

Counseling child with disabilities

Counseling Clients with Disabilities

- Themes in counseling could include: Independence vs. dependence; personal loss, coping with crisis, and/or maintaining employment.
- Three phases of human services are: prevention, intervention and postvention.
- Prevention: The focus is on education or awareness of the likelihood of an activity or situation causing physical, or psychological problems.

Counseling Clients with Disabilities (continued)

- Intervention: Detection of signs of disease or critical situations followed by an intervention or strategy to reduce the level of harm.
- Postvention: Helping the client cope with new limitations and help restore optimal functioning.
- The ultimate rehabilitation goal is to improve a client's quality of life and enhance physical and psychosocial adjustment.

Common Problems for Clients with Disabilities

- Lack of motivation.
- Secondary gain.
- Reluctance to participate in rehabilitation.
- Depression and anxiety.
- Poor body image.
- Problems with self-concept.

Common Problems for Clients with Disabilities (continued)

- Loss of control.
- Loss of reward and pleasure.
- Loss of independence (physical and economic).
- Difficulty in adjusting to the disability.
- Inability to access the environment.

Common Problems for Clients with Disabilities (continued)

- Impaired social or vocational roles.
- Changing family dynamics or relationships.
- Disruption of social life.
- Negative attitudes toward own disability.
- Social rejection and social isolation.
- Decreased sexual activity.

Adaptive Tasks to Help Clients Cope With Disabilities

- Help clients deal with pain and incapacitation.
- Help clients deal with stress.
- Help clients manage negative feelings.
- Help clients regain a positive self-image.
- Help clients gain a sense of competence.

Adaptive Tasks to Help Clients Cope With Disabilities (continued)

- Help clients change their lifestyle.
- Help clients gain independence.
- Help clients manage their relationships.
- Prepare the client for an uncertain future if additional losses are likely.