



# The Crisis Counseling Guidebook

*Carol Clarke, Virginia Vanderway*

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## **The Crisis Counseling Guidebook** Carol Clarke, Virginia Vanderway

Helping Children and Teens during and after a crisis situation requires a cool head, a caring heart, and a specialized body of knowledge and skills. Crisis intervention skills are becoming indispensable as the number of crisis incidents increase. Be prepared for all possibilities when a crisis does occur. Recognize the wide range of emotional and behavioral responses - and know how to provide needed support. This indispensable guidebook, created by two veteran crisis counselors, looks at issues and provides the answers you need to give helpful support to students and staff in need. You'll find guidelines and tips on providing psychological first aid, reproducibles that tell parents how they can help when their child is in crisis, guidelines for group discussions related to a school crisis and immediate classroom intervention activities. Contents include: • Guidelines for effective crisis response • Unique features of crisis counseling • How to assess a crisis situation • Self-care during and after a crisis • Individual and group crisis counseling strategies and activities • Tips on Psychological first aid • Developmental differences in response to crisis • Tips for parents • Sample management forms, announcements, and letters • Quick reference charts Also includes guidance on dealing with specific crisis situations: Death and Loss, Suicide, Natural Disasters, Deployment to war, Violence and gang disturbances, Kidnapping/abduction, Terrorist/ Hostage situations Appropriate for all ages.

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