

The treatment of crisis experiences: a cognitive behavioral perspective (pp. 407-425)

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Cognitive behavioral therapy is attractive as a crisis intervention model for a number of reasons. One of the most compelling is, “because most of the concepts of cognitive and behavior therapy are consistent with commonly shared notions of human nature, the neophyte therapist can readily assimilate them” (Beck, 1976, p. 318). The theories of cognitive-behavioral therapy are easily delineated, and, most important, the link between theory and practice is clear. By virtue of its ease of learning, cognitive and behavior therapy techniques also make crisis intervention work much more satisfying for the therapist. Using both the cognitive and behavioral elements, the CBT therapist is well prepared for dealing with the broad range of crises.