

WAYS TO HELP SOMEONE IN DISTRESS

MAY 2012 NEWSLETTER

VOLUME II ISSUE 5



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hopelessness or suicidal thoughts. Other important cognitive sign is the difficulty concentrating, difficulty carrying on normal conversation, while emotionally is to exhibit excessive dependence on others for company or support.

How to Get Someone to be Helped

Let the person know why you are concerned about them in terms of the person's own worries or needs, based on the observation of signs and symptoms and probable causes.

Let the person know what they will gain from meeting with a counselor; reassure the person that making a referral isn't a rejection, but the initial step to recover.

Offer to keep the person company while they call for an appointment, or to call on behalf of the person while they are sitting there with you. Offer to come with the person to their first appointment and follow up with the person.

Enabling

Be aware that your helping behavior may either positively or negatively "enable" a distressed person.

Positive enabling happens when you respect a person's views and struggles, while working to help the person solve their problems and get the help they need.

Negative enabling happens when you allow or accept a

person's problematic perceptions or behaviors and fail to question or challenge them, with the result that the person doesn't get the help they need. With either kind of "enabling," your efforts may not change the way the person is seeing things or result in the person getting help -- but negative enabling will almost certainly prolong the person's difficulties.

Being a Good Helper

In order to be a good helper, you need to monitor your own reactions and feelings and recognize your limits. It is not your responsibility to solve the problem for the other person, but rather to try to help them solve it or help them get help. Remember that although you may be a special and irreplaceable helper for this person in some ways, there are also other caring helpers available who may offer forms of help that you cannot.

Don't give someone in distress an absolute promise to keep a secret and reassure the person that you are a trustworthy person, who cares about their well-being and their autonomy, and won't divulge a confidence unless you have no other choice. Helping others in distress entitles not only caring for them, but knowledge and compromise in the recovering.



Quote of the month:

"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection."
Leonardo Da Vinci



We are on



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