

CRISIS INTERVENTION

INTERVENTION PRINCIPLES

1. **IMMEDIATE INTERVENTION IS CRISIS INTERVENTION**
now - not later - not tonight - not tomorrow - not a waiting list
2. **ACTIVE FOCUS ON THE PROBLEM NOT THE PERSON DON'T MAKE DIAGNOSIS**
model healthy ego-strength and activity - use who/what/where/why/when/how
3. **LIMITED GOALS - DO NOT CONSIDER THERAPY OR LONG-TERM TREATMENT**
THE OBJECT IS TO REGAIN THE FORMER HOMEOSTASIS - THE FORMER USUAL FUNCTIONING
4. **HOPE AND EXPECTATIONS**
“Hope is the emotional belief and rational framework for believing that a desired outcome will occur” Use reassurance with caution - **DO NOT GIVE FALSE** reassurance or hope - stay supportive, warm, and rational.

false reassurance is given to meet the needs of the helper not the person in crisis

5. **SUPPORT**
Check with them about their spouse, family, friends, church, clubs, neighbors, anybody else to phone or contact.
6. **PROBLEM SOLVING FOCUS - NOT DIAGNOSIS**
Share your ego-strength - be rational, warm, and systematic - be a model
7. **PROTECT THE INDIVIDUALS SELF-ESTEEM**
They are not a “patient” but are experiencing a crisis and need your warmth and patience and understanding.
8. **ENHANCE THEIR SELF-RELIANCE**
Give them specific, concrete **TASKS**, preferably written down by them on list, to be taken with them. If they do not have specific tasks, they may “generate their own tasks” from their confusion and emotional pain. Specific tasks help “ground” people in their problem-solving efforts.



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**