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## Coping with Crisis: A Counselor's Guide to the Restabilization Process (Paperback)

By Jim Burtles

Loving Healing Press, United States, 2007. Paperback. Condition: New. Language: English. Brand new Book. In the wake of a catastrophic event, the witness may discover or experience unsettling emotions which can trigger subsequent behaviors. These reactions can lead to a number of consequences, some of which are unproductive. Restabilization is a practical means of addressing these reactions and the resultant issues. It is a four-step process of self-discovery guided, but not led, by a counselor; aimed at restoring someone's confidence and improving their capability to deal with life's problems. The person is encouraged, and enabled, to view the event as a learning experience with an opportunity to improve their performance in relation to unexpected problems. The four stages of the process are described in detail, together with examples of model sessions and rules of engagement which serve to ensure the effectiveness of the process. There are also some Communication Exercises designed to ensure unemotional but sympathetic communication between the counselor and their client. In addition, the Dark Serpent Dilemma and Technique offers a pragmatic way of approaching and solving the problems which life throws at all of us from time to time. Once the concept is understood it can be...



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