

Hypothetical case of counseling termination

Psychology



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Counseling entails many activities that combine to ensure effectiveness and productivity of process. It would be easy for an individual outside counseling profession to mistake termination as unimportant stage in the process of a given counseling activity. However, all acting and aspiring counselors should understand that termination stage bears equal to and sometimes greatest significance than other stages in an entire counseling process. Termination is actually the stage when a counselor ends professional and legal relationship with a client. It occurs especially when there is satisfaction about achievement of particular predefined goals and objectives. Termination stage can also occur when a counselor realizes that a given counseling process does not benefit or causes more harm than relief to a given client. Depending on the situation and objectives of a given counseling process, termination stage is usually important and deserves professional and sensitive attendance (Hinrichsen & Clougherty, 2006).

The case

Miriam White, aged 26 years and a continuing college student pursuing degree in Mechanical Engineering stayed with a boyfriend for two years. When in the relationship, Miriam endured mistreatment and abuse from the boyfriend. According to Miriam, the boyfriend began assaulting her physically just after two weeks of moving in to begin cohabitation. Miriam loved the boyfriend and was uneasy to move out of the relationship. Her persistence exposed her to repeated abuse and assault to an extent of compromising her academic performance. Two months before admission into counseling, the abuses that Miriam's boyfriend practiced against led her to lose a pregnancy that had survived for six months. The bitter abusive experiences coupled

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with the miscarriage drove Miriam into a serious trauma that saw her inconsistently attend school. Upon realizing that Miriam's condition was abnormal, the college's administration through the head of mechanical engineering department sought for admission of Miriam to counseling that lasted for eight months and with positive results and changes.

Transitions

Considering the dire nature of Miriam, it was difficult to subject her to a single environment of counseling conducted by a single counselor. The abuses she endured and the length of time of exposure to the abuses were enough to cause complex health and psychological problems. My role as the initial counselor was to help Miriam in navigation and negotiation until achieving stable ground for receptive counseling process (Ungar, 2011). The negotiation, navigation and screening process took two months of the entire counseling period. Considering that Miriam suffered from depression besides other conditions, I referred her to a mental health psychologist who helped in changing Miriam's worldview with reference to her problems as well as overcoming stress. This consumed two months that involved many activities besides conventional discussions (Auld, Heyman & Rudzinski, 2005). Within the next two months, I referred Miriam to a family and relationship therapist who helped Miriam gain a broader understanding of relationship related problems, time to engage in relationships and circumstance as well as time to exit a relationship and cope safely. I dedicated one month of the entire eight months counseling period for Miriam to visit a career counselor who helped gain confidence with her course and develop urge to continue learning with enhanced commitment.

Termination

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Termination period took the last one month of the entire counseling period with Miriam White. I used the time to evaluate and assess recovery process of Miriam. During the time, Miriam began attending school and having more time away from counseling process. Meetings were short and involved assessments, review of experiences and tracking of any undesired behavior (Joyce et al., 2007). Towards the end of the period, Miriam and I signed a pact that relationship would be close and contacts made whenever need arise.

References

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