

# Processes and stages in consultation

Psychology



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Psychology Stigma I totally agree when you assert that stigma is among the reasons that make people with mental illness not to seek out for medical services. This is true as nearly every individual who has mental illness reports that they have had stigma at some point. The mental illness individuals see as if they are a stereotyped group. When they have these negative attitudes, it creates prejudice leading to discrimination and negative actions. Stigma makes these individuals to see that they are corrupt, abnormal and evil. Most psychiatric treatments are over and over again viewed with horror and suspicion (Heflinger, Wallston, Mukolo & Brannan, 2014).

I agree when you state that using focus groups in discussing effects and impacts of stigma will assist many individuals with mental illness. Every individual has a role in making a mentally healthy community that reduces discrimination and supports recovery to patients.

#### Process and Stages in Consultation

I agree when you affirm that consultation is one of the processes used in changing a problematic situation. When consultation is made, two individuals are involved, the consultant and the person consulting. Basically, the consultant is the one assisting the consultee with his/her issues by making sure that the stated issues or problems have been addressed (Brown, Pryzwansky & Schulte, 2011).

Consultation processes may be done by a doctor to a patient, a therapist to a patient or a financial company to business individuals. I also agree when you affirm that it is the work of the consultant to try solving the problems and issues presented. In my own point of view, consultation is just the same as counseling and psychotherapy. This is because individuals going through <https://assignbuster.com/processes-and-stages-in-consultation/>

these practices experience almost the same thing.

#### References

Brown, D., Pryzwansky, W. B., & Schulte. (2011). Psychological consultation and collaboration; introduction to theory and practice. 7th ed. Upper Saddle River, NJ.

Heflinger, C., Wallston, K. A., Mukolo, A., & Brannan, A. (2014). Perceived stigma toward children with emotional and behavioral problems and their families: The Attitudes about Child Mental Health Questionnaire (ACMHQ). *Journal Of Rural Mental Health*, 38(1), 9-19. doi: 10. 1037/rmh0000010