

CVS Protocol An Effective Social Work Therapeutic Paradigms For Managing Issues Of Affective Disorders And Humanizing Mental Health

Sunitha R¹, Dr. Sonny Jose²,

¹Researcher University of Kerala

²Head, and Associate professor, University of Kerala

ABSTRACT: *This paper introduces the CVS protocol for social work practitioners and mental health professionals to constructively use this model in people with obsession, insomnia, suicidal ideation, lack of self-esteem, challenges with trauma, and depression. CVS protocol is simply an integration of three techniques – counselling, Visual-kinesthetic Dissociation (VKD), and spirituality intervention. Counselling creates a confidential space to talk and explore their problems and use their strengths and resources to resolve their issues and make choices to lead more fulfilling lives. Visual-Kinesthetic Dissociation (Bandler and Grinder, 1975 and 1978) elicits, alter, modify or dissociates a traumatic response. It is a seven-step process that allows a client to associate personal resources of competency and dissociate phobic reactions (Bacon, 1981). Spirituality is an aspect of humanity that gives ultimate purposefulness and connects with inner power. Believing in this inner power gives hope in a crisis; leads to self-confidence and keeps in a resourceful state. Herein presents three cases of individuals who applied the CVS method after having diagnosed the symptoms of anxiety and depression using the scale of Hamilton Anxiety Rating Scale (HAM-A). The clients observed for six months, and the pre-test, post-test, and follow-up reveals a positive change in the clients' emotions and attitudes. After applying the CVS protocol and further consultation with the psychiatrist, two clients who were under pharmacotherapy withdrew from the medication and led a relaxed life. This therapeutic intervention increases resilience power and decreases emotional distress. As the Corona pandemic weaves out to beat the equilibrium of people's mental health and societal lives, this method eases mental agony and enhances life purpose.*

Keywords: *Counselling, Visual-Kinesthetic Dissociation, spirituality intervention, affective disorder, and CVS protocol*

1. INTRODUCTION

Our lifestyle has considerably changed due to the entry of the novel Covid-19 virus. Millions of people's mental health have been drastically affected; anxiety, stress, emotional distress, social isolation, loneliness, etc. Here, the researcher proposes the CVS protocol to integrate three techniques – Counselling, VKD, and Spiritual therapy to tackle mental health issues. WHO estimated that 56 million Indian people suffer from depression, and 38 million Indians suffer from anxiety disorders (Anisha Bhatia, 2020). Cyriac (2019) examines that today's digital world is much complicated. There is an overflow of information coming to users as

posts, forwards, comments, and newsfeeds- Much of these are distressing rather than relaxing (p.116). According to the studies of Apollo Hospital, Hyderabad, 80percent of the patients who come for treatment fell into sickness due to mental stress (Anilkumar, 2010). The eight years of experience in the field of counselling made the researcher formulate the CVS protocol. This method will galvanize the mind to cope with the present crisis.

Case 1

Personal and Family History

Helena (name changed) 56 years old, hailing from Trivandrum, Kerala, India. Case referred by a social worker stays in her neighbourhood. She was bereaving over her demised husband and mother died in one month difference. Their deaths were unexpected and shocking. She has two children. The elder daughter married and settled in the United States, and the younger son works in the IT field, and his marriage fixed. She was attached to her mother and taking care of her in the evenings of her life. Her husband was her world. Their death affected her mental and physical health; therefore, consulting a psychiatrist was consuming Nexito-10, an antidepressant tablet, to treat depression and anxiety.

Problem presented

Insomnia – could not sleep even an hour because of fearful dreams, odd smell – Fish & plastic burning, obsessive thoughts, suicidal ideation, absent-mindedness, guilt conscious, feeling of hopelessness, uncontrollable tears, social isolation, and fear of going out. These were the problems presented by the client.

Diagnosis

The counsellor interviewed her son and social worker cum friend, who accompanied her to the counselling center—followed by individual counselling with Mrs. Helena. She narrated her problems similar to what her son and friend shared. After listening to her concerns and understanding her deeper feelings, Hamilton Anxiety Rating Scale (HAM-A) administered showed very severe anxiety.

