

Week #4

Elements Of A Crisis – Part 1

A hazardous event starts the cascade that leads to crisis. This is an occurrence that initiates a chain reaction of events that leads to a crisis. An example might be a widower raising five preadolescent children who loses his job in a very specialized profession.

Jane Crisp has said: Crisis intervention is a process used to interrupt and/or positively impact a person's immediate crisis reactions. Sometimes called "emotional first aid," crisis intervention involves the use of verbal and non-verbal communication to encourage, empower, and build confidence in those who experience a crisis.

So, be thinking of what verbal and non-verbal communication would be helpful to this widower.

1. A vulnerable state must be present for a crisis to occur - things such as sleep deprivation, illness, or depression can lower coping mechanisms.
2. A precipitating factor must take place for a crisis to occur - this is the straw that broke the camel's back. Someone who has seemed to hold it together very well through extreme loss and heartache may fall apart after a broken dish.

Next Week: Elements Of A Crisis Part 2