

STRATEGIES FOR SOLVING PROBLEMS IN FAMILIES

We shall now discuss strategies that can help you solve some of the problems mentioned above. Some of the strategies are preventive while others are rehabilitating. Your choice of strategy will depend on the extent of the problem.

Preventive Strategies

1. Provide relevant education to clients.
2. Train peer counsellors to give information.
3. Invite speakers to talk about relevant topics. Use traditional community resources, and those from NGOs.
4. Avoid total seclusion between boys and girls, by allowing protected interaction and socialization.

Rehabilitation Strategies

1. Provide counselling to the client in order to recover from emotional trauma.
2. Provide counselling to family members.
3. Seek professional assistance from other specialists.
4. Seek assistance from agencies such as NGOs, churches, and law enforcement authorities, where necessary.
5. If necessary, recommend foster care.
6. Provide options as a solution.