

II B.Sc
COUNSELLING II
SEM IV

Unit – V
Subject Code: 18BPS46s

What is abuse?

Abuse is the improper usage or treatment of a thing, Often to unfairly or improperly gain benefit, It can come many forms-physical, verbal, maltreatment injury assault violation, rape unjust practices crimes or other type of aggression, There are some type of abuse, neglect, physical, emotional, and sexual,

Interpersonal abuse? interpersonal abuse and violence includes intimate partner abuse, adult survivors of child abuse, sexual assault child abuse bullying ...most common form of interpersonal violence in the work place, is assault. The courses to interpersonal violence are lack of economic development, weak social disturbances, warfare etc.

Violence? directed towards the self. The latter includes any attitude or act of self injury that damages the individual's physical and Psychological wellbeing, and capacity for self-care violence is thus distinguished from injury or harm that results from united actions and incidents for example intimate partner violence may involve psychological, physical and sexual abuse.... In addition there are cultural violence, religious, cyber bullying ,informative violence..

What is interpersonal Harassment? interpersonal violence is a pervasive public health, human rights and development challenge. its effect reverberate to families, communities and nations and Across generations. It is a leading cause of death among adolescents and young adults in most parts of the world.

Nature of interpersonal violence? Globally, the three primary forms of violence are interpersonal violence, including war, terrorism, and state perpetrated violence in the form genocide or torture. Family or partner violence refer to violence within the family or between intimate partners, it includes child maltreatment dating and intimate partner violence and elder maltreatment. Community violence occurs among individuals who are not related by family ties but who may acquaintance know each other, it includes youth violence bullying assault rape or sexual assault by or strange and violence that occur in institutional setting such as school, workplaces, prisons,

In a current or former dating ,romantic or intimate relationship, engaging in physical, sexual ,emotional ,economic ,or psychological actions or threats of actions would find abusive, intimidating or threatening.

Preventing interpersonal abuse - stopping abuse-1)try to understand your children
2)keep your children healthy 3)get help with alcohol or drug problems 4) watch your worlds
5)get control of yourself before discipling a child etc.

Help to stop domestic violence-1)know the signs2) do not ignore it 3)lend an ear 4)be available
5) know the number to a nearby shelter...6)check in regularly be a resource..70 write it down..

Affiliation, certification and substance abuse counsellor-there are organizations every counsellor should know about;1) American counselling association (ACA)2)national board of certified counsellor(NBCC)3) council for accreditation of counselling and related educational programs CACREP) 4)American mental health counsellors association(AMHCA)A

Gambling work addiction?

Gambling can stimulate the brain's reward system much like drugs or alcohol can, leading to addiction. If you have a problem with compulsive gambling, you may continually chase bets that lead to losses, hide your behavior, deplete savings, accumulate debt, or even resort to theft or fraud to support your addiction.

What is disability?

A Disability is a physical or mental problem that makes it difficult or impossible for a person to walk, see, hear, speak, learn, or do other important things. Some disabilities are permanent, or last forever. ... A disability can be something a person was born with. Or it can be the result of an illness or an accident.

Counselling people with disability-

Disability counselling in particular can provide support to people with disabilities, as well as their partners, family and carers. Living with a disability can be a long journey, both mentally and physically. It can be just as tough for those who live with or care for a disabled person.

Nature of disabilities

Disability is an umbrella term that encompasses congenital and acquired impairments to body function or structure, activity limitations and participation restrictions. A disability can be physical, cognitive, mental, sensory, emotional, developmental, or some combination of these.

Affiliation, certification, and education of disability counsellor

Disability support is offered by organizations and institutions such as colleges and universities, public health agencies, medical facilities, a variety of large employers, and the US government. A disability support counselor is a highly qualified professional who works with people with chronic illness and disability.

Rehabilitation counseling is a specific practice of counseling within the discipline where professionals work to help people who have emotional and physical disabilities so that they are able to live more independently.

Working with people disabilities

Due to their disability, they may not be able to do the same things as other adults, or the same things they once were able to do, such as live independently, go to work, or provide their own self-care. ... Even if they need to have complete care, they should be treated as an adult. Be respectful, courteous, and kind. Disability counselling in particular can provide support to people with disabilities, as well as their partners, family and carers. Living with a disability can be a long journey, both mentally and physically. It can be just as tough for those who live with or care for a disabled person. Some women have been disabled since birth. Some women become more disabled over time. Some women become disabled suddenly, because of an accident or disease. It is not possible to prevent all impairments. Some babies form differently inside the womb and no one knows why. But many disabilities in babies are caused by harmful conditions of women's lives. If women can get enough nutritious food to eat, can protect themselves from work with toxic chemicals, and can get good health care, including care at the time of childbirth, then many disabilities could be prevented

