

CRISIS INTERVENTION

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ABSTRACT

Crisis intervention is an emergency psychological care aimed at assisting individuals in a crisis situation to restore equilibrium to their biophysiological functioning and to minimise the potential for psychological trauma. It is a subject of interest to all health professionals. It is a technique that is used successfully by a person with a variety of backgrounds to aid understanding of the individual and families and effectively coping with the intense emotions that characterize a crisis state. The priority of crisis intervention and counselling is to increase stabilization.

KEYWORDS: Crisis Intervention Counselling