

# Crisis assessment intervention and prevention

[Psychology](#)



Examples of common tragic events that lead to the crisis include and not limited to terrorism, suicides, earthquakes, tornadoes and hurricanes, financial meltdowns, job termination, and deaths. Crises have three main elements namely, stressor event, perception of the event and effects and inadequate resources or incompetent strategies to absolve the given problems. Usually, psychologists gain interests to study life events after realizing associated negative effects of the events on human survival. In the same manner, the interest to study crises related to their effects on human life. The objectives of such studies are to find reasonable and reliable interventions to avoid and suppress human suffering due to tragic events. Ideally, crisis intervention strategies differ from other counseling therapeutic intervention in certain ways.

Compared to other counseling therapeutic interventions such as Structural Theory, Cognitive Behavioral, and Systems theory among others, crisis intervention can take place at any place and setting and can be formal or informal. For example, depending on the severity of a stressing event, counselors might find it necessary to start crisis intervention in a chaotic and disorganized environment such those just hit by hurricanes, suicides or serial shootings. This form of intervention sounds informal and may not work with other counseling interventions.

Another difference between crisis interventions from other counseling therapeutic interventions is that many counselors with different expertise can work as a team to handle a single case of treatment (Jackson-Cherry & Erford, 2014). This is difficult especially with Structural, Systems and Cognitive Behavioral Theories that are most effective when implemented by single counselors. For instance, crises intervention for a tragic event such as <https://assignbuster.com/crisis-assessment-intervention-and-prevention/>

the earthquake that leaves people in various problems may need various expatriates in Cognitive Behavioral, Systems, Psychoanalytic, Experiential and Attachment Theories among others. This will help in tackling all problematic issues that cause dysfunction of systems and enable stability or equilibrium (Jackson-Cherry & Erford, 2014).