

COUN 560
CRISIS INTERVENTION: THEORY AND PRACTICE
Summer I 2014
3 Semester Hours

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OFFICE HOURS:

Monday 9-2 pm

Tuesday 9-2 pm

Wednesday 9-11 am

Thursday 9-2 pm

CATALOG DESCRIPTION OF COURSE

An overview of crisis intervention: Major theoretical models of situational crises are described and operationalized across a variety of service delivery systems. Students will develop conceptual competency necessary for professionals engaged in crisis intervention. Special emphasis is given to contemporary research in suicidology, disaster psychology, and crisis management for schools.

GENERAL COURSE INFORMATION

This course provides students with foundational knowledge of the theory and practice of crisis intervention through lectures, research, self-reflection, and experiential exercises.

COURSE OBJECTIVES include, but are not limited to, the following.

Students will demonstrate knowledge of:

1. Various theories and models of crisis intervention
2. Basic crisis intervention skills (e.g., assessing, listening, acting)
3. Dynamics associated with various crisis events (e.g., suicide, sexual assault, bereavement)
4. Perceptions, experiences and needs of culturally diverse clients in crisis, and culturally sensitive intervention strategies
5. Professional resources appropriate to crisis intervention (e.g., professional journals, organizations, networks, online resources)
6. Stresses and concerns associated with crisis intervention workers, including self-assessment of their own readiness for crisis intervention work

COURSE REQUIREMENTS

- Faculty are required to include in their course syllabi the following statement: "All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct)

1. **Required Papers:** Papers are due on the dates noted in the syllabus. Late papers will have 10% deducted from the final score.
2. **Midterm Exam:** There will be a multiple choice midterm examination.
3. **Personal Assessment Paper:** In this paper, you will evaluate your own potential to effectively perform crisis intervention counseling. Your paper needs to reflect accurate knowledge of effective crisis worker characteristics and the dynamics of counselor burnout, vicarious traumatization, and compassion fatigue. You will utilize the course readings, and *at least 3* professional journal articles dealing with counselor burnout, vicarious traumatization, or compassion fatigue as references. Approximate length of 5 pages is suggested. ***Guidelines for this paper are included in the syllabus.***
4. **Literature Review:** You will identify a crisis intervention topic of particular interest to you, and of particular relevance to the work setting and the clientele you intend serve as a professional counselor. You may choose a topic that has been covered class, and cover it in greater depth. Or you may choose a topic that has not been covered in class. You will cite and *synthesize* information from the related literature. Minimum length is 10 pages, typed and double-spaced using APA style. Your literature review *must* include *at least 10* professional journal articles; it may also include chapters from books on your topic, as well as relevant online resources. ***Guidelines for this paper are included in the syllabus.***

Papers must be typed (12 point font), double-spaced, with a one-inch margin on all sides. Use APA format to cite all references. Please correct typos and grammar. Consider these professional papers.

ETHICS SPECIFIC TO THIS CLASS

If you are currently in crisis yourself, this is probably not a helpful class for you to take this semester. Please seek professional help where possible.

STUDENT PERFORMANCE EVALUATION CRITERIA AND PROCEDURES

Personal Assessment Paper	25%	25	(Due date: June 19, 2014—dropbox or email)
Literature Review	25%	25	(Due date: July 3, 2014—dropbox or email)
Midterm Exam	25%	25	(June 20, 2014)
Final Exam	25%	25	(July3, 2014)

Total 100 points

GRADING

90-100= A	70-79 = C
80-89 = B	≤ 69 = D

REQUIRED TEXT(S) AND/OR READING(S)

James, R. K. (2008). *Crisis intervention strategies*. (current edition). Belmont, CA: Brooks/Cole.

SELECTED BIBLIOGRAPHY includes, but is not limited to, the following:

Capuzzi, D., & Golden, L. (1998). *Preventing adolescent suicide*. Muncie, IN: Accelerated Development.

McGlothlin, J. M. (2008). *Developing clinical skills in suicide assessment, prevention, and treatment*. Alexandria, VA: American Counseling Association.

