TABLE 3.2 ABC Model of Crisis Intervention

|  |
| --- |
| A: Use of Basic Attending Skills to Develop and Maintain RapportAttending behaviorsOpen-ended and appropriate close-ended questionsParaphrasing and clarifyingReflection of feelingsSummarizations |
| B: Identifying the Nature of the Crisis and Therapeutic InteractionIdentify the precipitating eventIdentify and explore cognitionsIdentify emotional distressIdentify impairments in functioning: behaviorally, socially, academically, occupationally |
| Ethical checks:Suicide, homicide, organic issues, psychosis, substance abuse, child abuse, elder abuse |
| Therapeutic interaction statements:Educational, empowerment, validation, reframes |
| C: Coping StrategiesExplore what client wants to do now to copeExplore how client has tried in the past to copeExplore other things client can do to cope |
| Offer alternative strategies for coping:Support groupsTwelve-step groupsMarital or family therapyLawyerDoctorBibliotherapyReel therapyAssertion trainingStress managementShelters or other agenciesSecure commitment and follow up |

References

Kanel, Kristi. (2015). *A Guide to Crisis Intervention, 5th Edition*. [VitalSource Bookshelf Online]. Retrieved from https://kaplan.vitalsource.com/#/books/9781305480964/