



## CRISIS INTERVENTION GUIDE/CHECKLIST

### Rapport & Reflective listening

- ☐ Good relationship with a client
  - ☐ Knowledge about the situation
- Short description of the situation:

*Techniques: Active listening, summary, rephrasing, asking questions for details, support*

### Assessment

Psychopathological symptoms:

Needs of a client:

Social support:

*Techniques: Assessment of nonverbal behavior, further and in-detail questions*

### Prioritization

- Need 1:
- Need 2:
- Need 3:

### Intervention

- ☐ Stress relief
- ☐ Emotional stability

*Techniques: stress mitigation, relaxation techniques, emotional abreaction, de-escalation of anger, etc.*

### Disposition

Social support contacts:

Follow-up meeting:

Further mental health support: