

The SAFER-R Model

Psychological Crisis Intervention

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FIELD GUIDE SERIES

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CHAPTER ONE: Introduction

Natural and man-made disasters are increasing. Uncertainty pervades economic markets and adversely affects economic growth and employment. The collapse of sovereign states in the Middle East combined with the proliferation of terrorism as a perceived mechanism for political and religious change are creating unimagined mental health demands worldwide. Traditional centralized mental health delivery mechanisms have been revealed to be woefully inadequate. A new paradigm is called for. One possible alternative mechanism for the delivery of mental health services is a de-centralized crisis-oriented approach. Rather than attempting to build community viability and resilience from the outside, it is clear that resilience is best fostered by enhancing local infrastructures through enhanced community cohesion and local response capacity. Psychological crisis intervention can serve as a key tactical factor in such a strategic approach to public health.

This FIELD GUIDE was written to serve as a practical guide, in digest and outline form, for providing psychological crisis intervention to *individuals*, as opposed to groups, organizations, or communities. The concepts presented herein are presented in an informative yet user-friendly and

highly practical manner, especially for those who will be providing assistance to individuals in acute crisis and distress. The model of crisis intervention presented in this volume is the SAFER-R model developed by the authors. Arguably it is the most widely used tactical model of crisis intervention in the world with over one million individuals trained in its operational and derivative guidelines. Before plunging into the step-by-step guidelines, a brief history and terminological framework will be provided.