

Week #14

The Steps in The Process of Crisis Intervention

There are eight steps to follow in order to minister to a person in crisis.

Step number one: Implement Immediate Intervention

- A. The Waiting List - In crisis, there is a sense of urgency. Do not make the person wait more than overnight to be seen.

If this is not possible, arrange for another person to assist them.

Let the person know that they have done a great thing by reaching out to you for help.

- B. Sustainment Techniques - these are designed to stabilize the person in crisis.

Reassurance lowers anxiety. It also helps the person overcome feelings of hopelessness and helplessness.

Direct Influence procedures - these are designed to encourage new behaviors in the person. Most important, however, is that it helps avert disastrous outcomes, such as suicide or family break-ups.

Crisis does often lead to a person being more transparent, and less defensive. The result is they are more open to change.

NEXT WEEK: Immediate Intervention - Part 2