



Rhode Island College
Feinstein School of Education and Human Development
Department of Counseling, Educational Leadership, and School Psychology

Course Title: CEP 656: Crisis Assessment and Intervention

Course Description:

This course includes an examination of diverse crisis situations along with assessment and treatment strategies used by counselors to assist individuals, groups, and organizations in managing and resolving those crises.

Prerequisites:

Graduate Status; CEP 539

Required Readings:

Echterling, L.G., Presbury, J., & McKee, J.E. (2005). *Crisis intervention: promoting resilience and resolution in troubled times*. Upper Saddle River, NJ: Pearson, Merrill, Prentice Hall.

Relevant journal articles will be assigned throughout the semester to augment student learning and application of crisis models to practice settings

Purpose of Course:

The purpose of this course is to introduce students to the professional practice of crisis assessment and response. For developing counseling professionals, the content and skills addressed in this course are necessary for effective practice with diverse clients in diverse settings. Guiding ethical principles will be incorporated as students continue the process of professional identity development.

Relationship of Course to the Professional Program:

This course offers students an overview of current best practices, roles and functions, ethics, and professional practice in the field of crisis intervention. This content is both relevant and important across all practice settings and with diverse client populations. In this sense, crisis response and intervention is considered an essential capacity for all practicing counselors.

Relationship to the Conceptual Framework of the Feinstein School of Education and Human Development:

In keeping with the conceptual framework of the Feinstein School of Education and Human Development, this course contributes to the ongoing development of reflective practitioners who will inevitably be faced with crisis situations at some point in their careers as professional counselors. Accordingly, the course is designed to provide a foundation for best professional practice by increasing knowledge about the professional practice of crisis counseling, facilitating critical analysis of issues and challenges in the profession, and nurturing the development of professional capacity in this important area of practice. These goals are achieved by providing students with theoretical and practical

grounding in the conceptualization and delivery of crisis counseling services, by sensitizing them to issues of diversity, and by reflecting on ethical, legal, and professional conduct issues for crisis counselors. Opportunities will be provided for knowledge and skill development in the areas of individual, group, and organizational crisis assessment, intervention and treatment strategies for restoring equilibrium, crisis resolution, facilitating growth, promoting resilience, and outcome assessment.

Course Goals and Objectives:

Upon completion of this course it is expected that students will be able to:

<u>Course Learning Objectives</u>	<u>CACREP</u>	<u>Conceptual Framework: Advanced Competencies</u>
1. Demonstrate knowledge of fundamental concepts, theories, strategies, and counseling skills needed to conduct effective crisis intervention.	CACREP 1.c., 3.c.	Knowledge 1
2. Demonstrate understanding of the background, dynamics, and counseling intervention methodologies needed to effectively help individuals, groups, and organizations.	CACREP 1.c., 5.g.	Knowledge 4
3. Demonstrate knowledge of ethical and legal issues and responsibilities pertinent to counseling practice in crisis situations.	CACREP 1.j.	Knowledge 4
4. Understand and discuss issues related to diversity and the practice of crisis counseling.	CACREP 2.d.	Knowledge 3
5. Comprehend and discuss issues related to the processes of prevention, intervention, and postvention in crisis counseling.	CACREP 1.c.	Practice 1
6. Reflect upon developing professional identity as a counselor.	CACREP 1.d.	Knowledge 4 Practice 4
7. Utilize technology in preparation and presentation of course requirements.	CACREP	Practice 2

<u>Course Requirements</u>	Points	Course learning objectives
<u>Case Assessment:</u> Utilizing your beginning understanding of crisis work, for this assignment you are being asked to perform a case assessment on a clinical scenario assigned by the instructor. A written assessment of approximately 4-6 pages is required.	10	1, 2, 3, 4, 5, 6
<u>Midterm Exam:</u> The midterm exam will consist of both objective and subjective measures of student knowledge of course content.	30	1, 2, 3, 4, 5
<u>Case Intervention Planning:</u> Drawing on the theoretical and research literature, develop and propose an intervention designed to address the particular crisis situation exemplified in the case provided by your instructor. This intervention should logically proceed from the groundwork laid in the previous assignment. Your assessment will ideally provide the rationale for your proposed intervention, as will crisis theory and clinical research literatures. The proposal should be sensitive to issues of diversity. A written description of the rationale, intervention, and expected outcome should be approximately 4-6 pages in length.	10	1, 2, 3, 4, 5, 6
<u>Final Project:</u> The final project will be a complete description of the process of assessment, treatment planning, and intervention of a film character as assigned by the instructor.	30	1-7
<u>Professional Conduct:</u> In the classroom, professional conduct includes coming to class well prepared to actively contribute. Class input and written work should be thoughtful, articulate, and respectful. I expect that you will be open to feedback as well as responsive to your peers. The ability to manage your time and work load also falls under professional conduct. Consequently, all assignments are expected to be turned in on time.	20	6

Course Evaluation:

Case Assessment	10
Midterm Exam	30
Case Intervention Planning	10
Final Project	30
Professional Conduct	<u>20</u>
Total	100

CEP 6 56 - Alignment of Course Requirements with:

Performance assessment	Course learning objectives	Conceptual framework	CACREP
Case Assessment	1, 2, 3, 4, 5, 6	Knowledge 1, 2, 3, 4 Practice 1	CACREP 1.c., 1.d., 1.j., 2.d., 3.c., 5.g.
Midterm Exam	1, 2, 3, 4, 5	Knowledge 1, 3, 4 Practice 1	CACREP 1.c., 1.j., 2.d., 3.c., 5.g.
Case Intervention Planning	1, 2, 3, 4, 5, 6	Knowledge 1, 3, 4 Practice 1, 3	CACREP 1.c., 1.d., 1.j., 2.d., 3.c., 5.g.
Final Project	1-7	Knowledge 1, 2, 3, 4 Practice 1, 2, 3, 4	CACREP 1.c., 1.d., 1.j., 2.d., 3.c., 5.g.
Professional conduct and dispositions	7	Knowledge 4 Practice 4	CACREP

Topical Outline

- Week 1 Resilience and Transcendence: Surviving Crisis, Thriving in Life
- Week 2 Ethics of Crisis Response and Intervention
- Week 3 Crisis Resolution: The Change Process
- Week 4 Making Contact: The Power of Connecting
- Week 5 Making Meaning: Transforming the Crisis Narrative
- Week 6 Managing Emotional Arousal: Promoting Feelings of Resolve
- Week 7 Envisioning Possibilities: Creative Coping
- Week 8 Crisis Intervention with Individuals
- Week 9 Trauma, Grief, and Loss as Crisis
- Week 10 Crisis Intervention with Couples and Families
- Week 11 Developmental and Transitional Crises
- Week 12 Crisis Intervention with Groups
- Week 13 Crisis Intervention with Communities
- Week 14 The Crisis of Burnout: Vicarious Traumatization and Compassion Fatigue