

Psychological cognitive behavioral crisis intervention related to disasters: a theoretical framework (pp. 389-405)

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Crisis intervention is a mode of psychological work widely used in the world. Nevertheless, the majority of the crisis interventions are focused on subsequent psychiatric and psychological problems. The crises related to natural or human disasters are also subject to psychological intervention, because they generate an imbalance in the functioning of individual (biopsychosocial) and community systems, as well as a negative impact at economic and development level in the region or country. However, according to the literature reviewed, there are no reports about cognitive-behavioral psychological crises intervention for disasters. Thus, there is a challenge for cognitive-behavioral clinical psychologists and researchers who want to contribute to this field, from an evidence-based approach with an impact on mental health and public health programs with positive cost-efficient therapies.