

THE SAFER-R MODEL
Of CRISIS INTERVENTION WITH INDIVIDUALS
(George S. Everly, Jr., Ph.D., C.T.S, 2001)

STABILIZATION
(Introduction; Meet Basic Needs; Mitigate Acute Stressors)



ACKNOWLEDGEMENT

A. Event

B. Reactions



FACILITATION of UNDERSTANDING; NORMALIZATION



ENCOURAGE EFFECTIVE COPING
(Mechanisms of Action)



RECOVERY or REFERRAL
(Facilitate Access to Continued Care)

STABILIZE

The first part of the stabilization process involves introductions. It would be best if there were already a rapport between the individual who has been involved in the event and the one helping with the intervention. Following the introductions, see that basic needs are met within an environment of safety.

ACKNOWLEDGE

Acknowledgement of the event includes listening to the who, what, and when, of the event "story." Try not to focus on the "why" and "how" of the event. These tend to lead to judgment statements. Stay with the facts.

Acknowledgement of reactions involves listening to the responses and reactions of the one involved with the event.

FACILITATE UNDERSTANDING

This step involves encouraging the expression of difficult emotions, and helping them understand the impact of the critical event. It is a time paraphrase the content of what is being said. It is a time for normalization; it is an opportunity to share that and event such as they have been through will elicit reactions and emotions. It is a time to attribute reactions and emotions to the situation, and not to personal weakness.

ENCOURAGE EFFECTIVE COPING

Here is the time to identify personal stress management tools. These management techniques might include time management, nutritional techniques, avoiding known stressors, relaxation response training, physical exercise, and catharsis. Also identify external support/coping resources.

RECOVERY or REFERRAL

Assess the person's ability to safely function. Make referrals as needed.