

Chapter 5 Methods and Good Practices

This chapter collects some exercises and good practises to develop competences useful in understanding history and different approaches of crisis intervention.



**Psychological
Early
Intervention**



Exercise 1

Case study:

The therapist tried to focus on the patient's beliefs in relation to himself and in relation to the surrounding reality. He tried to focus on how the patient subjectively interprets the situation in which he found himself and how his beliefs manifested themselves in his reaction.

The therapist tried to focus on many possible causes of the situation, without limiting the way of interpreting the difficulties reported by the patient, focusing on finding the best method for therapeutic work for Jack. The theoretical interpretation of the source of the problem is made by means of the synthesis of two or more models of crisis intervention

What kind of approach to the crisis does the therapist represent?

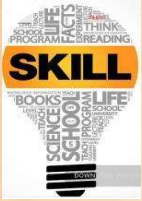


Case study:

Kate, 42, is a housewife. She sought help at the express request of her husband, as he was concerned about her behaviour. For about 2 weeks, Kate felt very bad. She kept crying for no apparent reason, unable to sleep. She stopped doing household chores, was irritable and explosive. She even began to mention getting a divorce, which surprised her husband. During the interview, it was established that a month earlier her only daughter Ania had suddenly moved out of the house and moved to live with her boyfriend. The patient said that she was pleased with her daughter's happiness, but for reasons unknown to her, she suddenly felt depressed and unnecessary.

What kind of approach to the crisis does the therapist represent?

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Exercise 3

Case study:

Barbara, a mother of two children, recently lost her husband in a car accident, and began to experience financial problems after his death. The children are often irritable and weepy due to the lack of a father. The mother tries to cope with the situation herself, preventing the children from seeing her sadness and trying to replace the role of the father for them. Thus, the subject of death is rather taboo. Each member of the family tries to deal with the situation on their own. Children are getting worse at school, trying to hide any difficulties from their mother. The mother neglects various professional duties to help the children, hiding from them how she feels. In fact, she has a hard time making ends meet, has difficulty sleeping, and has frequent outbursts of anger or mood swings.

One of the therapeutic hypotheses is that the patient's anxiety and tensions are caused by the patient's intrapsychic conflict.

The therapist concentrated on involving all subsystems of a given community and bringing in all members of the social subsystem.

What kind of approach to the crisis does the therapist represent?

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Exercise 4 Historical example of good practice

The 1881 Michigan Forest Fire was the first disaster attended by the American Red Cross. The organisation was founded in 1863 in Switzerland by Henry Dunant and Gustave Moynier. The first aim of the Red Cross was to protect the life and dignity of the victims of international and internal armed conflicts.

In 1881 Clara Barton, who had led some battlefield relief efforts during the Civil War, founded the American Red Cross. Their first official disaster relief operation was the response to the fire, and the Red Cross provided money, clothes, and household items to its victims.

The fire, which burned over a 4,000 km² in less than a day, was the consequence of drought, hurricane-force winds, heat, the after-effects of the Port Huron Fire of 1871, and the ecological damage wrought by the era's logging techniques. The blaze, also called the Great Thumb Fire, the Great Forest Fire of 1881 and the Huron Fire, killed 282 people in Sanilac, Lapeer, Tuscola and Huron counties.

American Red Cross chapters collected supplies, food, and donations which were coordinated and shipped to Michigan to give aid to 14,000 people in need of help. After the fire in Michigan, the Red Cross proved it could respond to large disasters, and President Chester Arthur and the U.S. Senate officially recognized the American Red Cross by signing the Treaty of Geneva on March 16, 1882.



Learn more about The Michigan Fire Disaster: <https://thumbwind.com/2021/09/04/1881-michigan-fire/>

1889 JOHNSTOWN FLOOD

In 1889, a dam collapsed near Johnstown, Pennsylvania, sending millions of gallons of water toward the town of 30,000 people. More than 2,000 people died, hundreds were missing and tens of thousands were left homeless. Clara Barton, arrived with Red Cross workers from Washington, D.C., just five days after the flood. To help, she and a team of doctors, nurses and relief workers set up hospital tents, feeding stations and provided emergency shelter with “Red Cross hotels” to house the people whose homes were destroyed. They also began building 3,000 “Oklahoma houses,” a type of prefabricated home, to aid the city in its rebuilding. Furniture donations and domestic items were then organized and distributed to outfit these homes. Clara Barton and her team of 50 volunteers remained in Johnstown for months, helping the survivors get back on their feet.



Learn more: <https://nohredcross.org/2018/05/31/clara-barton-answers-the-call-to-americas-largest-flood/>

What do you think?