Counselling related specific disabilities

Be a mirror. Reflect who people with disabilities are to themselves. Help them to really see themselves in reference to the world and how they see themselves operating in the world. Regardless of ability, being told “you can’t do that,” “you won’t be able to” or “you need help” takes a toll on the self-esteem, self-worth and confidence of a people to a generational degree even. My job — our job — is to challenge this. This discouragement is the soil in which an organizer like myself seeks to plant seeds. Helping people with disabilities and future generations see themselves as a part of the larger community, instead of a lone wolf advocate, is the way to empower them. Through unification with others in the Independent Living movement, I can get a person looking at the state of who they truly are in regard to the life (and standard of such) that they live. Then, I can encourage them to make change and take independent steps. That is the basis of the Independent Living philosophy and movement. Independent means self-reliant — to rely on one’s self. So one must be careful not to force a person into an experience they did not choose for themselves (I leave that up to life!) It has been said that independence means having the choice and control to make even a bad decision in life. If I didn’t have that choice and control, how different would I be in comparison to the institutionalized mindset of society? When people realize their personal power to pursue the life they choose, they will begin to reply to society’s dissuasion with “I can do it,” “I am able” and “I’ll tell you if I need help,” be it under good or bad circumstances.

Learn more about and join the Independent Living movement. Let’s talk diversity in disability. There are so many disabilities out there. I often tell people I have diagnostic criteria books on

my desk, and I can find something in there for everyone — and I mean everyone. Disability is so vast in its range of affecting a person's physical, mental and emotional capacities. That being said, the next piece of advice I will offer is...

Never assume you know if a person has a disability. If you feel it appropriate, do your best to ask as politely and respectfully as you can, but never assume you know. Many disabilities, like autism, deafness, epilepsy and mental illness, are invisible. The plight of people with invisible disabilities is that much more difficult as they have to often verify and validate their disability while trying so hard not to be discriminated against because of it.

Educate yourself. Ladies and gentlemen, introducing ...the Internet! Or let your guard down, set aside your clinical perspective and really get to know another human being who happens to have a disability. If you happen to know the disability of the person with whom you are working, there is information out there about how to interact with people with particular disabilities. Like other communities, the disability community includes many diverse cultures.

Disability etiquette can provide you with cultural nuances of specific disabilities and help you to work with people with disabilities while treating them with dignity. As society's perspective is pruned open, change is happening and progress is being made. We can see this in important cases like the expansion of community inclusion, consideration for accessibility of the world and the language that is evolving. We, too, must evolve and keep up with the progress of political correctness (let's at least make an effort not to offend someone with our ignorance). Still, there are some people with disabilities who will give you grief no matter what because they are just rude, just like some people without disabilities. In that case, refer back to the first tip: Keep calm and just be a mirror.

Poverty and malnutrition

Poverty is one of the biggest causes of disability. Poor people are most vulnerable to disability because they are forced to live and work in unsafe environments with poor sanitation, crowded living conditions, and with little access to education, clean water, or enough good food. This makes diseases such as tuberculosis and polio--and the severe disabilities they cause-- much more common because diseases get passed from one person to another more easily.



While she was pregnant, the mother of this girl with cleft lip and palate did not get enough food to eat containing folic acid and calcium (such as dark green leafy vegetables, beans, and eggs).

Many babies who are born in poor families may be born with disabilities or may die in infancy. This may be because the mother did not get enough to eat when she was pregnant. Or it may be because she did not get enough to eat when she was a girl. Starting in childhood, a girl is often given less food to eat than a boy. As a result, she may grow more slowly and her bones may not develop properly, which can later cause difficulty during childbirth-- especially if she does not receive good health care.

If a baby or young child does not get enough good food to eat, she or he may become blind or have trouble learning or understanding.

War

In today's wars, more civilians than soldiers are killed or disabled, and most of them are women and children. Explosions cause people to become deaf, blind, and lose their limbs, as well as causing other injuries. Their mental health is also badly affected by the violence. The destruction of homes, schools, health centers, and means of livelihood that results from conflicts and wars leads to increased disability, poverty, and disease.



Land mines, cluster bombs, bullets, and chemicals used in wars cause more disabilities in the world today than anything else. They often injure women who are carrying out their daily activities, such as farming, or gathering water and wood.

Explosions and landmines cause many leg and arm injuries, and often a child's or a

woman's leg has to be amputated. But only about 1 of every 4 amputees gets an artificial leg to replace a lost leg, because they are usually expensive or difficult to get. The Mukti and Satti limbs and the Jaipur Foot are good quality, low-cost, artificial legs made by groups in India. For more information, see [Other Resources: Disability and Development Partners](#).

The international treaty to outlaw land mines could save many lives and prevent many disabilities, but some governments still refuse to sign it. If it has not, pressure your government to sign it.

Nuclear accidents

Many people have suffered after being exposed to massive amounts of radiation. This happened after accidents in nuclear power plants at Three Mile Island in the USA in 1979, and at Chernobyl in the Ukraine in 1986. And it also happened when the USA dropped nuclear bombs on Japan in 1945. These incidents caused widespread destruction and death from exposure to radiation.

