

Crisis Counseling: A Christian Perspective- CC402

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January 10, 2009

Study Guide- Crisis Counseling

1. **Comment from your own view on the points made by the author in the introduction. Do you agree? Disagree? See additional areas of concern?**

I agree with the introduction of the author in this book. The church today is filled with hurting, broken people who need healing and restoration. We are not equipped with the tools to help them and often end up pushing the “sinners” away. But the Bible says in Romans 3:23- for all have sinned and fall short of the glory of God. We must have compassion and take the appropriate steps to help them through their crisis.

Chapter 1 – Crisis defined

2. **In your own words, define a crisis, and give an example from your own life of a crisis and how you, your family or community responded to the crisis.**

A crisis is an event in one’s life that makes you stop and give special attention to that specific event. The outcome can be positive or negative depending on how you process the crisis and go through it. A crisis for me would be infidelity in my marriage. After 3 ½ years of marriage there was an affair that took place. This was a turning point in our marriage; a decision had to be made would there be forgiveness and restoration or would we go our separate ways. We had many strong Christian friends and family around us who helped us through this difficult time and gave wise counsel. There also were the nay-sayers in the church that talked about us instead of praying for us. We took some time apart to seek God and ultimately God performed a miracle.

Crisis in Everyday Life

3. **List the four phrases of a crisis and provide personal examples from your own experience.**

Impact – this is our initial response to a given crisis.

Personal Example: In the case of infidelity in my marriage, the initial response for me was despair, sadness, grief; it was as if someone had died. I remember feeling as if I didn’t want to go on living, my life was on hold. I couldn’t understand why this happened and wanted it all to go away, as it had never happened.

Withdrawal/Confusion – Wanting to deal with a crisis alone, not understanding why this happened.

Personal Example: As described above I did go through times when I wanted to be alone; these times were me crying out to God. “Why” was a word that came up many times. It felt surreal, like a dream.

Adjustment – this is a time when we come to accept what is happening to us, for some this could take a little longer than for others.

Personal Example: When I spent more time in God’s word through my crisis, I came to grips with the reality of what was happening and was able to begin the healing necessary to move on with what was next. Talking about it with trusted friends and family helped tremendously during this time.

Reconstruction/Reconciliation – The final phase in a crisis, this is where we attempt to make final sense, and come to a place of peace.

Personal Example: When I finally decided to allow God to fight for me and trust Him with the outcome of my crisis is when I came to peace with everything. I didn’t know which way it would turn out but I knew it would be okay.

Bible & Crisis

- 4. The author provides some biblical examples of crisis and how they were resolved. Find two more biblical crises and discuss them in light of the text.**

The first example I think of is the story of Job. The crisis in Job’s life came when he was afflicted with his disease for no apparent reason. Job had a decision to make, was he to curse God and die (like his wife suggested to him) or would he trust God in this conflict. Job did go through his time of questioning God and Job cursed the day he was born but he continued in this crisis. Job had some friends around him who sat with him and listened if you may during this time. But soon after that Job continued to bless God even when he didn’t understand “why”.

The second example is Paul and Silas in prison. These men were traveling doing the will of God for their lives and were imprisoned. They never doubted God or became depressed; they just took their lot and even in prison praised their creator. Because of their crisis people came to the faith. They were not silenced and because of that many were saved. They trusted God enough to not look at the circumstance but come to accept their fate.

Development of Crisis

- 5. Take each of the developmental crises and provide an explanation/definition of each. Further, discuss the importance of each from your experiences.**

Marriage – Tension can arise from poor communication or lack of understanding of one another in a marriage. Also unrealistic expectations can cause crisis in a marriage.

P- Proximity to help: Are they alone or close to someone who can help them

SLAP is a series of questions you want to ask a suicidal person so you can assess the situation and call for help depending on the answers to the questions.

12. Present the Robert's Model of Crisis Intervention

1. Assessing Lethality
2. Establishing Rapport
3. Identifying Major Problems
4. Dealing with Feelings
5. Explore Alternatives
6. Develop an Action Plan
7. Follow-Up