

LITERATURE REVIEW: ANALYSIS OF CRISIS INTERVENTION IN COUNSELING PSYCHOLOGY

Raja Zulfikar¹, Mudjiran¹, Yeni Karneli¹, Ramdani² Junierissa Marpaung²

¹Padang State University, Indonesia

² University of Riau Kepulauan, Indonesia

Corresponding author: rajazulfikar99@gmail.com

Abstract

Crisis intervention is an important approach in counseling psychology that aims to help individuals deal with crisis situations effectively and minimize the psychological impact caused. This article aims to explain and analyze the different strategies and approaches in the Crisis Intervention, as well as evaluate their effectiveness in the context of counseling. The research was conducted using the Systematic Literature Review (SLR) method, involving the identification, selection, and analysis of literature from journal articles, books, and relevant research. This study includes a discussion of the main theories, intervention techniques, and their implementation in various cases, such as emotional crises, trauma, and disasters. The results of the analysis show that the success of crisis intervention depends on the speed of response, the approach that suits the needs of the individual, and the skills of the counselor in building therapeutic relationships. This article also identifies challenges in the implementation of crisis interventions, such as time and resource constraints, as well as the importance of counselor training in dealing with crisis situations. The implications of this study are the development of more effective and contextual intervention strategies, as well as the strengthening of counselor competencies to support individuals in crisis situations

Keywords: Counseling Guidance, Crisis Intervention, Literature Review, Counseling Psychology.

INTRODUCTION

Mental health is one of the main pillars in creating an optimal quality of life (Dewi, 2012). In the midst of increasing public awareness of the importance of mental health, counseling psychology has emerged as one of the branches of science that plays an important role in providing solutions to various psychological problems (Husni, 2023). With an individual-centered approach, counseling psychology aims to help individuals face life's challenges, understand themselves, and reach their maximum potential (Sultani et al, 2023).

Crisis intervention is an important approach in counseling psychology that aims to help individuals deal with crisis situations effectively and minimize the psychological impact (Kusumastuti et al, 2023). Crisis interventions are designed to deal with emergency situations that can shake a person's emotional stability, such as sudden loss, natural disasters, accidents, or other traumatic events (Amanah & Karneli 2022). These events often trigger intense psychological reactions, such as anxiety, depression, or post-traumatic stress disorder (PTSD) (Nawangsih, 2014). In this context, crisis intervention serves as a bridge to help individuals manage emotions, restore mental stability, and find ways to move on with life.

This article aims to analyze the literature on crisis intervention in counseling psychology with a focus on the history and development of counseling psychology, the variety of interventions

available, the aspects that support the effectiveness of interventions, and the advantages and disadvantages of this approach. This analysis is expected to provide a comprehensive overview of the role of counseling psychology in dealing with crises and its contribution to the mental well-being of individuals.

METHODOLOGY

This study uses the Systematic Literature Review (SLR) approach to identify, evaluate, and synthesize relevant literature regarding crisis intervention in counseling psychology. This approach was chosen to present a comprehensive and evidence-based overview of the topic being researched in a systematic and structured manner (Pugu et al, 2024).

The literature search process was carried out using the main keywords such as "crisis intervention", "counseling psychology", "crisis counseling strategies", "trauma counseling", and "crisis intervention strategies". Literature sources include journal articles, books, research reports, and other scientific documents accessed through trusted databases such as PubMed, Scopus, and Google Scholar.

Each article that meets the inclusion criteria is analyzed based on key information, such as the purpose of the study, the methods used, population characteristics, key findings, and recommendations provided. The data obtained were then categorized based on key themes, such as the type of crisis intervention, the effectiveness of the approach, and the challenges faced in the implementation of the intervention.

The findings from the collected literature are presented in the form of a narrative that is structured and adapted to the research objectives. This approach not only allows for the gathering of in-depth insights, but also provides a solid foundation for analyzing the role of counseling psychology in helping individuals deal with crisis situations effectively.

RESULT AND DISCUSSION

Discussion

Crisis counseling is an action-oriented counseling method that helps the individual find resources within him or her and overcome the crisis externally (Rahmat et al 2018). The goal of crisis counseling is to provide immediate and comprehensive support to those in need. What happens during a crisis determines whether the disease will develop into a chronic and long-term condition (Glading, 2012). Some of the steps taken in this crisis counseling process:

- a. The initial phase of counseling consists of establishing a counseling relationship with the

client, defining the problem, clarifying the problem, and planning support, including a contract regarding the time and responsibilities of the counselor and the client (Hidayati, 2020).

b. The intermediate phase is an intervention phase that includes several phases:

1. Direct Intervention:

This phase requires the counselor to ask the client questions that help address the urgency of the client's situation. The goal is to reduce fear, guilt, conflict, and provide psychological support.

2. Take Action:

The counselor should help the client understand which issues to address first. This is because people in crisis often do not know which problems can be postponed and which must be solved immediately. Therefore, advisors must be alert to crisis situations that require immediate and irreversible action.

3. Restore the client's balance:

The third step in crisis counseling is to prevent breakdown and restore the client's balance. Counselors must help clients achieve limited goals. Achieving it requires small challenges, but the goal must be achievable. If you can do it well, you will feel safe.

