

Student Name:

Course, Department:

Institutional affiliation:

Date:

Question One:

Everyone is entitled to a decent and more effective work environment whereby freedom, equality, and dignity are within human beings. That's quite a challenge for people who suffer from mental health disorders. The effect of mental health issues in the workplace can be damaging for an individual and the whole performance of an enterprise. The mental health disorders also can pose a challenge to an individual as it derails any productive work done by the person. Let's take an instance of Janine, who was part of the computer-training program but rarely kept different posts due to her slow performance at work.

For an individual like Janine, who is limited to career direction, people suffering from mental health disorders should be guided towards the career path they feel they can take part. It can be through career seminars or career development events. By doing this, it's a way of giving these individuals confidence that they can do an effective job similar to any person working at a workplace. Society should embrace that people suffering from mental health disorders can also work if they are well guided and given the support needed.

Question Two:

Career counseling is effective in cementing confidence in better decision-making, minimizing job distress, heightening academic grades, and enhancing work productivity. That being highlighted in the story of Janine, who was diagnosed with bipolar disorder. Her abusive experiences led her towards mental health challenges. As a counselor, it would be effective for Janine to share her past experiences, which led to her escape when she turned 19 years old because it's usually noted that personal issues can often affect one's academic results and also work productivity, similarly to Janine where she fell in her high school GPA. In sharing past

experiences, it's also good to light up the situation to avoid any relapse by the client when sharing personal experiences.

If not all the time, most past experiences often lead to mental disorders. As it's usually triggered mainly by emotional and physical anguish. It can be an assault experienced or observed that culminated over time. Often teenagers would top it up with drinking alcohol and drug abuse, which usually stretches the situation. The advice given to Janine would be to try to avoid any problems that would overwhelm her or underwhelm her in any way since that would trigger her bipolar disorder.

In terms of career, career choice is considered a significant task for one but also tricky. For Janine, who's the client in the case. The questions that would be asked of her would be:

- What does she love to do? Is it art? Sciences?
- What is she good at?
- Which skillset does she contain for her job desire?
- Which kind of participatory activities would be fun for her?

Those are some of the questions that would be posed for her to answer. The questions may look basic for anyone, but they would help engage with Janine. She would share about her skill sets, her level of education, and also her job desire. In this case, it would mean that Janine has to go back to school and get her education to fit into the white-collar job she admires.

Question Three:

First thing, it would start by gathering every information from Janine: how her problems began, which, as noted it began at home with her family members, with the abusive treatment she was getting, which culminated in her education where she obtained a low GPA. Apart from that, would also listen to her career goals and desire. That's the first phase of the framework. The second phase would exercise the act of refining the client's personal and career goals. In this, Janine and I would ensure that we have exhausted all possible solutions. For instance, she will need to stop indulging in situations or conversations that may arouse bipolar disorders to have a healthy life. Other than that, to have the desirable job, she would need to go back to school and focus on getting her education. For the completion phase, which is the final stage, she would need to implement what was being discussed, what we outlined as the solutions for her.

Works cited:

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