

Crisis and Crisis Intervention Quick Facts

Crisis

- Any serious interruption in the functioning of an individual, family or group.
- Usually takes place 24-72 hours prior to seeking help
- Usually self-limiting, and resolved within 4-6 weeks
- Early prevention improves prognosis
- Clients most suicidal 3 days after the life-changing event
- Types:
 - ✓ *situational crisis*--> refers to extraordinarily stressful life events such as loss of loved ones, loss of investment, or losing one's home to a fire.
 - ✓ *maturational crisis*--> refers to events that are normal processes of growth and development, examples are adolescence, birth of first child, and retirement.
 - ✓ *adventitious crisis*--> refers to extremely stressful events that are catastrophic, unplanned, and accidental e.g. war, hurricanes, terrorist attacks, rape (note: some reference books do not include adventitious crisis and so rape is listed under situational crisis)

Crisis Intervention

- an active but temporary entry into the client's life to support the client, help client resolve existing crisis, restore the client to precrisis level of functioning, and to facilitate the client's attainment of a higher level of functioning.
- Client's active participation vital to the success of crisis intervention

Purposes of Crisis Intervention

1. support client during crisis
2. resolve crisis
3. restore client to precrisis level of functioning
4. allow client to attain higher level of functioning through acquisition of problem-solving skills

Examples of Nursing Diagnoses During Crisis Intervention

1. Anxiety
2. Fear
3. Ineffective Coping
4. Impaired Verbal Communication
5. Risk for Injury
6. Dysfunctional Grieving

Therapeutic Techniques During Crisis Intervention

- Establishing a trusting relationship by showing acceptance and concern
- Encouraging the client to discuss present feelings, such as denial, guilt, grief, or anger
- Helping the client to confront the reality of the crisis by gaining an intellectual as well as an emotional understanding of the situation.
- Explaining that the client's emotions are a normal reaction to the crisis
- Avoiding false reassurance
- Clarifying fantasies and contrasting them with facts
- Helping the client take responsibility for his behavior by not encouraging client's tendency to blame others
- Setting limits on destructive behavior
- Emphasizing the client's responsibility for behavior and decisions
- Assisting the client in seeking help with the activities of daily living until resolution occurs
- Evaluating and modifying nursing interventions as necessary