

MMHCA BI

THE OFFICIAL NEWSLETTER OF MICHIGAN MENTAL HEALTH COUNSELORS ASSOCIATION **BRIDGING INITIATIVE**



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"protect counselors like me"

**Welcome
MMHCA
Students!**

Hello MMHCA Bridging Initiative Member,

March invites us to pause and acknowledge one full year of this global pandemic and the unprecedented times that we are living through. There are few areas of our lives and the lives of our clients, that have not been impacted. As we realize this milestone, many are hitting what New York radio host Tanzina Vega and other mental health practitioners are calling the "pandemic wall". The phrase attempts to describe the feelings of depression, anxiety, grief, fatigue, and general exhaustion that many have experienced.

We invite you to reflect on the questions in the Milestone Moment section. These may be helpful for you or clients to help uncover any feelings as we enter one year of COVID-19. We have also included a Crisis Intervention model by Dr. Krisi Kanel that may be useful when encountering clients experiencing trauma.

Thank you to each of you who has taken the time to read this newsletter and provide suggestions on topics you would like to see covered in future editions. If you have any suggestions, we would love to hear from you. Please feel free to connect with us at MMHCABI@Gmail.com



IN MEMORY OF ALL WE HAVE LOST

MILESTONE MOMENT

This month marks one year since COVID-19 came and abruptly halted what we knew as “normal” life. States began shutdown orders, hospitals were overwhelmed with patients, companies pivoted to remote work environments as we struggled to wrap our mind around the impact of this virus. In the last year, many have been isolated from loved ones, navigated grief in unfamiliar ways, and continued to live with levels of uncertainty. These are questions for you to reflect on or to leverage with clients in internships or as new practitioners:

1. What feelings come to mind when I think of last year?
2. What in this present moment do you find most difficult?
3. What have I learned in the last year?
4. How have I coped with the experiences of the last year?
5. Is there anything you are grateful for during these challenging times?
6. How can I move forward in the coming months?

ABC MODEL OF CRISIS INTERVENTION

BY DR. KRISTI KANEL

A: Achieving rapport and establishing a relationship of trust

Developing rapport with clients is imperative during this stage. Ensure you are showing basic attending skills, empathy, being present, non-judgemental, listening, and genuine.

B: Begin problem identification and boil down the problem to its major parts

Determine the nature of the crisis. Identify what triggered the crisis from the client's perspective, what is the client's perspective of the meaning or impact of the event and how does the client's current functioning compare to their and previous functioning. What is in the client's control? If there are multiple crisis scenarios occurring, what is the priority?

C: Coping Mechanisms

Are there coping methods that have been explored? What are they? What coping mechanisms will need to be leveraged in the future? Encourage and listen to the client's ideas for coping before offering ideas and make a plan for following up on results of coping?

READING SUGGESTIONS

**A Guide to Crisis Intervention
by: Dr. Kristi Kanel**

- Student members, be on the lookout for monthly email connections -

COMMENTS/SUGGESTIONS?

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