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Situational Crisis

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Situational Crisis

A crisis may occur to a person in different ways without realizing it. However, depending on the way the crisis has occurred, they are divided into three different ways. Nevertheless, this paper will focus on the situational crisis. Situational crisis usually happens suddenly and in unpredicted ways for example rape. Moreover, individuals faced with rape always feel ashamed and do not want to speak about it, nonetheless, to be able to identify if a person is faced with rape, several signs can be seen (Backe, 2018). For instance, most individuals who have been sexually abused have variations in weight, diminished performance in workplace or school, changes in sleeping habits and withdrawal from normal activities.

Moreover, victims of rape are exposed to several potential dangers including being unable to work. Interfering with their work schedules might result in being fired at their occupations or even close their businesses. Furthermore, societal skills are also affected due to the changes in behavior because there will be a loss of trust and confidence. Since the event happened the victim will continue to take everyone as a suspect who can subject them to the rape crisis again, thus making it hard for the victims to trust other people. Similarly, another danger the victims are exposed to is confidence after rape which is taken away and this will affect the personal relationship (Backe, 2018). Furthermore, they will always find themselves pulling back from their partners, and avoid being touched, because of the panic memories that appear to the victim when they continue with a sexual relationship with their partners. Through the increased memories that happen to the victim, they will likely to interfere with their daily lives events and thus affecting the eating habits which might result in increased depression and anxiety which when it advances can be severe and affect the life of the victim as they may try to commit suicide.

Although the rape crisis has many dangers to the victims it is also accompanied by an opportunity for growth depending on the individuals as some may become stronger. First, these individuals may become advocates for those who have been affected by the rape crisis (Kanel, 2014). The pain and suffering they passed through were hard and challenging and considering that most of them did not have a shoulder to lean on during the emotional trauma they were facing, they can be light and of assistance to those facing the same event. Another opportunity obtained is to be closer to their God if that is where the faith is in, therefore, since the crisis has occurred the victims will find a higher power to provide for the comfort. According to John 16:22 individuals are comforted with the bible verse that now is their time to grief, however, God will see them again and they will rejoice and no one will take again their joy (*King James Bible*, 2017, John 16:22).

Several treatment interventions exist that can help victims of rape crisis. For instance, according to Kanel (2014), psychiatrists are very important in helping individuals succumbed to the rape crisis. They can utilize therapy because some therapist has specialized in handling the trauma of rape. Another way to treat these individuals is through the utilization of psychoanalysis theory which was developed by Sigmund Freud (Kanel, 2014). The main statement in the theory is that individuals have unconscious feelings, needs, judgments and memories. Therefore, the major goal of the theory is to release suppressed feelings and experiences. Similarly, despite psychoanalysis being a theory, it is also a therapy that is mostly used to treat anxiety and depression disorders. Finally, is through the use of the ABC model of crisis intervention (Kanel, 2014). This method utilizes three processes where the first step is to develop a relationship, the second step mentioned as B is to recognize the issue and C is to take action.

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