**Title of the course:** Crisis Counselling

**Course code:** PSYM21-CS-109

**Head of the course:** Lisznyai Sándor

**Academic degree:** PhD

**Position:** Senior lecturer

**MAB Status:** A (T)

|  |
| --- |
| **Az oktatás célja angolul** |

**Aim of the course:**

The aim is to provide a basic understanding of crisis intervention concepts. An important task is to position crisis intervention activities on the map of psychological activities and competences.

The basic training possibilities and career pathways of crisis intervention professionals are also introduced.

The course will focus on special crisis intervention fields and techniques.

Crises that develop on the base of special psychopathological background such as borderline, depressive crises that arise from addictive disorders and addictive families are in the focus of the course.

The special areas of crisis intervention are covered through case examples and studies.

Special intervention fields like psychosis prevention and suicide prevention are to be examined both from interventional and diagnostic aspects.

**Learning outcome, competences**

knowledge:

* Students can place the activities related to crisis counselling, intervention and aftercare into the system of professional psychological activities
* Students know about the historical background of crisis intervention
* They know the institutions and networks of crisis related services

attitude:

* They can understand and examine the aims and contexts of crisis intervention, can recognise the situations where crisis intervention can take place
* They can use crisis intervention concepts in professional and scientific communication
* They can understand the importance of continuous improvement in the field of crisis intervention
* They can understand and respect the cultural aspects of crisis intervention

skills:

* Students can assess the situations and needs when crisis intervention services can be appropriate
* They can set up the settings and framework of crisis intervention activities
* They can conduct a psychological/mental health first aid type interview
* They can present crisis intervention issues in supervision teams

autonomy, responsibility:

* Students are able to apply their knowledge and skills in case of crisis, and encourage the others to act alike.
* They are aware of not crossing the boundaries of the supportive behavior.

|  |
| --- |
| **Az oktatás tartalma angolul** |

**Topics of the course**

* The basic concepts of crisis intervention
* Special focus on family crises
* Humanitarian catastrophes and crisis intervention possibilities
* Crisis intervention and psychopathology
* Crisis intervention setting and institutional frameworks
* Emergency interventions and psychological first aid
* PTSD and PTSD treatment
* Aftercare – counselling and psychological services for trauma survivors
* Psychosis prevention
* Suicide prevention

**Learning activities, learning methods**

|  |
| --- |
| **A számonkérés és értékelés rendszere angolul** |

**Learning requirements, mode of evaluation, criteria of evaluation:**

* The participation in the classes is compulsory because of the close skill learning-feedback context. Through the semester the students are provided with case studies where they can practise the development and planning of crisis intervention processes.
* At the end of the semester, a test is written by the students with two profiles: one is measuring the understanding of basic crisis counselling concepts, the other part is measuring the ability of assessing and compiling an intervention plan upon the analysis of a case example.
* The two profiles will comprise one grade (five levels ECTS, from Failed to A+).

|  |
| --- |
| **Idegen nyelven történő indítás esetén az adott idegen nyelvű irodalom:** |

**Compulsory reading list**

James, R., K. Gilliland, B., E. (2012) Crisis intervention strategies. Belmont: Brooks Cole. ISBN-13: 978-1111186777

Yeager, K., Roberts A. (2015) Crisis intervention handbook. Assessment, treatment and research. London: Oxford University Press. ISBN-13: 978-0190201050

**Recommended reading list**

Aguilera, D., C. (1998) Crisis Intervention: Theory and Methodology. New York: Mosby. ISBN-13: 978-0815126041.

Nock, M., K. (2014) The Oxford Handbook of Suicide and Self-Injury. New York: Oxford University Press. ISBN-13: 978-0195388565

**Course-specific information (specific to a given lecture or seminar)**

|  |
| --- |
| **General data** |

**Specific (sub)title of the course (if relevant):**

**Specific (sub)code of the course (if relevant):**

**Date and place of the course:**

**Name of the lecturer:**

**Department of the lecturer:**

**Email of the lecturer:**

|  |
| --- |
| **Specific syllabus/schedule of the lecture/seminar (if relevant)** |



|  |
| --- |
| **Further specific information (eg. requirements) (if relevant)** |