

Discussion



Stress Responses BY YOU YOUR SCHOOL INFO HERE HERE Stress Responses

One previous client was developing stress symptoms due to their work overload and high volume expectations that were stemming from tight budgets and consolidation of job roles due to these issues. These stresses and burdens were causing muscular contractions and irregular heartbeat that were impacting their physical well-being as well as emotional. This client was suffering from an overwhelming volume of other stresses in his personal life as well and had even turned toward alcohol as a means of escape. “ Personality is expressed through influences on the body” (Mayer, 2005, p. 22). Further, I realized that some individuals have a low locus of control, which means that they believe others influence and affect their own destinies and feel as though they are victims of circumstance (Treven & Potocan, 2005). This is unhealthy personality-related behavior that causes people to be too passive and always on the defensive. This was the root of what was causing these physical stress responses unlike a normal functioning person who believes they have control over their own fate without being influenced by others. The intervention chosen for this client was built under the operant conditioning model, which is essentially conditioning a person to change their behaviors through positive reinforcement when a desired behavior occurs (Kadden, 2008). Each time this client described a positive scenario in his life, I would touch the individual in a gentle way such as offering a rub on the shoulders in a soothing fashion. When the client began discussing negative behaviors, I would instead look depressed and show body language that was modestly disinterested. This operant conditioning, over time, made the individual want to discuss more positive factors so that my responses followed a more

desired consequence. I found this reduced their negative attitudes and also lessened the amount of physical therapy needs and massage to reduce his stress. References Kadden, Ronald M. (2008). “ Cognitive-Behavior Therapy for Substance Dependence: Coping Skills Training”, University of Connecticut School of Medicine. Retrieved April 3, 2011 at [http://www. bhrm.](http://www.bhrm.org/guidelines/GBT-Kadden.pdf)

[org/guidelines/GBT-Kadden. pdf](http://www.bhrm.org/guidelines/GBT-Kadden.pdf) Mayer, J. D. (2005). “ A Classification of DSM-IV-TR mental disorders according to their relation to the personality system”, in J. C. Thomas & D. L. Segal (eds), *Comprehensive Handbook of Personality and Psychopathology: Personality and Everyday Functioning*. New York: John Wiley & Sons. Treven, S. & Potocan, V. (2005). “ Training Programs for Stress Management in Small Businesses”, *Education & Training*. 47(8/9), pp. 640-653.