Puryear, D. A. (1979). *Helping people in crisis*. San Francisco, CA: Jossey Bass.

Slaiku, K. (1990). *Crisis intervention: A handbook for practice and research* (2nd ed.). Newton, MA: Allyn & Bacon.

The Prevention Researcher www.TPRonline.org

Webber, J., Bass, D., & Yep, R. (2004). *Terrorism, trauma and tragedies: A counselor's guide to preparing and responding* (2nd ed.). Alexandria, VA: American Counseling Association.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library, Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

StudentDisabilityServices@tamuc.edu

CONDUCT AND ACADEMIC HONESTY

"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and Procedures, Conduct) "Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work." (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

UNIVERSITY CLOSING DUE TO WEATHER

Check <http://www.tamu-commerce.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

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PERSONAL ASSESSMENT PAPER

Objective: To evaluate your own potential to effectively perform crisis intervention counseling.

In this approximately 5 page paper, you will identify and discuss personal attitudes, values, behaviors, and experiences that can impede or enhance your ability to do crisis work. Your paper must reflect accurate knowledge of effective crisis worker characteristics and the dynamics of counselor burnout, vicarious traumatization, and compassion fatigue. You will use the course readings, and *at least* 3 professional journal articles dealing with counselor burnout, vicarious traumatization, or compassion fatigue as references. Cite all references, using APA format.

To prepare to write this paper, you will need to do the following:

1. Read Chapter 15 in the James text: *Human Service Workers in Crisis: Burnout, Vicarious Traumatization, and Compassion Fatigue*. We will *not* be covering this chapter in class.
2. Think about the topics we have read about and discussed in class so far.
3. Look ahead and give some thought to the topics we'll be addressing throughout the rest of the semester: PTSD, suicide, sexual assault, domestic violence, grief and loss.

In preparing to write your paper, consider the following:

What personal qualities or characteristics might *enhance* your ability to be an effective crisis worker?

What personal qualities or characteristics might *impede* your ability to be an effective crisis worker?

How might crisis experiences in your own life increase the potential for countertransference when working with clients who have experienced similar forms of trauma and crisis?

What steps might you take to lessen the potential for and therefore manage countertransference in these situations?

What attitudes, values, behaviors, and experiences might contribute to your risk for vicarious traumatization or compassion fatigue?

What feelings, attitudes, motives, and/or expectations might increase your risk for burnout?

What are some preventative and restorative measures for burnout that are a good match for your particular needs?

****Remember that this self-assessment must be informed by the course readings and at least three professional journal articles dealing with this topic.**

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LITERATURE REVIEW

You will identify a crisis intervention topic of particular interest to you, and of particular relevance to the work setting and the clientele you intend serve as a professional counselor. You may choose a topic that has been covered class, and cover it in greater depth. Or you may choose a topic that has not been covered in class.

Begin your review of the literature with background information about the crisis intervention topic. Then focus your review on the specific population you are interested in. That is, rather than attempting to cover everything there is to know about a crisis intervention topic (e.g., grief and loss; sexual violence), you need to focus your topic (e.g., bereavement grief in elementary school age children; sexual violence prevention/intervention for adolescent girls). This focused discussion is the heart of your paper.

You will cite and *synthesize* information from the related literature. Include an in-depth description of initial crisis reactions, and issues/problems associated with the crisis. Identify and describe programs (e.g., psychoeducational curricula such as the Duluth Model for domestic violence; anti-bullying guidance programs), recommended approaches, interventions, and techniques.

Minimum length is 10 pages, typed and double-spaced using APA style. Your literature review *must* include *at least* 10 professional journal articles; it may also include chapters from books on your topic, as well as relevant online resources.

Literature review guidelines (*minimum* 10 pages):

Does it document this as a widespread problem?

Does it describe the key elements of the topic?

Does it identify and describe initial crisis reactions, and the most important issues/problems associated with the crisis?

Does it identify solutions discovered by others (e.g., programs, approaches, interventions, and techniques)?

Does it review *at least* 10 recent journal articles?