

BRIEF PSYCHOTHERAPY AND CRISIS INTERVENTIONS COUNSELING

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For M.Phil Psychology

BRIEF PSYCHOTHERAPY

- **Managed Care & School Settings**

Emphasis on:

- **Time & Limit**
- **Goals & Solutions**
- **Active involvement**

SOLUTION- FOCUSED COUNSELING

STEVE DESHAZER, BILL O'HANLON

- **Focusing on strength**
- People have the resources to solve their own problems.

Constructivist View Point

- “People really want to change, and change is inevitable.” Milton Erickson

THE COUNSELOR IN SOLUTION- FOCUSED COUNSELING

Determining how active and committed a client is to change, counselors as facilitators of change.

3 Categories of change :

1.) Visitors

2.) Complainants

3.) Customers

GOALS AND TECHNIQUES OF SOLUTION- FOCUSED COUNSELING

Major goals:

- Tapping into inner resources and pointing out exceptions.
- Figuring out solutions based on exceptions.

Techniques:

- Scaling
- Compliments
- Clues
- Skeleton Keys
- Miracle Question

MIRACLE QUESTION

Pick an issue (anger, anxiety, depression) that you have struggled with in the past.

- **Imagine you go to sleep and the next morning and it's a MIRACLE , the issue is gone!**
- What would be different?
- How would you know the miracle occurred?

STRENGTHS AND LIMITATIONS OF SOLUTION BASED COUNSELING

Strengths

- Empowerment in a short period of time.
- Flexibility
- Research Support
- Focuses on the positive
- Focuses on change
- Combines easily with other counseling approaches (MRI, Existentialism)

Limitations

- No attention to past
- Lack of focus on gaining insight
- Sometimes use teams, which is more costly

Any other limitations?

NARRATIVE COUNSELING

MICHAEL WHITE, DAVID EPSTON

- Social Constructivist approach
- Focusing on the negative qualities of their life stories.
- Through therapy they learn to value their own experiences, and give new positive meaning to their lives.

Counselor as collaborators, they use narrative reasoning.

NARRATIVE APPROACH TECHNIQUES

- Re-Authoring is the main technique.
- Externalization of the problem
- Raising dilemmas
- Predicting set backs
- Celebrations and certificates

NARRATIVE COUNSELING STRENGTHS AND LIMITATIONS

Strengths

- **No Blame**
- **New possibilities for action**
- **Exceptions to problems are presented**
- **Clients are prepared for setbacks ahead of time**

Limitations

- **Not good for people with disabilities.**
- **No set outcome, or direction**
- **History of the problem is not dealt with.**

CRISIS COUNSELING

ERICH LINDEMANN AND GERALD CAPLAN

“Crisis is the *perception* or experience of an event that is of an intolerable difficulty that exceeds current resources and coping mechanisms.”

View of human nature:

- Grief is normal
- Loss is inevitable

FOUR TYPES OF CRISIS

- 1) Developmental- birth, retirement etc.
- 2) Situational- accidents, loss of a job, etc.
- 3) Existential- meaning of life, mid-life crisis
- 4) Ecosystemtic- natural disasters or act of terrorism (out of individual control)

GOALS OF CRISIS COUNSELING

- Getting help to those that are suffering
- Help people who are in crisis recognize and correct behaviors and cognitive distortions
- To give more assistance after immediate help is received

COUNSELOR CHARACTERISTICS

- Maturity
- Variety of life experiences
- Basic helping skills
- High energy
- Quick mental resources
- Calm in high stress environments

TECHNIQUES OF CRISIS COUNSELING

- Assessing client continually in a one- to-one relationship
- Crisis Incident Stress Debriefing
- Listening activities: defining the problem, ensuring safety, and providing support
- Acting strategies: examining alternatives, making plans, obtaining commitment
- Follow up with clients (very important)

CRISIS SITUATION ACTIVITY

Crisis: Maggie really wants to go to the prom but she can't go because she can't afford the cost. She is devastated!

- Define the problem
- Ensure safety (psychologically)
- Provide support

STRENGTHS AND LIMITATIONS OF CRISIS COUNSELING

Strengths

- Brief and direct
- Modest and objective goals
- More intense than regular counseling
- Transitional nature

Limitations

- Immediate situations only
- Does not go very deep with resolution
- Time-limited
- Trauma oriented

“INTEGRATING BRIEF COUNSELING AND ADOLESCENTS’ NEEDS”

- Glasser (Reality therapy) first wrote about needs for adolescents in the 1960’s
- Brief counseling in the 1980’s began to assist adolescents with their needs
- Mental Research Approach- alternative to psychoanalyst and behavioral approaches

MENTAL RESEARCH APPROACH

- Problem is unique to that particular client, not having to do with broader concepts
- Led to the development of Solution- Focused Counseling, doing more of what works.
- Four steps:
 1. Define the problem
 2. What has been done so far?
 3. Specific goal(s)
 4. Implement interventions

THE MRI APPROACH WITH ADOLESCENTS

- Limited time often available for treatment
- Purpose of article: to show how brief counseling can connect to attention to human needs, needs not minimized in goal setting.
- Five counseling cases as examples

MEETING NEED WITH BRIEF COUNSELING

- The Need to Survive- young adult(Brian) dealing with suicide and feelings of disconnect from the community
 - Two themes: meaning of life, being bored
 - 1. Define the problem-suicidal thoughts
 - 2. Attempted solutions- what he had tried to do to fit in
 - 3. Focusing on strengths- writing and newspaper
 - 4. Specific goal- volunteering by interviewing students for the newspaper
 - 5. Intervention- more volunteering and following up with counselor, connecting with others

BELONGING, LOVE, AND FUN

- The Need for Belonging/Love- brief counseling intervention in the group setting focusing on specific behavior(accepting compliments)
 - Support from the group
 - Practicing behavior
- The Need for Fun- ways that are positive and not self destructive, focused on finding alternatives to drug and alcohol
 - Knowledge
 - What activities do you do when not drinking?

POWER AND FREEDOM

- **The Need for Power-** dealing with authority, having power in a relationship through brief counseling focusing on assertiveness as a goal
 - Reframing concept of respect
 - Prior attempted solutions explored
- **The Need for Freedom-** restrictive parents, transitions from high school to young adult by focusing on alternative choices
 - Fears normalized and reframed
 - Specific goal set

LESSONS FROM KATRINA: DISASTER MENTAL HEALTH SERVICE IN THE GULF COAST REGION

Mental Health Volunteers assistance is necessary when

- Children were involved
- Death or serious injury has occurred
- Pets had been lost
- Homes had been damaged
- People seem confused or depressed

SETTINGS OF SERVICE FOR KATRINA

- 400-500 clients were served daily, sometimes up to 700 (18 mental health professionals)
- Exit interviews for volunteers
- Assess mental health needs, provide information and support, ensure safety.

CLIENT CHARACTERISTICS AND NEEDS

Clients expressed:

- Anxiety
- Grief
- Solution Oriented
- Need for church
- Life altering decisions
- Denial of financial assistance

DISASTER MENTAL HEALTH VOLUNTEERS

“Immediate crisis intervention not long term solutions”

Provided Basic needs & Psychological first aid

- Contact and Engagement
- Safety and Comfort
- Stabilization
- Information gathering
- Practical Assistance
- Connection with Social Supports
- Information on Coping
- Linkage with Collaborative services

“EXPECT THE UNEXPECTED AND BE FLEXIBLE”

Reducing Frustrations in DMH's

- Use best problem solving skills
- Coping skills
- Patience
- Use of humor when appropriate

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