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U09d1 Discussion: Comparison of Techniques Utilized in Crises

Student Name:

Institution:

Course:

Instructor

Due Date:

Comparison of Techniques Utilized in Crises

Crises are adversities perpetuated by distressing states of ambivalence and can disrupt an individual's daily routines. An individual experiencing a crisis can be impacted by significant worry, stress, discomfort, and abysmal well-being. Healthcare providers use diverse crisis interventions to mitigate probable damage on a person in crisis. Interventions for crises encompass the creation of a safe setting, therapeutic alliance, and appraisal of necessities (Tripathi et al., 2023). In psychiatry, one of the interventions used for crises is "stabilization, acknowledgement, expedite understanding, encouragement, recovery, and referral (SAFER-R)." The SAFER-R approach reinstates clients' standard psychological status and avert additional mental disturbance (Wang & Gupta, 2023). Additionally, interventions for other crises include social support and problem-solving approaches.

The interventions share common similarities such as short-term management techniques which help resolve and de-escalate potential perpetual damage to people. As such, the interventions provide immediate relief and help the provider adapt it predicated on the local cultural and contextual concerns (Tripathi et al., 2023). Crisis intervention can be provided in manifold settings and is underpinned by therapeutic techniques such as active listening, rapport, empathy, and trust (Wang & Gupta, 2023). Albeit the similarities, the interventions or psychiatric and for other crises differ significantly. For instance, interventions for psychiatric crises emphasize on mental and emotional distress while non-psychiatric crises ensure problem-solving mechanisms, physical rescue, evacuation, and disaster relief (Wang & Gupta, 2023). In psychiatric crises, psychiatrists, psychiatrist social workers, clinical psychologist and mental health nurses are involved in the care of the patients. However, law enforcement, counsellors, and emergency medical technicians can conduct effective crisis intervention (Drake & Bond,

2021). Mental health calamities arise from a diagnosed psychiatric condition whereas other crises are precipitated by extrinsic stressors which are not directly akin to mental health (Wang & Gupta, 2023).

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