Therapeutic intervention – CVS protocol

CVS protocol is an integrative method using three techniques, one after the other with a short break in between. Through the counselling process, the counsellor psychotherapist explored the dark side of the client, ventilated strong negative feelings, and identified the root cause of the problem. The root cause was the shocking scene and odd smell from the ICU ward and the information about septicemia from her husband's doctor. VKD applied to desensitize the trauma. It is re-experiencing the event along with solid anchoring. Once the trauma desensitized, spiritual therapy applied with the support of instrumental music. Gradually, she became in a resourceful stage to face the challenging realities of life. Follow-ups are done over the phone.

Case 2

Personal and Family History

Arun (name changed) 25 years old, hailing from Kollam, Kerala, India. His professor at the college has referred the case. Both parents are government employees, and he has a younger sister. He was under medication for borderline and bipolar disorder for six months. As he was not happy with the psychiatric treatment, the client switched on to homeopathy medicine. He had an irrational belief that he felt that Arun is good for nothing even though he has proven

his animation and computer design proficiency. He used to fight with teachers and classmates for silly reasons and had no friends to share his issues openly.

Problem presented

Suicidal ideation, low self-esteem, limiting beliefs, tremendous fear, delusions, and hallucinations, anxiety, fear of decision making & stage fear, social inhibitions, poor academic performance and uncontrollable Anger.

Diagnosis

The psychiatrist already diagnosed him as a borderline and bipolar disorder patient. He also had the habit of searching his sickness and manifestations on Google. The counsellor observed that he doesn't have the character of sharing emotions with others, yet he wants to get rid of the negative emotions. Considering his deep desire to change of behaviour proceeded with CVS protocol.

Therapeutic intervention

The counsellor psychotherapist created a comfortable space to share his unresolved issues and taken confidence in hand. In the counselling process, the counsellor facilitated him to tell the story and helped to understand the root cause of the problem. The childhood trauma was harrowing and intense. Since the boy was a believer of God, after desensitizing Arun's childhood trauma was taken Him to the Church. The counsellor put him in a trance and connected with his inner dimension of the self. Through the fifteen (15) minutes of spirituality intervention, he was in a resourceful state to live a purposeful life. Follow-ups and impact assessment were also done four times.

Case No 3

Personal and Family History

Anu Patekar (changed the name) 27 years old, hailing from Trivandrum, Kerala. He has Obsessive-Compulsive Disorder (OCD), and for the past seven years, he was under psychiatric treatment. The client was working in one of the IT companies at Trivandrum. Job pressure was adding tension to his married life. Due to stress and obsessive thoughts, he had to quit two reputable companies' jobs. He was living with his wife in his paternal house. There was no trace of mental illness in his family.

Problem presented

Recurrent obsessive thoughts – e.g. while riding a two-wheeler a girl is taking a photo of me, the room is locked or not, whether put the page number or not in the examination sheet, the ID card will it be in the bag or not, tension about the job, explosive anger towards family, and Why me questions?

Diagnosis

Anu Patekar was consuming Divazis Er 250mg (0-0-1), Oleanz 2.5 mg (0-0-1), clonotril 0.5 mg (1-0-1), and clonal 25mg (1-0-1). The counsellor psychotherapist, through counselling, explored his childhood and identified the root cause of the problem. From age four onwards, his Anganwadi teacher, & family would make fun of him for his stammering. The most negatively influencing person was his Anganwadi teacher, and even he could remember his fearful years in the playschool. Gradually developed the qualities of a perfectionist & wanted to be thriving better than others and frightened to fail in life. All should say well about him.

That was his motto. Therefore, he befriended with books and spends his leisure time in a secluded place.

Therapeutic intervention

In this case due to the outbreak of the Covid-19 the pandemic therapeutic intervention has given over the phone. The client narrated his story in-depth and in detail with a deep desire to change his mode of life. The counsellor psychotherapist explored his childhood issues and found out the root cause of the problem. After a short break, applied VKD asking to take a comfortable place, connect the phone with earphone, keep aside a glass of water, etc., followed by spiritual therapy. The client replied that it had got a magical power, and he seemed to be relaxed and concluded the conversation with joy and satisfaction.

