

Crisis Intervention Strategies for Trauma & Abuse

SWK681: Crisis Intervention

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Burnout among child welfare social workers negatively affects social workers and the social welfare system. Child abuse is a crisis topic we briefly discuss this semester in class

and it is a very challenging topic to anticipate myself being a part of as a social worker. Because of the vicarious traumatization within each case it can leave social workers in a state of considerable increase stress.

The reason why child abuse cases are so vicariously traumatizing, is because sexual abuse cases are very serious issues with many deep and long trauma associated with them. The children Bureau collected data that proves that girls are made up of 83% of the victims, and boys are made up of 17% of the victims. The chronic crisis surrounding child abuse are usually formulated due to the living condition, on some occasions such as unemployment, substandard housing, domestic violence and mental illness, drugs alcohol and prostitutions. (Taormina, M., & Clossey, L. 2015). The psychoanalytic analysis infers that child abuse is a chronic crisis with a on going cycle for many years some were notice as well as some where ignored to protect the family reputation, it as create an ongoing stress level ranging from family with poor coping skills.

The effect sexual abuse has on children is a chronic effect more so than an acute effect, that often can leave an overwhelming pain, horror, intense feeling, shock, uncertainty, the inability to accept if something is real or true, fear and humiliation. (Mental health, 2018). The child victim undergoes emotionally devastated catastrophic breakdowns. Most of the time they isolate themselves because the abuser threatens them if they were to reveal their identity.

My personal experience with a child abuse crisis would be express with empathy, psychological support, and flexibility. When confronted with a case I would establish an ability to engage and

communicate with child, family, and medical staff; and have knowledge of community resources that will be beneficial to the crisis. (Tavormina, M., & Clossey, L. 2015).

Many social workers in crisis situation as a result of biopsychosocial breakdown when expose to vicarious traumatization, which affect their personal lives, often have a problem in caring for the client in a professional way.

As a social worker in order to be effective in my personal training I must developed the proper knowledge to formulating goals and objectives and negotiating contracts with sexually abuse families.

The U.S. Department of Health and Human Services, Administration for Children and Families, National Clearinghouse on Child Abuse and Neglect Information as manual states that child welfare services benefit when workers in the field receive specialized crisis intervention training. The agency's 1994 manual recommends that workers in the field obtain specific crisis intervention training, maintain a caseload no greater than 13, remain constantly available to clients and be provided adequate time for intensive crisis intervention work. As a crisis social worker, I would benefit from the training given by the Department of Health and Human Services. Social worker burnout situation can affect the condition of the work so it is imperative that they obtain the proper training.

As a social Workers I need to increasingly demonstrate the ability to apply the complex concepts of case management to difficult, high-risk situations. Testing these skills requires continuing efforts to develop instruments that reflect the complexity of the subject matter, and testing procedures that address the validity issues of both training impact and knowledge

retention over time. (Cheung, Kam-Fong Monit, Stevenson, Kay M., Leung, Patrick, Child Welfare)

The emotional experience of children experiencing sexual abuse in western Cape in African as be prolonging for a long time, especially those who lives in low income communities. Social workers who works in these communities as had a high level of emotional experiences that impact them daily as they aim to bring forth some comfort to the victims of this horrific devastations of child exploitation.

As a social worker I am learning that accepting and understanding the emotional aspect of the situation would help me to effectively response to each sexual abuse cases I am confronted with. I understand that my own personal feeling will cause me to misjudge and mis calculate the situation. It is important for me to understand the mental issues that will associated with these children.

After learning last year about some of the youths within my youth program experience child abuse, my heart was broken and angry at the same time. Some of them who are teenager talks about older man who force themselves on them, some talk about family members who violated them. The tears roll down my eyes as I listen to each case as it hurt me tremendously. I myself experience child molestation when I was in Jamaica a family friend who would always invite me to sit on is legs pretending to be a comfort when it was for his own sexual satisfaction. Because of that experience I do not allow my girl child to be around any male figure especially sitting on anyone's legs.

If I was a clinician and I have to respond to a crisis I would use these strategies to ensure my own care, strategies like giving myself personal therapy, taking time out to enjoy family and

friend time, and engaging in practices that promote holistic care. I would spend personal time in coping skills method and seek supportive relationships inside and outside the work place. It is important for selfcare since social work portioners are under increasing pressure and strain in emotionally exhausted and depersonalizing condition with bring out strain and burnout, burn can put both worker and client at risk. (Arnd-Caddigan, M., Pozzuto, R., Becker, D., Benjamin, J., Berzoff, J., Kita, E.1970)

Promoting self-care for me in a crisis dilemma would also be to engage in activities that initiate good health. Such as yoga are Zumba class, painting to calm the nerve, and attending motivational speeches classes. Doing these activities helps to provide stress relief and the imbalance between the personal and professional life. Without proper selfcare the professional self may suffer by the personal selfcare. Selfcare decreases the over use body, the emotional impact or functioning in the relational thinking could become poor if self-care is not properly installing. The concept of burn out can be eliminated if they are continued and prolong exposure to proper self-care. Care for yourself can decrease the extent of oppression and human suffering and overwhelm of emotional experience.

Understanding the mental and psychological effect of a client who was molested are sexually violated would bring be to some level of reassurance that I can overcome any obstacle and crisis I have to face during my social work profession. Because facing sexual molestation on children is by far the most painful issues to deal with.

References

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