

# Adolescents

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Adolescents The majority of people in the adolescent stage have their own needs that they always aspire to satisfy. One of the needs is independence and recognition in their newly achieved capacity. The adolescents strive to gain control of their own destiny and account for whatever they do all the time. They always seek to control their independent world and gain respect. In addition, the adolescents also seek for recognition as young adults. They do things that will make them recognized by their parents, teachers, or even peers. However, those who ought to recognize them and accord them the independence do not always do that thus end up frustrating their efforts in achieving their desired needs.

Developmental crisis refers to the problems that a person runs into in the course of the natural maturation process that require intervention therapy. The events that trigger the developmental crises come about during the maturation process. Therefore, one should view individuals in light of their developmental history. Erickson proposes some stages of development and among them is the adolescence stage that has the crisis of identity vs. role confusion. During their time, people ask themselves who they are in reality (Kanel, 2012).

There are various crisis intervention strategies to solve the arising developmental crises. For instance, the best method to employ in dealing with identity vs. role confusion crisis is counselling therapy. One should carry out an assessment of the crisis first and examine it basing on the development stage. In addition, the person should look for those factors that actively contribute to the difficulty and the victim's perception of the events that trigger the crisis. Counseling at this stage should reflect on the client's

struggle with the developmental issues. The counsellor should ensure that the clients take caution (Kanel, 2012).

#### References

Kanel, K. (2012). A guide to crisis intervention. Belmont, CA: Brooks/Cole, Cengage Learning.