



1:1 Crisis Counseling

The primary purpose of 1:1 (one on one) crisis counseling is to help an individual to restore some sense of control and mastery after a crisis event or disaster. It is not unusual that in a crisis or disaster event an individual's normal coping capacities are taxed. Individuals can become overwhelmed emotionally and may have difficulty with problem solving and other coping skills. Also, the individual's basic beliefs (western phenomenon) about themselves (*I can keep myself safe*), others (*humans are generally good [generally challenged in human generated disasters such as terrorism, war, etc]*) and the world (*is generally a safe place*) might have been violated.

1:1 crisis counseling is discrete and has limited goals to ensure safety and promote overall stability. The goal is to provide emotional support and concrete feedback/assistance for the individual. Crisis counseling helps problem-solve and assists individuals in obtaining available resources.

The duration of 1:1 crisis counseling can range from 15 minutes to 2 hours, whereas the frequency of 1:1 crisis counseling with the same person ranges from 1 to 3 times.

Things to remember when doing 1:1 crisis counseling:

- Assess extent and acuity of all problem areas
- Use appropriate therapeutic response

Protocol of 1:1 Crisis Counseling:

- Establish rapport
- Tell their story
- Identify major problem(s)
- Assess for safety issues
- Deal with feelings
- Explore alternatives
- Develop action plan
- If appropriate, make referrals (ongoing services or crisis services)

Goals of 1:1 Crisis Counseling:

- **Safety:** Ensures the individual is safe. If lethality existed before 1:1 crisis counseling, this risk has been reduced and resources, if available, have been provided
- **Stability:** Ensures the individual is stable and has a short-term plan which includes mastery of self and the emergency or disaster situation
- **Connection:** Helps connect the individual to formal and informal resources and support. If resources are supports are not readily available, 1:1 crisis counseling helps the individual pursue potential natural supports/resources.

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