

# Stress Counselling

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**[Type the author name]**

**Institute**

**Date**

*For what reason may a client seek counselling for stress?*

Tough economic times, in general, are one of the reasons why a client may seek counselling for stress. Talks about falling house prices, rising consumer debt and falling sales raise concerns about the health of the people across the world. This has caused many people to feel additional stress and anxiety about their financial future (Cooper, 2015).

A dysfunctional organisational structure is also the most common reason. An organization's climate where these people work can increase emotional exhaustion. A role conflict is a common example leading to a dysfunctional environment (Altson, Loewenthal, Gaitanidis and Thomas, 2014). Other recurring examples include a closed-minded board of directors paying attention to short-term goals, or an inadequate organisational restructuring that leaves the executive with fewer resources to meet the strict demands of investors (Geldard, Geldard and Foo, 2017). All this contributes significantly to increasing the level of stress in executive directors. So, a dysfunctional organisational structure can compel both the employees and the directors to seek counselling for stress.

A person's workload may increase or a person may be dealing with other causes of stress, but this does not necessarily lead to a stress reaction. Stress can be seen as a kind of balance. It helps to keep this balance in balance (Claringbull, 2010). On one side of the scale are the causes of stress. People thus meet the situations or elements that trigger stress. On the other side of the scale are the situations or things that make a person happy. (Bhui et al., 2016) These things stimulate him or her and give meaning to life. For example, this could include sport, pleasant colleagues, a good relationship, good friends and support from family

These items may also vary for each. When the scale is in balance, the risk of excessive stress is less than when it leans towards the 'causes of stress' side. So this means that it is not a problem if the workload or stressful situations increase, as long as a person has enough positive things in life that can compensate for this stress (Altson, Loewenthal, Gaitanidis and Thomas, 2014). If the causes of stress suddenly increase (Claringbull, 2010), but the good times with a person's partner or friends do not do the same, the balance may tip to the 'causes of stress' side and cause an excessive level of stress (Bhui et al., 2016).

*Describe one stressful situation that you have encountered yourself (e.g. rushing to catch a train). Describe in chronological detail all the signs and symptoms of the stress response that you experienced during that situation.*

If the pressure at work has become such that it ruins a person's life and could harm health, now it is the time to take control, because the small glass "to relax" or the box of painkillers are not tenable solutions in the long term. To turn the anxiety into positive energy, it is important to change work habits and regularly practice the simple exercises, as I learnt. I have experienced some anxiety-provoking situations during my professional life. Taking office, job interview, presentation in front of a large assembly, computer breakdown and some the major stressful situations in my life.

Here, I would like to describe one stressful situation that I have encountered myself.

Since the arrival of my new leader, I have been going through hell. He multiplied the offensive remarks towards me, shouted at me on the pretext that I have disregarded instructions that he never actually gave me and made me understand that I am useless. In brief, I was in the grip of a stalker who was struggling to make me doubt myself. This situation really developed stress in my personality.

*Design an admission form to be used by a stress counsellor that would facilitate the acquirement of information from their clients regarding: Identifying stressor or problem, the client expectations of the counselling process, and the client expectations of the counsellor's skills and behaviours.*

# Stress Counselling Treatment Plan

**Client Name:** \_\_\_\_\_ **Case:** \_\_\_\_\_

**Reopen Date:** \_\_\_\_\_ **Inactive:** \_\_\_\_\_

Stressor or Problem: Symptom rating for functioning change level (scale 1-5; 1-mild, 3-moderate, 5-severe)

Excessive guilt		Hopelessness		Restlessness		Decrease in energy	
Depressed mood		Loss of pleasure		Cruelty		Panic attacks	
Oppositional		Withdrawn		Sleep disturbance		Anxiety	
Violation of rules		Mood swings		Indecisive		Poor concentration	
Eating disturbance		Helplessness		Irritability		Legal problems	
Tearfulness		Aggression/rage		Worrying		Impulsivity	
Low motivation		Low self-esteem		Ritualistic Behavior		Substance abuse	
Other:							

Changes in Psychological & Psychosocial stress level: Greater: \_\_\_\_ Less: \_\_\_\_ None: \_\_\_\_

Physical status changes: \_\_\_\_\_

Reports received/ Supplementary services documented: \_\_\_\_\_

Counselling Treatment Plan: Progress toward /amendment of predetermined goals, with projected end dates:

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*As a stress counsellor what outcome would you hope to achieve after concluding sessions with a client i.e. what would you hope your client had learnt from you.*

There are various counselling outcomes as they vary from one person to another, depending on many determinants such as a client's overall inspiration, sincerity to change, how hard the client is enthusiastic to work, the counsellor's skills, knowledge, and experience, how well the philosophical theories of both counsellor and client regarding the issue are associated, integrity of fit between both parties, plus existing situations in life of the client which may either help or hamper changes desired by the client (NHS, 2014).

As a stress counsellor, my approach to counselling and psychological therapy would be to ensure immense benefits for the client. The major outcomes of counselling and psychological therapy would I hope to achieve after concluding sessions with a client would be gaining greater understanding and insight (Grimmer and Tribe, 2001), along with new approaches of considering a problematic issue (Palmer and McMahon, 2010). Other key outcomes would be to gain psycho-education as well as immense knowledge of human natural behaviour, targeted strategies to help in the good management of an issue, and expectation and self-confidence that a sign, trouble can be handled in a different way (Westergaard, 2012).

I would also like educate my client by enabling him or her to reduce symptoms of stress and distressing (Laska et al., 2013). The client will be able to have increased hope and strong sense of control (Fothergill, 2010), along with improved confidence and self-esteem (Jenkins and Palmer, 2003) and increased sense of relief (Palmer and McMahon, 2010).



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