

Hn220 unit 5 essay



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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 regarding the process of crisis intervention.

The model consists of a three-stage process that includes achieving contact, boiling down the problems to the basics, and coping, and is most effective when used within four to six weeks of the stressor occurrence (Kanel, 2015). 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, 2015). For counselors, developing and maintaining a rapport with the client is the foundation of crisis intervention, as the client needs to feel that the counselor is understanding and accepts them before work can begin (Kanel, 2015). Although the ABC model of crisis intervention has a three-

stage approach, in an actual interview the components of any one stage could be...