

Case Management and Rehabilitation Counseling Essay

I have managed to develop a balanced worldview that informs my philosophy as a counselor. The ultimate goal is to uphold every person's rights and liberties. The role of a counselor is to promote God's work on earth. When well-being and happiness are maximized, individuals can achieve their potential (Gonzalez-Prendes & Brisebois, 2012). My worldview and value system have been impacted by my religious and personal values. I understand that people should respect others, obey God, and promote happiness. My values such as integrity and empathy emerge from my childhood experiences. My inherited characteristics also encourage me to be sympathetic and empathic.

This worldview will definitely influence my work as a human service professional. I will always respect my clients' cultural values, worldviews, and beliefs. The desire to learn more about the cultural attributes of the client is a strength that can maximize his or her well-being (Evans, Levitt, & Henning, 2012). The value system guides me to uphold the best values that can support the needs of every client. My value system and worldview will definitely empower me to meet the needs of more people.

The core principles of ethics such as autonomy, beneficence, justice, and non-maleficence guide human service professionals to support the needs of their clients. I have been able to apply the principles in my practice effectively. However, the principle of autonomy has proved to be a bit challenging for me especially when working with some of my colleagues. These core ethical principles require caregivers and counselors to follow their clients' actions, decisions, and thoughts (Evans et al., 2012). The decisions made by the counselor should be free of coaxing, abuse, or coercion.

However, sometimes I encounter colleagues and clients whose ideas and rituals appear to be harmful. For instance, there is a time I worked with a professional who believed that the rituals of the targeted client should be embraced even if they threatened his or her life. In such a scenario, it can be hard to convince the colleague that the targeted client should be supported and guided using the best approaches. It can be impossible to embrace the most appropriate and evidence-based practice while at the same upholding the client's autonomy. Sometimes I can become emotional depending on the situation at hand and find it hard to collaborate with my colleagues (Gonzalez-Prendes & Brisebois, 2012).

Case management is a powerful process that brings together different professionals to plan, assess, and coordinate the services needed to maximize the well-being of the client. In rehabilitation counseling, case management focuses on the best approaches to ensure the targeted client overcomes his or her personal and psychological problems (Evans et al., 2012). The management process will be used to assess and evaluate the best options to ensure quality counseling services are available to the client. The counselors should ensure the interventions are cost-effective and capable of promoting rehabilitation.

The process will differ significantly in clinical mental health case management. During this case, the human service professionals will collaborate to assess, plan, and monitor the options that can meet the mental health needs of the patient (Evans et al., 2012). The process will promote the use of communication and resource management to ensure the mental health needs of the patient are met. The issue of cost-effective interventions should also be taken seriously in clinical mental health case management. The main goal should be to coordinate the best support systems to restore the client's mental health.

References

Evans, A., Levitt, D., & Henning, S. (2012). *The application of ethical decision-making and self-awareness in the counselor education classroom*. *Journal of Counselor Preparation and Supervision*, 4(2), 41-52. Web.