Theoretical background for CVS protocol

Freud's Psychoanalytic theory gives due attention to the unconscious mind. Roger's person-centered theory gives more emphasis on the person. Considering the client as a person not as a problem. Albert Ellis's CBT focus on altering irrational belief and changing faulty thinking and feeling. They describe in detail how it would contribute to an individual's better physical, psychological, and social health. CVS protocol believes that clients can live the most fulfilling, creative, and emotionally satisfying lives by organizing and disciplining their thinking and feeling. Here the counsellor identifies his/her mental issues desensitize the trauma with their support, and use their resources to lead a quality and meaningful life.

2. RESULTS:

SI	Root cause of the problem	Treatment	Results	Remarks
Case No 1	Anxiety Unforgettable memory related with hospitalization and septic death of her husband	CVS protocol	Calmness sound sleep No delusion & hallucination No more suicidal tendency Stopped weeping and wailing Actively involved in house duties	She went to America to take care of her pregnant daughter. Stopped drug treatment
Case No 2	Bipolar & border line Low self-esteem Tremendous fear to face people and worry about academic performance	CVS protocol	Relaxed Hopeful Reduced suicidal tendency	He passed his PG examination Stopped medication

Case No 3	Obsessive Compulsive Disorder (OCD) Frequent obsessive thoughts Lack of concentration Often found semi-sleep & drowsy Anxiety	CVS protocol	Reduced obsessive thoughts Can differentiate between obsessive thoughts and realities Increased his belief system	Reduced job stress and working in a company Consulting with psychiatrist medicines dosage gradually reduced now completely stopped the medicine
-----------	---	--------------	---	---

3. DISCUSSION

The three case presentations depict individuals are normal but their functioning severely affected by affective disorders like anxiety, bipolar & borderline, and Obsessive-Compulsive Disorder. The root cause of the mental disturbances was past events that hooked their minds. Through the process of Study, assessment, intervention, and evaluation (interventional research design) could improve their individual and social functioning. Integrating three techniques could reduce the manifestations of illness and changes reflect in their body language. The researcher draws the inferences that CVS is a cost-effective, harmless, and time-bound technique to effectively manage the affective disorder. As the wavelength of Covid-19 increases like a wildfire around the world, mental health is affected of people are severely affected. The people and government are shaken to the core. This combined technique assists the client to deal with emotional baggage or unsolved issues and look at their inner self and regain their resilient power to face the facts of life. Here the sample size is very small and focused on only people with affective disorder. Therefore it is difficult to generalize.

4. CONCLUSION

Mental disturbances are the signals that we are not meeting our needs. In the Covid-19 pandemic, the major mental health issues reported were stress, depression, fear, anxiety, and the suicide rate also increasingly high. Covid-19 has thrown an unprecedented challenge to all of us, putting us in an extraordinary situation. Here CVS could be one of the answers to bring the equilibrium between body and mind.

5. REFERENCE

- [1] Anilkumar, C.K. (2010). *Manasi kasammardham Karanangalum prathividikalum*, Harmony books. page 12
- [2] Anisha, Bhatia (2020, October 9). World Mental Health Day 2020: In numbers, The Burden of Mental Disorders in India.
- [3] <https://swachhindia.ndtv.com/world-mental-health-day-2020-in-numbers-the-burden-of-mental-disorders-in-india-51627/>
- [4] Antony, D. (2003). *Psychotherapies in Counselling*. Anugraha publication

- [5] Antony, D. (2009). *Principles and Practice of Counselling*. The Counselling Format (1st ed.) [Book]. P.29, 330
- [6] Cyriac, Sajith. (2019). *Digital Generation*, Better Yourself Books & Media, Mumbai, page 116, 118
- [7] John, D. (2009). *Principles and Practice of Counselling*. Anugraha publication.
- [8] Richard, M. Gray. (2010). NLP and PTSD: the Visual- Kinesthetic Dissociation Protocol. Current Research in NLP: Vol 2- proceedings of 2010 conferences. P.33
https://www.researchgate.net/publication/239938915_NLP_and_PTSD_The_Visual-Kinesthetic_Dissociation_Protocol
- [9] 74% Indian suffering from stress, 88% from anxiety: Study. (2020, May 07).
<https://indianexpress.com/article/lifestyle/health/indians-stress-anxiety-mental-health-study-7101237/>
- [10] World Health Day April 7, 2021: Theme, significance, history and quotes. (2021, April 7). India Today post
- [11] <https://www.indiatoday.in/information/story/world-health-day-april-7-2021-theme-significance-history-and-quotes-1787871-2021-04-07>