

# The abc model of crisis intervention essay sample



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The ABC Model of Crisis Intervention is a method for conducting very brief mental health interviews with clients whose functioning level has decreased following a psychosocial stressor. This model follows the formula present regarding the process of crisis intervention. The model consist of a three stage process that includes achieving contact, boiling down the problem to basics, and coping, and is most effective when used within four to six weeks of the stressor occurrence (Kanel, 2006). Caplan and Lindemann first conceptualized the crisis intervention approach in the 1940s (Caplan, 1964; Lindemann, 1944); others have since developed models that use the principles and techniques of these founders.

The ABC model of crisis intervention presented in this text has its origins in a variety of sources. It is loosely based on Jones's (1968) A-B-C method of crisis management, with its three-stage process: A, achieving contact; B, boiling the problem down to basics; and C, coping. Moline (1986), a former professor at California State University, Fullerton, developed a course called Crisis Intervention, in which she used a modified version of Jones's model. From her lecture notes and from discussions with her about how she organized the course, the author developed, as noted in Chapter 2, the ABC model of crisis intervention discussed in this book. Over a period of 20 years, the author has expanded and revised the ABC model (Kanel, 2006). For counselors, developing and maintaining a rapport with the client is the foundation of crisis intervention, as the client needs to feel the counselor understanding and accepts them before work can begin (Kanel, 2006).

The ABC Model of Crisis Intervention 3 Although the ABC model of crisis intervention has a three-stage approach, in an actual interview the

components of any one stage could be used at any time. Readers should keep this thought in mind during the discussion of each stage that follows. The crisis worker will learn how to integrate the stages through practice and experience. Identifying the problem is the most important component of the ABC model and through the interview process, the counselor explores the client's perception regarding the stressor and identifies any ethical or substance abuse concerns and uses educational comments, empowerment and support statement, and reframes as therapeutic interactions with the clients.

Crisis counselor work with people who are in distress and may have medical need or psychological and intervention legal. In the role of counselor, will see the client who may have committed crime or participated in lifestyle that you don't approve. As a non-judgment counselor, you offer a more empathetic ear and support your clients to a safe environment. To develop boundaries and what ethical practices you need to follow. In order have good crisis counselor have an open heart and been understand what that client is feeling.

The counselor can identified the clients current coping strategies and their present coping alternatives such as support group and long- term therapy referrals or referrals to other medical professional o agencies that will be able to help. The important for a counselor is to take the step of client's commitment to the follow-through with the recommendation. It would be necessary to ask the client question, as they may not know what we need to know. Open-ended questions provide room for clients to express their real selves without categories imposed by the interviewer. They allow clients an

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opportunity to explore their thoughts and feelings with the support of the interviewer.

Close ended questions can help the interviewer gather factual information such as age or marital status (Kanel, 2006). This effective listening is demonstrated through a counselor eye contact, body language, non-intrusive questioning, paraphrasing and reflecting on what the client is saying or feeling, and reviewing/recapping the focus. It is also important for a counselor to be empathetic and respectful a to client feelings and/ or perspectives, as a counselor (Kanel, 2006).

#### Reference

Kanel, K (2006). A Guide to Crisis Intervention, 3e 3rd edition. [VitalSource Bookshelf version]. Retrieved from: //online vitalsource. com/book/9781285806457/outline. Kanel, K (2006). A Guide to Crisis Intervention, 3e 3rd edition. [VitalSource Bookshelf version]. Retrieved from://online vitalsource. com/book/9781285806457/id/ch5-p44.