

# HSVC C102: INTRODUCTION TO CRISIS INTERVENTION

Item	Value
Top Code	210400 - Human Services
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

## Course Description

The course examines crisis theory, types of crises, crisis intervention strategies, and referral procedures. Topics will include ethical and cultural issues, death and dying, substance abuse, suicide, victimization, AIDS and HIV, and post-traumatic stress disorder. Students will become familiar with the assumptions of crisis theory and how it shapes the interventions. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Given a variety of contexts of counseling, describe possible symptoms of burnout that can occur in those settings and identify strategies for decreasing or preventing burnout.
2. Given a scenario or case study that describes a particular behavior and the context in which it occurs, identify and explain viable intervention strategies applying 3 of 5 major theoretical approaches.
3. Given a scenario or case study that describes a particular person in crisis and the context in which it occurs, describe a correct crisis intervention.

## Course Objectives

- 1. Describe how a crisis state is formed and the factors that make up a crisis state.
- 2. Explain when a crisis leads to danger to self, others or psychotic decompensation.
- 3. Identify Ericksons psychosocial stages and how they can become crises.
- 4. Differentiate man-made disasters, natural disasters, and gun violence.
- 5. Recognize invisible wounds such as depression, TBI and PTSD related to veterans.
- 6. Describe the prevalence of rape, sexual assault, interpersonal partner violence, child abuse, and bullying in the United States.
- 7. Explain the various issues facing those that misuse alcohol and drugs.
- 8. Describe crises related to aging, serious physical illness, and disabilities.

## Lecture Content

INTRODUCTION: WHAT IS A CRISIS. Crisis Defined Crises as Danger and Opportunity Processes of Crises The Crisis-Prone Person Other Determining Factors Precipitation Events Developmental Crises Situational Crises Subjective Distress Coping Methods Fail CRISIS INTERVENTION The History of Crisis Intervention Contributions from other Theoretical Modalities Brief Therapy Critical Incident Debriefing The ABC Model of Crisis Intervention THE ABC MODEL OF CRISIS INTERVENTION Developing and Maintaining Rapport Identifying the Problem Coping Precipitation Events ETHICAL AND PROFESSIONAL ISSUES The Need for Ethics Use of Paraprofessionals Self-Awareness and Countertransference Dual Relationships Confidentiality Informed Consent Supervision and Training Burnout and Secondary Posttraumatic Stress Disorder WHEN CRISIS IS A DANGER Suicide Managing a Client Who is a Danger to Others Psychotic Breakdowns and the Gravely Disabled DEVELOPMENTAL CRISES Evolutional Crises (Family Systems) Situational Crises Related to Adolescents Crises of Old Age CULTURAL SENSITIVITY IN CRISIS INTERVENTION The Role of Ethnicity and Gender on Health-Seeking Attitudes Development of Culturally Sensitive Psychotherapists Latinos African American Families Asian American Families People with Disabilities Gays and Lesbians CRISES OF LOSS Death and Dying Divorce and Separation CRISES RELATED TO AIDS AND HIV Basic Statistics About AIDS Intervention Treatment Issues CRISES RELATED TO SUBSTANCE ABUSE Recognizing Substance Dependence and Substance Abuse Types of Drug Abuse Crises Alcohol: The Leading Abused Drug Cocaine, Crack Cocaine, and Speed (Amphetamines) Marijuana LSD Heroin PTSD AND CRISES OF VICTIMIZATION Post-Traumatic Stress Disorder Child Abuse as a Trauma Spousal Abuse Sexual Assault

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

## Instructional Techniques

A variety of instructional techniques will be employed to encompass different student learning styles. These may include, but are not limited to, lecture, discussion, and small-group activities. Instruction will be supplemented, where appropriate, by PowerPoint presentations, electronic resources and technologies, and guest speakers.

## Reading Assignments

Students will spend 2-3 hours per week reading from the textbook and from instructor assigned articles.

## Writing Assignments

Students will complete a term paper where they apply what they have learned throughout the course.

## Out-of-class Assignments

Outside of the classroom, students will do the required reading, study for quizzes and exams, and conduct research, where applicable, to prepare papers, essays and/or assessment plans.

## Demonstration of Critical Thinking

In class discussion, term paper, discussion forums.

## Required Writing, Problem Solving, Skills Demonstration

Demonstrate culturally competent crisis assessment and interventions

## Eligible Disciplines

Counseling: Masters degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelors degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1 Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required. Sociology: Masters degree in sociology OR bachelors degree in sociology AND masters degree in anthropology, any ethnic studies, social work, or psychology OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Kristi Kanel. A Guide to Crisis Intervention, 6th ed. Cengage Learning, 2019 Rationale: - 2. Required James, Richard. Crisis Intervention Strategies, 8th ed. Cengage Learning, 2016 Rationale: - Legacy Textbook Transfer Data: Legacy text

## Other Resources

1. Coastline Library