TABLE 3.2 ABC Model of Crisis Intervention

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| A: Use of Basic Attending Skills to Develop and Maintain Rapport  Attending behaviors  Open-ended and appropriate close-ended questions  Paraphrasing and clarifying  Reflection of feelings  Summarizations |
| B: Identifying the Nature of the Crisis and Therapeutic Interaction  Identify the precipitating event  Identify and explore cognitions  Identify emotional distress  Identify 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 Strategies  Explore what client wants to do now to cope  Explore how client has tried in the past to cope  Explore other things client can do to cope |
| Offer alternative strategies for coping:  Support groups  Twelve-step groups  Marital or family therapy  Lawyer  Doctor  Bibliotherapy  Reel therapy  Assertion training  Stress management  Shelters or other agencies  Secure 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/