

## **Job Loss and Career Counselling**

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We are all well defined by our jobs. If you don't believe that, consider that most often one of the first questions we ask a stranger at a party after you find out their name. It would be a pretty safe bet to say that one of those first few questions is always "What do you do for a living?" Jobs and one's identity with a job and workplace have much more than occupation of time and remuneration ramifications for many of us.

Besides determining how much money we earn and what our remuneration potential may be, jobs structure our day and regulate a pattern of a required set of activities as we prepare for, go to, and finish our days work. Our jobs account for our status and identity, our sense of purpose and participation, and the social interaction and network that work brings (Jahoda, Lazerfeld, & Zeisel, 1933). While losing one's job under any circumstances can certainly be a crisis, losing ones job for absolutely no reason, or one that has nothing to do with job performance certainly is. In the new economic millennium, the possibility of economic restructuring and job loss is ever present no matter how diligent and faithful employees are (Newman, 1993).

The ripple effects of job loss stretch out to the families of those employees and may result in a variety of pathological reactions as the primary breadwinner comes to realise that he or she is now downwardly mobile with a very uncertain outlook on regaining their former job status. A job loss in a family can cause anxiety issues to flow onto one's partners, children and indeed parents as fears for the future, the family member affected and indeed themselves rise in the group closest to us immediately after the termination and in the critical months that follow. On a personal basis, depression, anger, blame, projection, loss of self esteem, loss of personal identity, loss of self concept, loss of social support systems, stigmatization, loss of control, disintegration of ego integrity, and overall negative mental health are emotional outcomes for someone who may now also be suffering from secondary victimization not unlike rape or assault victims ( Price, Friedland & Vinokur, 1998) That victimization may occur at the hands of others who need to rationalize the person as somehow incompetent, lazy, or otherwise unequal to the job. To acknowledge otherwise would be to put themselves in peril and say very clearly that they had absolutely no control over their own destinies any more than the coworker who was let go (Reichle, Schnider & Montada, 1998). Further compounding this problem the victim often reacts in the same way as the persecutors, casting about in a futile attempt to make sense out of what has happened (Lerner, 2000)

Make no mistake job loss is a potentially serious mental health issue and can have alcoholism, drug use, family abuse, divorce and suicide as its most serious outcomes if not dealt with and handled properly. Alternatively many of my clients find a smorgasbord of hidden opportunities arise from the ashes of a job termination when they undertake one of our programs. Darren Peake has the knowledge, experience and background in both counselling and management to firstly deal professionally with the emotional fallout that immediately accompanies a job loss, from here he can help you distil and clarify your future goals, dreams and aspirations for your career and has the proven techniques to help you find your new future. Call Darren today on 0418 257 643 to discuss your situation in strictest confidence and fine out more details of our 8, 12 and 26 week programs that will be custom tailored to your needs to give you every opportunity to overcome the crisis that is a loss of job and plan for a better future.

## References

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