

Week 8 Discussion

Students Name

Institutional Affiliation

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This week's discussion explores crisis counseling in military settings and higher education. Our aim is to critically evaluate new therapies and understand policy impacts on affected individuals.

MDMA-Assisted Psychotherapy for PTSD

MDMA-assisted psychotherapy, designated as a breakthrough therapy for treatment-resistant PTSD, offers a novel approach to managing severe psychological trauma. The potential benefits of this therapy include accelerated emotional processing and reduced avoidance of traumatic memories, which are critical hurdles for traditional treatments (Smith et al., 2022). However, the drawbacks must also be considered, such as the risk of misuse, potential psychological dependency, and the societal stigma associated with using psychoactive substances in treatment settings. The critical questions here involve the therapy's long-term effectiveness and ethical implications of its use.

Grief and Loss within the Military Lifestyle

Grief and loss are pervasive in military life, often exacerbated by frequent deployments, the danger of active duty, and the high mobility of military families. These factors can lead to significant emotional and psychological stress, affecting family cohesion and individual mental health (McCullough et al., 2023). Discussing these issues highlights the need for specialized grief counseling in military settings to address unique emotional challenges.

Title IX and Campus Policies

Awareness of Title IX, the Clery Act, and Campus SaVE is crucial in higher education as these policies address sexual harassment and violence on campuses. Reflecting on how universities implement these policies can reveal gaps in student awareness and safety measures. It prompts a discussion on the effectiveness of these policies in real-world

educational settings and how they can be improved to ensure a safer environment for all students.

Conclusion

This discussion emphasizes the importance of understanding and improving crisis counseling practices in specialized environments. It seeks to enhance our approaches to PTSD, grief, and policy-driven safety in educational and military settings.

References

- McCullough, A. J., Likcani, A., & Hartenstein, J. L. (2023). Grief Process and Support Systems for Military Widows. *Journal of Feminist Family Therapy*, 35(2), 155–178.
<https://doi.org/10.1080/08952833.2023.2210940>
- Smith, K. W., Sicignano, D. J., Hernandez, A. V., & White, C. M. (2022). MDMA-Assisted Psychotherapy for Treatment of Posttraumatic Stress Disorder: A Systematic Review With Meta-Analysis. *The Journal of Clinical Pharmacology*, 62(4), 463–471.
<https://doi.org/10.1002/jcph.1995>

Response

Hi,

Your discussion offers a comprehensive analysis of the critical aspects of crisis counseling in military and educational settings. I appreciate how you've balanced the potential benefits and drawbacks of MDMA-assisted psychotherapy, especially noting the ethical concerns that accompany its use. Your points on the pervasive nature of grief within military life also resonate deeply, underscoring the need for tailored counseling approaches that address these unique challenges. Additionally, your critique of university policies regarding Title IX and related acts adds a crucial perspective on the effectiveness of these measures in safeguarding students. Expanding on your points, I believe integrating continuous feedback mechanisms from students and military personnel could further enhance these counseling practices and policies, ensuring they remain relevant and effective.