

All about ashley essay



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Ashley, a 12-year old girl, admits to one of her teachers that she feels very depressed. Her mother has recently re-married and the girl is having difficulty adjusting to life with her stepfather and his two children. She is not able to concentrate in class or do her homework. Ashley also reveals that she has been cutting on herself. After carefully reviewing Ashley's case I consider that she needs to seek help in the areas of a family therapist, psychiatrist, and a school counselor.

Family therapy is defined as a type of psychotherapy that focuses on families and couples in close relationships, in hopes of bringing change and positive development. In other words, family therapy may help you better your relationships and understanding within your family and close relationships. <http://www.counselor.org/family-therapy.html>. With the family counselor it will assist her and the family to understand root of the problem and why is it occurring. It should bring the family closer together and help Ashley open up about her feelings.

Professional school counselors are certified/licensed educators with a minimum of a master's degree in school counseling making them uniquely qualified to address all students' academic, personal/social and career development needs by designing, implementing, evaluating and enhancing a comprehensive school counseling program that promotes and enhances student success. <http://www.schoolcounselor.org/content.asp?pl=325&sl=133&contentid=240>. In addition to the family counseling the school counselor will help Ashley with her social and personal well being.

I believe that the school counselor will give Ashley the extra support needed during this traumatic time of her life. Psychiatrists are physicians who specialize in the problems of mental illness. As physicians, they are licensed to use a very wide variety of treatment and may write prescriptions.

<http://library.thinkquest.org/15569/car1bmh4.html>. If the following help doesn't be of assistance she will need to speak with a psychiatrist so that he or she could prescribe the child the correct anti-depressant medications needed. According to <http://psychology.about.com> psychiatrists are the primary mental health-care givers. They assess and treat mental illnesses through a combination of psychotherapy, psychoanalysis, hospitalization, and medication which might be needed in this case. With the help of these three professions and her family Ashley should be ok. Her family should come together also and with understanding and not judgement so that the child could be successfully healed. Eboni Agbontaen Mental Health Counseling

Work Cited <http://www.counselor.org/family-therapy.html> <http://www.schoolcounselor.org/content.asp?l=325&sl=133&contentid=240>

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(1) I really agree with your post and your three professionals. I included a family therapist to my post to the fact that the child is dealing with family issues as well. As stated the child might need the psychiatrist due to the fact that she is suffering from depression let alone cutting herself.

The school counselor was a great point as well. He/she would help supervise the child while at school and talk to her in between time to assist in the progress of the child healing. 2) Ms. Hicks I understand your analysis of this discussion post. I stated the exact same thing in my post other than you

stating that she might need a psychologist; I stated that she needed a

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psychiatrist. I stated that she needed a psychiatrist because she is dealing with depression, cutting and she could use an anti-depressant med. Finding the right help for the child is critical rather if it a psychologist or psychiatrist. Both can give the child the needed help so the child could heal.