

Adolescents

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Parent who has lost a child to death? Couples during their married life come across different kinds of troubles. Losing their children to some tragic incident or event is one of the most bitter and testing period of their relationship and life time. This in the psychological terms can be undertaken with regard to study of some particular model or pattern of issues that reflect on the mind of the respective parents. Kristi Kanel in his attempt at exploring the possible aftermaths has undertaken a research study and conducted extensive work in this regard. He has also proposed the suggestions for how to overcome the problems faced. ABC model of crisis intervention is one of the patterns recommended.

The overall tragedy is a two step process. Once is that of the initial phases how it shocks the parents. The second is the aftermath and how the parents react to it, and how they live with it. Handling the trauma and coping with the surrounding environments is one of the core challenges faced. Engaging oneself in healthy activities also amount to the preventive and counter measures that the parents may undertake.

Kristi Kanel has discussed the ABC model of crisis intervention (Kanel, 2014, 21). This particular model allows for overcoming the challenges faced in the form of therapy processes and other counseling guides. This allows facing the challenges bravely and overcoming them through confidence. The model is time tested one and large number of psychologists recommend it for therapy function in the wake of losses suffered by individuals.

References:

Kanel, K. (2014). A Guide to Crisis Intervention. Cengage Learning