

# Northern Kentucky University

CRISIS COUNSELING & INTERVENTION COU - 695- 901 (3 Credits)

Department of Counseling, Social Work and Human Services

On-line course

Spring Semester 2008

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**Instructor:**

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**Prerequisites:** Admission to Counselor Education program or consent of instructor.**Required Reading/Texts:**

- 1) James, R.K. (2008). *Crisis intervention strategies* (6th Ed). Belmont, CA: Thompson/Brooks/Cole
- 2) White, Stephen. ( 2006). *Kill Me*. First Signet Printing: London

**Course Description:** Crisis Counseling and Intervention is a course designed to provide the student with the basic necessary knowledge and skills needed to professionally handle a crisis situation.

**Methods of instruction:** Involvement and learning in the course will be delivered 100% online. Students will read chapters, read a novel and relate to Crisis intervention, assigned reading,

**Goals of the Course:** demonstrate and knowledge of crisis intervention planning and implementation.

**Learning objectives:** The student will be able to

By the end of this course the student should be able to

1. Utilize critical thinking skills in assessing the dynamics of crises and determine appropriate crisis intervention responses, both personally and professionally, for various types of crises
2. Apply knowledge about the values and ethics of the profession within the context of crisis intervention work
3. Understand one's own reactions and resources when faced personally with a crisis and one's abilities as an effective crisis intervention worker
4. Understand the micro, mezzo, and macro levels of practice as they apply to crisis intervention
5. Understand systems theory as it relates to crisis theory and the bio-psycho-social variables affecting crisis behavior
6. Understand the impact of social policies upon clients and client systems as they face crises
7. Understand how to communicate effectively with various client systems, with professionals, and with others involved in crisis intervention
8. Develop a Crisis intervention plan for use in a nagging or school setting
9. Gain additional skills/trainings from Community crisis intervention trainings

## Expectations for Students:

1. The academic classroom in this case the blackboard discussion board, or communication with other students via class projects should serve as an environment where diverse, and sometimes controversial, ideas can be discussed and evaluated. The classroom will serve as a free-speech zone in which students will not be penalized for their viewpoints or opinions. [NKU's Code of Student Rights and Responsibilities states the following: "The professor has an obligation to encourage free discussion, inquiry, and expression. He/she may not evaluate student performance based on opinions (such as religious belief or political views) or conduct in matters unrelated to academic standards. Should students feel their performance has not been judged on solely academic grounds or that their grade does not reflect the quality of their work, they may appeal the professor's decision using the Academic Appeals Procedure outlined subsequently."]
2. Students are expected to adhere to the NKU Student Honor Code. Specifically, the honor code states that students "will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic regulations." Academic dishonesty includes, but is not limited to, cheating or helping other students cheat on examinations and plagiarism (i.e., presenting another's work or ideas as one's own). Violations of the Honor Code may lead to severe consequences, including up to expulsion from this course or NKU. Detailed information about the Honor Code can be found on one of the university's web pages at the following location: [www.nku.edu/~deanstudents/Rights-Contents.htm](http://www.nku.edu/~deanstudents/Rights-Contents.htm).
3. You will also be asked to provide professional feedback to peers. Since feedback is an important aspect of this course, please use professional well thought-out statements when offering feedback. When done well, appropriate and professional peer feedback can greatly enhance the learning experience for all involved.
4. Additional course expectations are/ will be described on blackboard

### Students with Disabilities:

**Students with disabilities who require accommodations (academic adjustments, auxiliary aids or services) for this course must register with the Disability Services Office. Please contact the Disability Service Office immediately in the University Center, Suite 320 or call 859-572-6373 for more information. Verification of your disability is required in the Disability Services Office for you to receive reasonable academic accommodations. Visit the Disability Services website at [www.nku.edu/~disability/](http://www.nku.edu/~disability/)**

### Course Requirements:

All requirements must be met in order to receive a passing grade in this course

### ACADEMIC CONDUCT:

*Cheating on examinations, submitting work of other students as your own, or plagiarism in any form will result in penalties ranging from an "F" on an assignment to expulsion from the University, depending on the seriousness of the offense.*

*All work completed and submitted for this course must be original in nature and must be created during the time frame of this course. Students may not submit the same work for two different assignments.*

**\*Policy on Missed Exams.** *A student will be allowed to complete a missed examination only under unusual circumstances (severe illness, death in the family, etc.). If a student misses an exam because of illness, he or she will be responsible for providing a doctor's note documenting the illness. In any event, the student must contact the instructor in advance of the exam to explain his or her absence. If a student receives instructor permission to complete a make-up examination, it must be completed within one week*

*of the original exam date and content of the exam may be different from the original examination given to the rest of the class.*

## **ASSIGNMENTS**

### **MODULES COUNSELING for 695:**

Each week you are responsible for one Module. Each module will be posted by Friday. The course will operate on a Friday-to-Friday schedule. The weekly modules, assignments and exams will be posted every Friday by 5pm. All work will be due the following Friday by 9pm. No assignments will be accepted late.

Each module will include:

- 1) weekly exam (see instructions under “Course Documents” section on Blackboard)
- 2) Homework related to the course content
- 3) Additional readings and assignments.

Module 1: Approaching Crisis Intervention

Module 2: Culturally Effective Helping

Module 3: Basic Crisis Intervention Skills

Module 4: Crisis Case Handling

Module 5: Telephone and Online Crisis Counseling

Module 6: Posttraumatic Stress Disorder

Module 7: Crisis of Lethality

Module 8: Sexual Assault

Module 9: Partner Violence

Module 10: Chemical Dependency: The Crisis of Addiction

Module 11: Personal Loss: Bereavement and Grief

Module 12: Crises in Schools

Module 13: Violent behavior in Institutions

Module 14: Crisis/Hostage Negotiation

Module 15: Human Service Workers in Crisis: Burnout, Vicarious Traumatization, and Compassion Fatigue

## Module 16: Disaster Response

### **I. Exams (20 Pts each = 300 Pts total)**

You are required to complete the 20-question exam each week. (see instructions under “Course Documents” section on Blackboard). The weekly exams will be posted every Friday. All work will be due the following Friday by 9pm. No exams will be accepted late.

### **II: Homework and novel assignments (120 Points)**

There will be homework assignments that related to the module topic every week. Each will be due the following Friday after they are assigned. Additionally student will be reading *Kill Me* by Steven White, and completing assignments based on the novel.

### **III. Crisis Intervention Plan (60 Points)**

Developing a crisis intervention plan, and complete a peer review of a crisis intervention plan (handouts will be provided)

### **IV. Crisis intervention trainings (60 Points)**

Attend two (2) Crisis intervention trainings. The trainings must be relevant to the field of counseling and be completed during the dates of the current semester.

### **V. Professional Interview (60 Points)**

Conduct an interview with a professional who has experience with crisis intervention. A template will be provided.

#### **Grading Policy:**

Your final grade will be determined on the following scale:

100 - 91 = A
90 - 81 = B
80 - 71 = C
<u>70 - 61 = D</u>
60 and Below = F

<b>Date Due</b>	<b>Assignment</b>	<b>Percentage</b>	<b>Points</b>	<b>Your grade</b>
Weekly	Chapter Exams	50%	300	
Weekly	Homework assignments	20%	120	
TBD	Crisis Intervention Plan	10%	60	
TBD	Crisis intervention trainings	10%	60	
TBD	Professional Interview	10%	60	
<b>Totals:</b>		<b>100 %</b>	<b>600</b>	