



PRINCIPLES OF CRISIS INTERVENTION

C.I.S.M. shares the same theory base, principles, and practices as crisis intervention. These principles are the foundation of any crisis intervention program and have ensured successful interventions when followed carefully. The following is a very brief review of the principles of crisis intervention.

There are *seven* core principles of crisis intervention. They are:

1. *Simplicity.* Keep it simple
2. *Brevity.* Keep it short.
3. *Innovation.* Be willing to use novel ideas to help.
4. *Pragmatism.* Keep it practical.
5. *Proximity.* Services should be offered close to person's normal area of function.
6. *Immediacy.* Provide services right away.
7. *Expectant.* The person or group in crisis is encouraged to believe that the situation can be managed and they can recover from the experience.