

Mental health issue depression and the use of herbacology (counsellors role)



The counselor needs to relate to with depression who are medicated. In order to do this, it is important to become an active listener when counseling the depressed client. Getting people to respond to advice and treatment involves not just listening, but effective listening. "The process of listening so that others will talk is called empathic listening" (Encina, Gregorio). It is a well-known fact that effective listening is not something one may innately possess, but is an acquired skill. It takes practice, understanding, and an ability to be non-judgmental to be a good listener (Flemming, 2008).

Medicating an individual for depression can sometimes get in the way of the individual performing normal, everyday duties. Often times, people report that it takes a few weeks at least to get used to their medication, whether herbal or traditional. The counselor must prepare the client for this prior to allowing him or her to take the medication. Preparation should help the patient know what lies ahead (Reynolds, 2001; Edzard, 2004). Therefore, it is important to prepare the patient for this (Firshein, 1997), and to allow the patient to feel comfortable enough to open up and explain his or her struggle while going through this problem. Effective listening should help to give the patient the support he or she needs to get through this stage. The counselor, therefore, needs to check in on the statement and lend an open ear during this time periods (Beckham, 1995; Forsell, 2007).

Talking and more importantly, listening are an integral part of good communication skills. Paying attention, understanding verbal and non-verbal cues, being sensitive, and giving constructive feedback all form part of effective listening. This in turn helps form healthy interpersonal and social relationships. In our busy lives today, we may realize this, but seldom have the time and patience to allow the focus to move from our own selves. Some <https://assignbuster.com/mental-health-issue-depression-and-the-use-of-herbacology-counsellors-role/>

of us may find it difficult to keep an open mind even as counselors, but we must prevent our biases from coming in the way of how we respond or we may even shy away from the emotional intimacy that may result from being responsive. Differences in age, background, a fear of rejection, varying mental and emotional states, and stereotyping are some of the other factors that serve as barriers to communication. Given all this, it is no wonder that so many of us fail to respond in ways that help people open up fully (Beckham, 2004).

Therefore, in order to effectively respond to the medicated, depressed client, one must make the client feel comfortable, not judged (especially because he or she is taking medication and people can become sensitive about this), and must focus on effective listening. This should allow the medicated, depressed client to feel more comfortable and hence vent any frustrations. The process of venting in itself can often make individuals feel better, and this is also true of those that are taking medication for depression.

References

- Encina, Gregario. " Empathic Approach: Listening First Aid". Retrieved on March 31, 2007 from http://www.cnr.berkeley.edu/ucce50/ag-labor/7article/listening_skills.htm
- Edzard, E. (2004) Prescribing herbal medications appropriately. *Journal of Family Practice*, 53, 12, p985-988
- Beckham, E. & Leber, W (1995) *Handbook of Depression*. (Second Edition). New York: the Guilford Press.
- Firshein, P. (1997) Depression: The herbal alternative. *Psychology Today*, 30, 3, p26.
- Flemming, R. (2008) Herbs and Depression. *Journal of Herbs, Spices &* <https://assignbuster.com/mental-health-issue-depression-and-the-use-of-herbacology-counsellors-role/>

Medicinal Plants, 14, 1, p 15 - 20.

Forsell, Y. (2007) A three-year follow-up of major depression, dysthymia, minor depression and subsyndromal depression: results from a population-based study. *Depression & Anxiety*, 24, 1, p62-65.

Reynolds, E, & Welfel, R. (2001) *The Mental Health Desk Reference*. Wiley: London.