

Crisis Response and Mental Health

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Crisis intervention is focused on minimizing the stress of the event (not their whole life). It focuses on providing emotional coping strategies in the moment to get through the moment.

What am I hearing a lot more?

“Exhausted, overwhelmed, and anxious.”

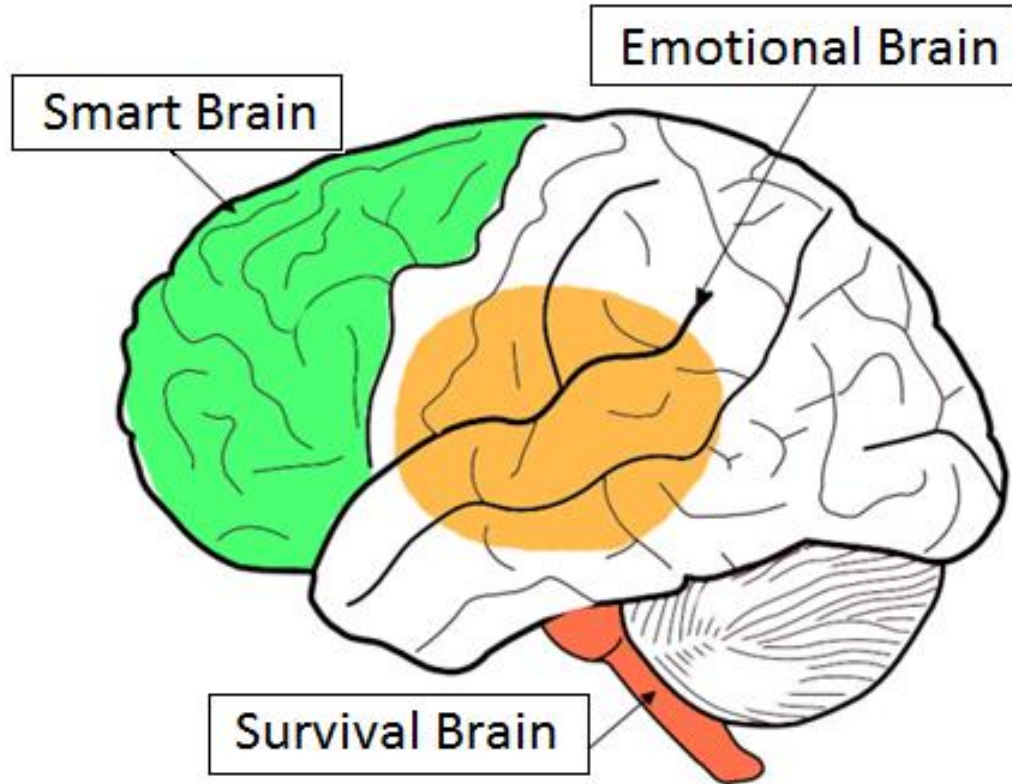
“I’m feeling fearful and fatigued.”

“Frustrated and dismayed.”

“Time feels like it isn’t going by normally.”



It's all in your head!



!! When the emotional brain is ON, the smart brain can turn OFF!!

Then, you must talk to the emotional brain before you can talk to the smart brain

Coping skills: Because you see some weird stuff in this line of work!

Self-soothing vs Self-care

Self-soothing: Activities that provide distraction and/or comfort in difficult times

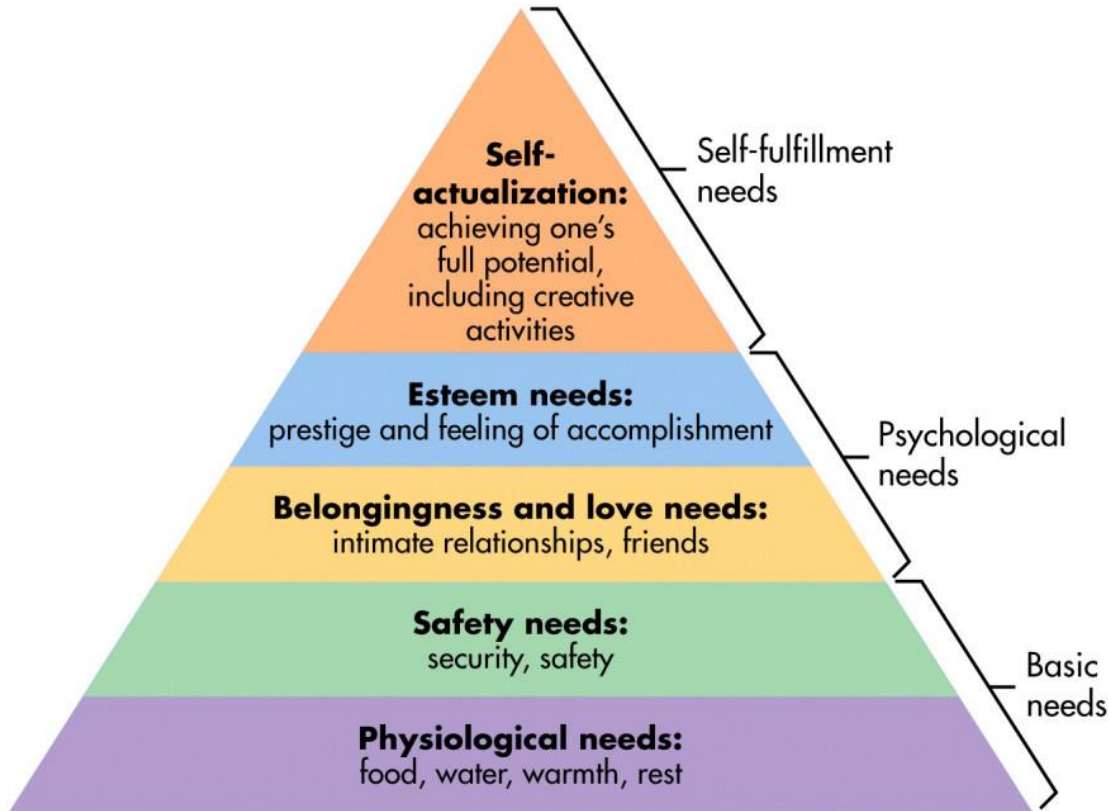
Self-soothing is INCREDIBLY important to our well-being. Sometimes, though, these activities may not actually get at stabilizing you, or creating opportunities for you to move forward: That is called Self-jeopardizing!

That's where self-care can come in:

Self-care: Activities that help you find meaning, and that support your growth & groundedness



Maslow's Hierarchy of Needs



The level of crisis will depend on the individual's own perception of their needs.

If the base isn't strong, the other levels can't be accomplished.



What are signs to watch out for from people in crisis?

Their reaction is much greater than the situation calls for

Neglect of personal wellbeing

Isolating

Survival

Poor/Diminished communication skills

Irrational behavior



How to find a therapist

- Call your insurance to get a list of clinicians who are IN-NETWORK!
- Find a therapist whose theoretical approach aligns with your needs: CBT, psychodynamic, couples therapy, etc
- Look for credentials: LGPC vs. LCPC, LGSW vs LCSW vs LCSW-C, Psy.D or Ph.D
- If you or a loved one are experiencing thoughts of suicide or a mental health crisis, dial 2-1-1 for assistance. Mental health specialists are available 24 hours a day, seven days a week to provide immediate assistance and referrals for long-term support.

PS.(A life coach is not a licensed medical practitioner!
Therapists either have a master's degree or a doctorate!)