The people who survived these accidents and bombing attacks have suffered mainly from cancers--either tumors in various parts of the body, especially in the thyroid gland—or leukemia (cancer of the blood), all of which bring an early death. In communities where these nuclear incidents happened, there has also been an increase in the number of children born with learning difficulties, such as Down syndrome.

Poor access to health care

Good health care can prevent many disabilities. Difficult labor and birth can cause a baby to be born with a disability such as cerebral palsy. Trained birth attendants who can identify risks and handle emergencies can prevent babies from being born with many disabilities. Immunization can also prevent many disabilities. But many times vaccines are not available, or people who are poor or live far from cities cannot afford them, or there are not enough for everyone.

Illness



If a woman gets German measles (rubella) during the first 3 months of pregnancy, her child may be born deaf.

Some illnesses a pregnant woman may get can cause physical or learning problems when her baby is born. Illnesses that can cause birth defects include German measles (rubella), which is a common cause of deafness in newborn babies. There is a vaccine that gives protection against rubella, but a woman who gets an immunization of the rubella vaccine should not get pregnant for one month afterward.

Syphilis, herpes, and HIV can also be passed from a mother to her baby and can cause birth defects. So women need to be tested and treated for sexually transmitted infections to protect the baby developing in the womb.

Some illnesses a baby or small child may get can also cause disability, such as meningitis, polio, and measles. It is important for newborn babies to get immunizations for protection. Children who live in places where leprosy (Hansen's disease) is common need to be tested as early as possible.

Medicines and injections

When used correctly, certain injected medicines, like some vaccinations, are important to protect health and prevent disability. However, there is a worldwide epidemic of unnecessary injections. Each year these unnecessary injections sicken, kill, or disable millions of persons, especially children.



Avoid unnecessary injections.

Giving injections with an unclean needle or syringe is a common cause of infection and can pass the germs that cause serious diseases such as HIV/AIDS or hepatitis. Unclean injections are also a common cause of infection that can lead to paralysis or spinal cord injury or death. Also, some injected medicines can cause dangerous allergic reactions, poisoning, and deafness to a baby in the mother's womb.

A needle or syringe must never be used to inject more than one person without disinfecting it each time.

Some medicines and drugs taken during pregnancy can cause disability in the baby. The overuse of injectable medicines, such as oxytocin, to speed up childbirth and 'give force' to the mother's labor, deprives the baby of oxygen during birth. It is a major cause of brain damage. Alcohol and tobacco used during pregnancy can also damage a developing baby.

Everyone must consider the possible risks and benefits of using any medication. Doctors, nurses, other health workers, pharmacists, and everyone else must stop the misuse and overuse of medicines—especially of injections. For ideas on teaching about the danger of unnecessary injections, see [*Helping Health Workers Learn*](#), Chapters 18, 19, and 27.

Dangerous work conditions

Women who work long hours without enough rest are likely to have accidents. Women who work in factories, mines or on agricultural plantations can be exposed to dangerous machinery, tools, or chemicals. Accidents, overwork and exposure to chemicals can all cause disability.

A growing number of women have also been permanently injured due to violence at work. Supervisors sometimes use violence and threats to try and make women work harder and faster. Sometimes the authorities bring in the military or police to stop women from striking or protesting unsafe working conditions.

Accidents

Many women and children get disabling injuries at home by burns from cooking fires, falls, road accidents, and breathing or drinking toxic chemicals. Workplace accidents, especially in less regulated sectors such as construction, agriculture, mining, and smaller businesses, are a common source of disability.



This woman was a farm worker and was exposed to dangerous chemicals when she was pregnant. This affected her baby while he was in the womb, and he was born with a disability.

Poisons and pesticides

Poisons such as lead found in paints, pesticides such as rat poison, and other chemicals can cause disabilities in people and cause birth defects in babies growing in the womb. Smoking or chewing tobacco, breathing smoke, and drinking alcohol during pregnancy can also harm a child before she is born.

Workers often use chemicals on the job or in the fields without being taught how to use them safely, or without even knowing if they are dangerous. Accidents in factories can release poisons into the air, water, or ground, causing terrible health problems, including permanent disabilities.

Inherited disabilities



Physical characteristics of Down syndrome.

**small mouth, hangs open; roof of mouth is high and narrow; tongue hangs out
eyes that slant upward; sometimes cross-eyed or poor sight
ears low**

Some disabilities are known to be inherited, such as spinal muscular atrophy and muscular dystrophy (diseases of the muscles and nerves). Women who already have one or more children with an inherited disability are more likely to give birth to another child with the same problem. Other disabilities can result when close blood relatives (such as brothers and sisters, first cousins, or parents and children) have children together. Children born to mothers 40 years of age or older are more likely to have Down syndrome. **However, most disabilities are not inherited.** In most cases, the parents of a baby born with a disability did nothing to cause the disability. They should never be blamed.

Prepared by

G.RAMANATHAN Phd

Assistant Professor

Psychology

Ph: 9486792653