

STUDY GUIDE

COU442

“Crisis Intervention”

1. What is a crisis? Describe a typical person in crisis.
2. Coping mechanisms are self-regulating mechanisms which we use to avoid, reduce, or control pain. What are some reasons coping mechanisms don't work?
3. Name and briefly describe each of the four stages of crisis we study in this course.
4. What are the normal stages of emotional reaction to crises?
5. Name four goals of crisis intervention.
6. The most important crisis intervention tools are verbal and nonverbal communication skills. What are some guidelines which should be kept in mind in crisis intervention?
7. Name at least five principles to keep in mind when confronted with a psychiatric emergency.
8. Name several signs or symptoms of psychiatric emergencies.
9. What is meant by the phenomenon of “conversion?”
10. What are some “payoffs” for a victim who displays conversion symptoms?
11. What are some procedural steps you can take if you are faced with a psychiatric emergency?
12. What are some ways you can help someone who doesn't want psychiatric help?
13. What are some specific things you should do if you are dealing with a person who is suffering paranoia?
14. What are some common “myths” concerning suicide?
15. Three things must happen for suicide to occur. What are they?
16. Name five types of suicide and give an example of each.
17. What are some reasons people commit suicide?
18. As a counselor, how would you determine those whom you believe to be at high risk for suicide?
19. What are five signs of death?
20. What are some of the emotions that a survivor of sudden death experiences?
21. Name several things you can do to help a survivor to cope the death of a loved one.
22. What is SIDS, and what are some SIDS risk factors?
23. What are some common things parents of a SIDS baby suffer?
24. Name three categories of rape and briefly describe each.
25. Distinguish between the random blitz rape, the specific blitz rape, and the confidence rape.
26. What are some reasons men rape other than for sex?
27. What are some typical characteristics of a rapist?
28. What would be a general profile of a rape victim?
29. The most common victims involved in rape are adolescents. Describe a typical adolescent rape in terms of where, when, how, and under what circumstances it occurs.
30. Name and briefly describe the phases of the “rape trauma syndrome.”
31. What are some reasons why false rape accusations may be made by a woman against a man?
32. What are some things a woman can do to protect herself against rape?

Your study guide questions should be answered and presented to the instructor before the final exam is taken. This study guide should be answered in essay form and must be typewritten. Be as comprehensive as necessary, but keep your answers as concise as possible. Your final grade will be determined by the following:

- 1) Grade on study guide.
- 2) Grade on final exam.
- 3) Attendance.