

UNIVERSITY OF SOUTHERN MAINE  
Department of Human Resource Development

Course Blueprint

**HCE 644 Crisis Intervention**

This course introduces students to the theory and practice of crisis intervention. A theoretical perspective is established, and short-term crisis counseling strategies examined. Several different crisis situations will be discussed in relationship to agencies or persons responsible for interventions.

Prerequisite: HCE 621 Fundamentals of Counseling Skills, or permission of the instructor.

Credit Hours: 3

Course Type: Variable

Ideal Class Size: 20

Relationship to CEHD Core Values

*Democracy:* Legal and ethical issues will be explored.

*Civility & Caring:* The entire counseling profession is centered on caring and civility.

*Equity & Diversity:* Multicultural competence is addressed in the context of the intervention process.

*Social Justice:* Client advocacy is addressed as an ethical obligation of the profession.

*Scholarship:* Research about effective interventions for crises is presented.

*Professional Learning & Continuous Improvement:* Required course in the mental health counseling concentration and school counseling concentrations.

*Ethical Practice:* Students sign a Code of Ethics Attestation statement upon entry into the Counselor Education program, and all students are responsible for abiding by the professional Code of Ethics in all course work and activities that represent program outcomes and standards.

Course Goal

This course will emphasize the role of the rehabilitation, mental health and/or school counselor as a crisis intervention specialist. Particular focus will be placed on the practical application of crisis theory to various crisis situations. Subjects to be covered include: intervention in alcoholic families, suicides, incest, child abuse, death and grieving, psychiatric emergencies, psychological trauma and disaster mental health.

Course Outcomes

Students will be able to:

1. understand theoretical bases related to crises intervention.
2. identify five types of emotional crises and local agencies which address each.
3. examine the process of crisis evolution and resolution.
4. understand legal and ethical considerations in crisis counseling.
5. detail the assessment procedures required for the evaluation of dangerousness.
6. understand models for time-bound crisis counseling, critical incident debriefing, and psychological first aid.
7. identify referral resources by exposure to local crisis intervention counselors and agencies.
8. recognize that crisis development and resolution may depend on many factors, including familial, gender, cultural and religious.
9. identify the critical elements of school-based crisis planning.

10/93

Revised, 9/08