

Crisis intervention analysis essay



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Crisis is said to be experiencing or the perception of an intolerable difficult event that exceeds our coping mechanisms and current resources, leading to severe behavioral, affective and cognitive effects if crisis relief does not occur. Crisis could result from facing obstacles important to our goals, impediments to our goals that we believe to be impossible to overcome, when we do not know how to deal with certain situations, disorientation in which we face profound disruption to stress coping semantics.

Crisis develops in four stages; when critical situations occur and the person's coping mechanism suffices; increased disorientation and tension related to an escalated event that surpasses the person's coping skills; even in need to be resolved requires additional resources, and major personality disorientation requires a referral in order to be resolved. When crises scale to the point that the situation requires immediate intervention to avoid injury or death, a behavioral emergency occurs.

Crisis is not only dangerous because of its overwhelming effects on the person leading in occasions to serious pathology such as homicide and suicide; but it is also an opportunity because it impels the person to seek for help. Danger can exist when a crisis overwhelms the person, bringing them to a point of suicide and opportunity is possible because of the chance for self-growth and self-realization while the person receives help.

Crisis is not simple, rather it is difficult and complex to understand, and defies cause-effect descriptions. In the disequilibrium that usually accompanies crisis, anxiety is present, and its discomfort provides an impetus for change. People in crisis are generally amenable to help through a variety of forms of

intervention, some of which are described as brief therapy. Crisis is also often accompanied by disequilibrium or disorientation, whether universal or idiosyncratic.

Three ways of reacting to a crisis are; coping with it and growing from it, can appear to survive, and can break down people psychologically making the person unable to go on with their lives until they receive intense assistance. Anxiety always accompanies crisis but it must often reach the boiling point before it is addressed by the individual. One of the key jobs of the crisis interventionist and performing as an effective crisis worker, is finding the right combination of support systems and coping mechanisms, and forming them into action plans. Crisis Intervention By Remarried