide & Alexander-Albritton). It fails to personalize the treatment in managing the mental illness. Reality therapy also goes to denote the fact that given that any person lacks the capacity to accomplish their missions and to escape the reality tends to indulge in a particular condition for the purpose of consolation.

Cognitive Behavioral Therapy

The application of Cognitive Behavioral Therapy is best applicable in the situation of treating adolescent with problems of acting out sexually. This is a prevalent conditioning in response to disruptions when growing and kind of experiences with other society members and eventually shaping their behaviors. Acting out sexually is a way for the adolescent to cope with emotional distress and tend to develop maladaptive ways to use the pleasurable moments to escape from the reality. The motivation to commit sexual offences can be attributed to various factors such as the need to feel in control and manifestation of physical power. Seeking sexual gratification is a method of intoxication and usually a way for the youth to escape the world realities.

Many are the times that we find ourselves discussing sexual deviance on the basis of sexual gratification on the course of behaviors such as violence, masturbation, setting fires through erotic acts, and wearing the clothes of opposite gender. Teenagers have rapidly immersed to the act of masturbation in the confines of their rooms without the knowledge of their parents. Most of this behavior is the pursuit of the young people to understand their sexuality due to lack of an alternative option to offer guidance as most parents tend to avoid the discussion of sexuality with their children (Worthen, 2016). The acts of masturbation of person sexual pleasure can be considered as a typical sexual act often involving hands, legs, ears and other body parts. In regards to the sex scene (setting), the teenagers have found safe havens in churches, open fields especially in the public parks initially thought as very inappropriate to perform such “private” activities. In any case, the sexual acts by teenagers, which to them seem normal, are determinants of the prevalent deviance displayed by the teenagers. The deviance is telling, because the teenagers are violating all the prescribed boundaries to matters of sex in the society, mostly on the form of performance, settings and objects used.

To conclude the video gives insightful points and on each of the therapy methods are effective in achieving the desired goals in helping to alleviate the psychological distress among adolescents. And it is clear that Cognitive Behavioral Therapy, Reality Therapy, and Solution Focused Therapy helps to keep focus and prompts hope.

References

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Worthen, M. G. (2016). *Sexual Deviance and Society: A sociological examination*. Routledge.