

A CARE NET INITIATIVE

Caring for those considering
ABORTION

SESSION 9:

The ABC's of Crisis Intervention

TAKEN FROM

making **LIFE**
DISCIPLESTM

*Equipping the Church to offer compassion, hope, help,
and discipleship to women and men considering abortion.*

SECTION 2.14: THE ABCS OF CRISIS INTERVENTION ²⁶

Handouts:

Relying on God

The “ABCs of Crisis Intervention” are a practical approach to guide your work in helping women and men facing pregnancy decisions:

STEP 1: ACHIEVE A CONNECTION WITH THE OTHER PERSON

- Instill confidence by demonstrating a strong, positive voice and attitude.
- Understand the power of presence in the moment.
- Be calm and in control yourself.
- Listen! Listen! Listen!
- Encourage the expression of feelings.
- Be empathetic instead of sympathetic.
- Do not minimize, devalue, or underestimate the situation.
- Begin where the other person is (spiritually, emotionally, cognitively, etc.).
- Accept the person as he/she is (not necessarily his/her choices/behavior).

STEP 2: BREAK DOWN THE PROBLEM

- Look for the major issue(s) or theme(s).
- Assess how critical the situation or crisis really is in terms of thoughts, feelings, behaviors, experiences, incidents, etc. Be aware of the tendency to deny, minimize, or underreport.
- Determine the priorities for effective intervention and care, especially any life threatening or other critical decisions that need to be made—**safety first!**
- Look for the issues that can be attended to easily and quickly.
- Examine what the person has tried already.
- Look at new alternatives and directions to consider.
- Examine any potential consequences of actions to take.
- Work toward appropriate ownership of the problem or situation.

STEP 3: COMMIT TO A PLAN OF ACTION

- Identify all potential support systems and resources.
- Encourage the formulation of a plan, building on the person's **strengths**, having 2-3 initial **goals**, incorporating **specific objectives** (smaller steps) to meet those goals, and ensuring the objectives are **attainable, behavioral, and measurable**.
- Set time limits to initiate the plan.
- Be firm and supportive in working through resistance.
- Know when you are in over your head.
- Have referral sources available, and be ready to use them.

STEP 4: DOCUMENT THE INTERACTION

- Note any issues or concerns, especially those that may have legal, ethical, or liability-related implications.
- Document the important points of what you said, did, or recommended.
- Keep the documentation confidential according to your church's policies.

STEP 5: EXPLAIN THE PLAN OF ACTION

- Make sure the person understands exactly what the next step(s) is.
- Have the person verbally repeat the plan of action to you.
- Tell the person that you will follow up and give her/him the day and time.

STEP 6: FOLLOW UP AS SOON AS POSSIBLE

- Contact the person the next day, if possible, or whenever you and the person agreed to follow up.
- Verify that the person has implemented/started the action plan.
- Provide ongoing support and accountability.
- Assess the ongoing level of isolation and the proactive, consistent commitment to stay connected to available/recommended support systems (both within the church and the community at large).

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Making Life Disciples Resources at <https://www.care-net.org/implementing-making-life-disciples>

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