

4-MAT Book Review_ Floyd

Abstract

In the book *Crisis Counseling: A Guide for Pastors and Professionals*, Floyd helps readers to comprehend crises occurrences and how they affect individuals. The book has also provided ways of counseling persons during and after periods of distress, anguish and loss, which take place in their daily life (Floyd, 2008). The intention of writing the book was to assist professional, pastors, as well as persons serving in the ministry in understanding how they can give counseling to people in times of need.

Floyd has covered crisis counseling for both children and adolescents. The significance of this is that unlike adults, children process and cope with traumatic situations differently (Floyd, 2008). In some cases, such crisis is caused by parents, which results in confusion and a feeling of vulnerability. This produces anxiety among children that is expressed in different ways. Floyd (2008) argues that adults, caregivers and relatives have a responsibility of helping children cope with traumatic happenings. Some of the ways of accomplishing this encompass striving to maintain routine, effective communication, offering children physical contact, permitting them to play and avoiding parentifying the child.

While discussing adolescence and crisis, Floyd puts forth that young people experience various modifications including cognitive, natural, and hormonal changes. He argues that this is a delicate stage as adolescents become risk-takers, make errors in thinking and struggle with emotions. Traumatic happenings have a high probability of impacting teen's behavior. Such effects include withdrawal from family, spending time alone or clinging to their close friends. Traumatic events as explained by Floyd (2008) encompass the death of a friend or family member, natural disaster and parental divorce among others. The author argues that adults and

caregivers have a major role in helping adolescents during the grieving process. Grieving according to Floyd is vital in overcoming the loss.

Floyd has also discussed crises and disasters in church and community. The author provides practical insights as to how a church can deal with disasters which affect families, groups of individuals or the whole community. They include forming disaster response teams to deal with emergency needs. In this case, the church must plan, gain approval and implement relief efforts (Floyd, 2008). Lastly, Floyd has discussed secondary distressing conditions affecting counselors as well as strategies for using coping methods for crisis ministry (2008). This helps readers cope with burnout, stress, as well as secondary disturbance that might jeopardize the emotional, spiritual, as well as psychological health of the care provider.

Floyd provides real life examples in the book to show how individuals can help during a crisis event. For instance, he uses his own experience of assisting survivors of the shooting incidence at Wedgewood Baptist Church, Texas, which took place in 1999. This, together with the author's capacity to explicate his techniques in a clear way, makes the book suitable for ministers. He asserts that ministers have distinctive opportunities in assisting children and adolescents assess their opinions and sentiments, practice best strategies of coping and overcome a crisis effectively. They can also assist couples overcome a marital crisis, as its presence does not signify the marriage is over.

Concrete Responses

Floyd's book has caused me to reflect on my personal life episode that I witnessed while a teen. It was during one of Christmas festivals when my friends and I decided to go out riding. It was an annual teens' ride and it was my favorite activity. Our parents were family friends and they allowed us a one day ride at the outskirts of the city each year. The four of us plus our driver

went out as always, having fun, taking snacks and listening to music while driving around. We enjoyed the activity till noon but everything was cut short. It started raining in large drops and we assumed the rain could subside. However, the rain became increasingly persistent and our only cover was our vehicle. The drops were so large that they managed to make holes in the fiberglass of our vehicle. Within no time, it started flooding, and the vehicle could not move properly. The only solution was taking refuge in the nearby building. What started as a fun teens' day out became dangerous. Some building roofs were damaged while others were flooded. People squeezed in the already flooded buildings while our parents were worried about us, evidenced by the many telephone calls they made. The five of us had to cling together to ensure our safety. The scenery was bad, with vehicles nearly submerged; we managed to get help the following day and arrived home safely. I was filled with terror until my mother decided to seek counseling services for help. After reading Floyd's book, I realized that this episode relates well. It is the key in assisting me in dealing with such traumatic happenings in an effective way. The book is a good resource for counselors, professionals and even counselees.

Reflection

In his book, Floyd has exhibited a number of positives and negatives. While reading Floyd's book, there were various things which bothered me. Nevertheless, what bothered me most concerns the author's failure to address the issue of balance between the counseling role and family. It is true that counseling entails severe spiritual warfare which requires much attention. Additionally, the counselor needs to manage his/her family in the most effective way to prevent a crisis. How can this be balanced?

A key positive is the manner in which he has represented his crisis counseling know-how in a systematic manner. Initially, he has provided a basis in which the readers can understand

crisis in counseling. The author has also provided a theological foundation and definitions key in helping readers be familiar with what will be discussed in the book. Floyd starts with scripture as a background to embark upon concerns from a spiritual standpoint. Another positive is that the author uses practical strategies for intervention. The significance of this is that it transmits ideas from theory to real life ministry. The employment of a counseling model helps the book achieve momentum and it acts as a climax for the readers. Lastly, appropriate considerations have been used which are connected with life stages including children, adolescents, and community in coping with crisis.

Various questions have appeared in response to what I have read in Floyd's book. They include: How can a counselor sustain his/her family at a time of a crisis ministry? Answering this question provides information to a counselor during traumatic counseling moments. The counselor's family is vulnerable at this time and can easily be seized by the enemy. Another question is what restrictions must the counselor ascertain while counseling individuals of the opposite sex? Most affairs are caused by failure to sustain boundaries through crisis counseling. The reason is that emotionally intimate relations can be developed between the minister and individuals suffering trauma or the counselee.

Action

Crisis Counseling is a good resource for any person who has the capacity to help during a crisis (Floyd, 2008). More specifically, it is essential for counselors, church ministers and professionals. After reading the book, I realized that there are some actions that I can take both in my personal life as well as to help people who need assistance during and after a traumatic occurrence. To start with, the book helped me in understanding that crisis events are part and parcel of our daily life. It means that such occurrences cannot be prevented, but individuals need

to come up with coping strategies in order to overcome such situations and move on with their lives. In my own life, I have come across a few crises which left me traumatized. From what I have learnt, the first step is accepting the reality of a crisis event. It should be followed by grieving as it is a part of coping with a trauma. This should be followed by communicating my opinions to my caregiver in order to express my feelings. The underlying is to prevent any negative impact of the incident. Readjusting with the environment and moving forward with my life are keys to overcoming a traumatic incident.

The second action I would take is assisting individuals requiring help during and after a traumatic event. For instance, it is clear that children and adolescents suffer greatly in case of a crisis occurrence such as death of a friend or family member, divorce of the parents, or a natural disaster that destroys their home. In this, the first step would be involving myself with a counseling team or a counseling professional who deals with children and adolescents. From here, I would have the opportunity to meet counselees. While counseling this group of individuals, providing physical contact and effective communication are paramount. They should be listened to and be told what they can bear at the moment. Unlike adults, children cope with traumatic incidents differently. The group is vulnerable and, therefore, a counselor should be careful while offering counseling services. As a counselor, I should engage the counselee in talking about the incident while attending to all questions he/she puts forth.