

Appropriateness of standard psychotherapeutic interventions in crises



**ASSIGN
BUSTER**

This generally relates to the fact that crises often involve numerous problems that have different magnitude and require different techniques to handle longitudinal effects.

Crisis intervention theory is not specific in defining the exact strategies to handle crises. The theory also does not present unique strategies that are absent or untouched by other standard psychotherapeutic theories. Critical analysis and study of crisis intervention theory confirm that many and common views touched by other theories such as Systemic, Cognitive Behavioral, Attachment, Psychoeducational, and Psychoanalytic are present in it. Furthermore, the fact that crises result in various and different conditions makes it necessary to recognize the appropriateness (Jackson-Cherry & Erford, 2014).

Some victims of Hurricane Katrina suffered from cognitive problems probably due to overwhelming distresses. To overcome such conditions, Cognitive Behavioral Therapy may be necessary to understand the situation and conduct an effective recovery plan (Jackson-Cherry & Erford, 2014). Some crimes such as raping and sexual assaults have threatened to destabilize family systems leading to crises. Crisis intervention theory in isolation lacks proper frameworks to resolve such problems. This makes Systems, Ecosystems, and probably Structural theories important tools to analyze the underlying circumstance and design coherent and relevant solutions.