

GCN617. OA

Crisis Intervention Strategies for Trauma and Abuse

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It was definitely an honor interviewing the young lady I chose. We have known each other for years and have always been interested in her career choices. The young lady I chose is Sheila Jones. She is the owner of Hope Counseling Center, 4229 Lafayette Center Drive, Chantilly Va. Sheila is a License Professional Counselor. She has a master's degree in Professional Counseling from Liberty University and an undergraduate degree in psychology. Her professional memberships include the American Counseling Association (ACA), American Association of Christian Counseling (AACC), and the Northern Virginia Licensed Professional Counselors Association (NVLPC). Sheila states that as a Christian counselor, spiritual, theological and psychological principles are essential; therefore, each is incorporated to help clients achieve holistic healing. Sheila is also the owner of the Hope Counseling Center and was proud that she bought the business while doing her internship there. She says it was difficult but today she is glad she went that route. Her staff consist of 9 people both LPCs, LCSWs and an Intern. The Hope Counseling is a faith-based counseling center.

The Hope Center specialize in treatment of Abuse, anger and rage, anxiety and stress, boundaries, career, codependency, communication, depression, divorce, eating disorders, family, grief and loss, marital and pre-marital counseling, obsessive thoughts, parenting, PTSD/trauma, and self-esteem. They also offer Group Counseling for adolescents, career, children, couples, divorce, grief and loss, pre-adolescents, and women. The Hope Counseling Center's payment method is cash only and break payments up.

What ways do you encounter individuals in crisis?

Well it depends. Let's say if it is a case if suicide. My main objective is safety as safety is key. A good example where a crisis comes to mind. I had an adolescent female client who came in with

serious thoughts of suicide. I first want to calm her I contacted her parents, called her doctor and psychiatrist, also set up her entering a facility as she agreed she needed to go. Her having suicidal ideations was not expected. In conversation with her doctor and psychiatrist I learned that she was on a new medicine for about 2 weeks. The meds that she was on causes suicidal thoughts. She was admitted and meds changed and presently doing fine. Sheila also noted that another resource is having the client sign a contract and she follow up with them. Also, as some don't like to go to the hospital the suicide hotline is good.

What do you like best about your job? What do you like least? What are the greatest rewards?

What I like most is the interaction with the clients and helping them come to their own answers. The thing I like the least is the administration i.e. setting up payments, taking money, setting up appointments, paperwork and the actual collecting the money. My greatest rewards are to see clients realizing that they have hope.

How do you handle stress associated with your job?

This is something I am still in the process of learning. I feel like selfcare is getting better. When I do, my husband may take me on a short-day trip, run a quite bath with candles and music, just alone time getting my nails done. It varies.

Which school of thought you tend to follow the most?

CBT – as it a lot about cognition what the client thinks and then behaves. Also, the attachment theory as it gives a lot of information how the client loves themselves and how they were loved. Then sometime even though I lean toward those 2, I can be eclectic.

What suggestions would you offer to someone wanting to go into your field?

Most importantly do your homework. That means checking out the programs seeing how many

credits for graduation what all is needed for your license and being aware of the state and local requirement in which you reside to be sure you are willing to go through what it takes.