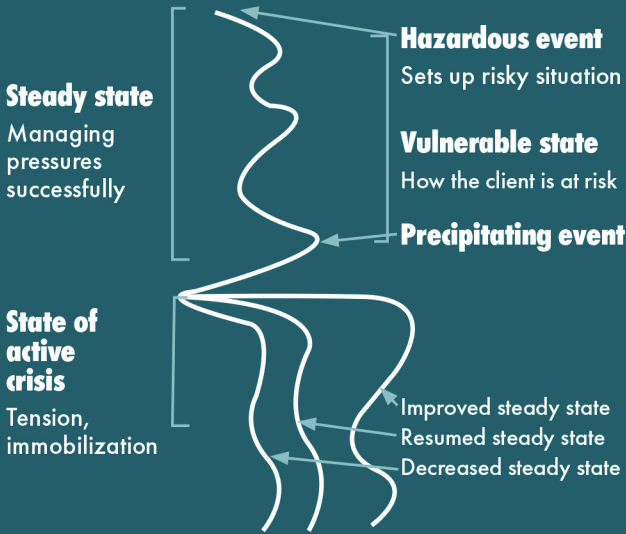


THE CRISIS SEQUENCE



REACTIONS

- A** Affective
- B** Behavioural
- C** Cognitive

CRISES

Turning points in people's lives

IMPROVED STEADY STATE =

improved coping and resilience

ASSESSING RESPONSES TO MAJOR PROBLEMS

Problems

Actions taken

Outcomes of action

Coping mechanisms and style

INTERVENTIONS

- Release emotion to generate helpful action and thinking
- Maintain sense of security
- Support maintaining relationships
- Live in the moment, but plan for the future
- Affirm and support development of strengths
- Work systematically on clients' priorities
- Develop options for action
- Find resources and support networks
- Make plans, defining goals, solutions and time limits
- Increase coping skills
- Identify and balance barriers with motivations for action
- Check-in regularly with clients

COPING

continuing efforts to manage taxing demands

REINTEGRATION, RESOLUTION

- Help clients take over control of actions
- Identify problem-solving methods mastered
- Review coping mechanisms learned