

Assessing the impact of trauma

Psychology



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Triage assessment form is a guide used in assessment process when providing crisis intervention services (Myer et. al., 1992b). This is designed for all types of crises and applicable to all age groups which takes place in each situation of discussion with clients, his family and other people who are familiar with clients situation (Myer, Peterson, Willow, n. d.). Triage assessment form or TAF uses three dimensions when assessing the clients namely: affective, cognitive and behavioral dimensions (Myer, Peterson, Willow, n. d.).

Affective dimension focuses on the primary emotions which are anger/hostility, sadness/melancholy, and anxiety/fear. According to National Advisory Mental Health, the enumerated emotions were chosen and considered primary as those feelings are shared between people and other animals. The second dimension is cognitive which deals with cognitive reactions to crises such as transgression, threat, and loss (Myer, Peterson, Willow, n. d.). According to Myer (2001), clients perception should be used during the assessment of cognitive reaction even if there is possibility of inaccuracy. The last dimension is behavioral which is categorized as immobility, avoidance and approach (Myer, 1991). Immobility is defined as being stuck to the situation while avoidance considered the " attempt to escape or bypass problem associated with the crises" (Myer, Peterson, Willow, n. d.). Approach, on the other hand, is the attempt of the client to resolve the problem (Myer, Peterson, Willow, n. d.).

The TAF gives a simplified and comprehensive assessment to trauma victims. It is a three-paged report and analysis of the clients case thus I think this is a recommended approach such as in Jessies case. The first page contains the crises event description, clients perception and the type and <https://assignbuster.com/assessing-the-impact-of-trauma/>

severity of affective reactions. The second page talks about the cognitive reactions such as physical, psychological, moral or spiritual relationships (Myer, Peterson, Willow, n. d.). The last page is devoted to the behavioral reactions and the assessment whether these reactions are detrimental or beneficial to the client.

This assessment would be used to guide me during my personal counseling to prospective clients. The simplicity of the assessment will be able to guide me to assess each of my client based on the three dimensions of TAF of Triage Assessment Form. The three-paged report of TAF will contain the clients type of reactions in three dimensions, severity of the reactions and the magnitude of the reactions. Because of this, I can perform my assessments as simple, reliable and comprehensive as possible without having complications.

Jessies case:

Jessie is an 11-year-old male. Six months ago, a tornado came through the town where he lives with his parents and two siblings. The tornado destroyed every house on the street, except his. The elderly lady who lived next door to him died in the tornado. The house down the street belonging to his best friend was demolished. His best friend's family moved into temporary housing while their house was being rebuilt. Jessie was asleep when the tornado came through but was awakened by his panic-stricken mother who was screaming for all the children to run to the bathroom. Jessie is now overly protective of his siblings and has great difficulty falling asleep at night.

Affective dimension:

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Jessie's primary emotion is fear. Because of the tornado and that event, he became overly protective of his siblings in fear of losing them.

Cognitive dimension:

Threat and Loss. Due to that event, Jessie thinks everything and everyone is not safe. He thinks there are a lot of threats around him that may bring harm to him and his siblings. The reaction is severe that he has great difficulty sleeping at night thinking something will happen again and he might lose his family.

Behavioral dimension:

Jessie's behavioral reaction is immobility. Because of what he's been through, he cannot live his life normally. He is stuck with his situation thinking as if there is a coming threat again. This is considered detrimental behavior because he will no longer trust anyone and he will not live a normal life. His primary concern is to protect his family and himself.

References:

Myer, R. A., Peterson, S. E., Willow, R. A. (n. d.). Assessment of Children and Adolescent Crisis. Trauma and Loss: Research and Interventions.

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Myer, R. A., Williams, R. C., Ottens, A. J., & Schmidt, A. E. (1992b). Triage Assessment Form: Crisis intervention. Unpublished Script.