

Week #11

Evaluating Progress

Progress in assisting people through crisis can be measured using the acronym BASIC.

1. **B** refers to behavior patterns of the person in crisis. How are they working, eating, and sleeping? Is this different than prior to the crisis?
2. **A** is for affective functioning. Identify feelings and determine how this affects behavior.
3. **S** stands for physical symptoms. Are these new symptoms or previous ones that have intensified?
4. **I** stands for interpersonal functioning. How has the crisis impacted the person's relationships? Is the person's support system adequate?
5. **C** stands for cognition. Is the person thinking rationally, or experiencing thought distortions?

With this information in hand, you will be better able to help the person move forward.

Next Week: The Adjustment Phase Of Crisis