4. Building Positive Future Hopes and Possibilities:

People in crisis are often in a state of despair, and this is an important point to help them build hope and see the possibility of a more positive future. Counselors are not allowed to give unrealistic expectations, but must encourage clients to find solutions to the problems they face. In addition, counselors need to interact with the situation objectively, so that clients can consider various options and understand the consequences of each decision taken.

5. Providing Problem Support:

Counselors need to understand the support system that the client has, whether it is family, friends, or other individuals who are willing to listen to their complaints. Thus, the counselor can involve them in a discussion about the problems faced by the client, in order to support the problem-solving process together.

6. Focused problem-solving:

The counselor and client work together to identify the key issues that trigger the crisis, and then the counselor helps the client plan and implement steps to address the problem. In the problem-solving process, the main focus is on providing relevant advice, evaluating the client's ability to solve the problem, and designing various alternative solutions that can be considered.

7. Build Self-Esteem:

This step is crucial to understanding the client's self-image and how the crisis affects his perception of himself. The counselor's job is to continue to help the client to protect and maintain a positive self-image. Counselors need to show genuine concern for the client's life and prove that the client is valuable. Additionally, it is important for counselors to instill confidence in clients, as a person in a crisis often feels disoriented and faces difficulties in acting. Clients tend to have a low ability to make decisions. Counselors should make it clear that they don't always have an answer to every problem the client faces, so that the client doesn't rely too much on the counselor to find a solution.

8. Final stage

The counseling process is when the client makes a conclusion about the results of the counseling session that has been undertaken, as well as making a plan for the next meeting. At this stage, the counselor and the client jointly plan the next steps and close the counseling session with a clear agreement regarding the follow-up or steps that the client needs to take.

The main goal of crisis counseling is to provide various forms of immediate assistance to individuals in need, including psychological, financial, and legal support (Handayani & Fitriana 2022). What happens during a crisis can determine whether the problem develops into a disorder or a chronic condition in the long term. Crisis counseling is needed to identify these factors. Crisis theory, which was initially applied by counselors, aims to assist individuals experiencing crisis in recognizing and overcoming temporary emotional, behavioral, and cognitive disorders arising from traumatic events (Manuntung, 2019). Services that adopt this theory differ from regular counseling services, which only focus on helping individuals solve the problems they are currently facing (Trisnowati, 2024).

Result

In this section, the author conveys the results of his research. The points presented in this section are more emphasized on the scientific conclusions obtained than on conveying a very detailed description of the myriad of data possessed. This section is the main part of the research article and is usually the longest part of an article. The results of the research presented in this section are "clean" results. Data analysis processes such as statistical calculations and hypothesis testing processes do not need to be presented. Only the results of the analysis and results need to be reported.

Table 1. Matric Literature Results

No	Title, Writing	year	Results and discussion
1	<i>Thematic review on counseling crisis and intervention in school (Yusnizal Ismai)</i>	2024	This journal examines the role of school counselors in crisis intervention, highlighting three main themes: the role of counselors, crisis readiness, and crisis intervention strategies. Research shows that school counselors have an important role in preparing and providing effective interventions during crisis situations in the educational environment
2	<i>Crisis Intervention Strategies (Terence Bostic, Ph.D.)</i>	2024	This article discusses strategic steps in crisis intervention, including defining problems, ensuring safety, providing support, and exploring alternative solutions. The emphasis on communication and emotional support is key in helping individuals feel safe and regain control of their situation
3	<i>Trauma Counseling Approaches (Suhertina)</i>	2024	The study analyzed a variety of approaches in trauma counseling, including Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR). Research shows that these techniques are effective in helping individuals process traumatic experiences and develop healthy coping mechanisms
4	<i>Crisis Intervention Services in Mental Health (Roger A. Lohmann & Ellen Neidermeyer)</i>	1991	This literature review describes a crisis intervention model that includes initial psychological help and crisis therapy. This model emphasizes the importance of rapid assessment of the situation and the provision of emotional support to

prevent long-term damage to individuals experiencing crisis

- 5 *Stages of Crisis Counseling Interventions* (Hasanun Nahadia) 2021 This study discusses the stages of counseling intervention for individuals who experience provocatus abortion due to rape. This article emphasizes the importance of continuous judgment and active listening techniques in helping clients cope with their crisis situations

An analysis of crisis interventions in counseling psychology shows that a structured, evidence-based approach is essential to help individuals cope with trauma and difficult situations. Various strategies such as emotional support, situational assessment, and the use of specific counseling techniques can increase the effectiveness of interventions (Asmarany, 2024). Further research is needed to develop best practices in crisis intervention in a variety of contexts, including education and mental health services. As such, this literature provides valuable insights for counseling psychology practitioners in designing more effective interventions for their clients.

CONCLUSION AND SUGGESTION

The results of the literature analysis on crisis intervention in counseling psychology show that an evidence-based approach is very important in helping individuals deal with crisis situations effectively. Crisis interventions, such as trauma therapy, Cognitive Behavioral Therapy (CBT), and Eye Movement Desensitization and Reprocessing (EMDR), have been shown to be effective in reducing the psychological impact of traumatic events. This approach focuses on immediate handling, emotional support, strengthening coping mechanisms, and rebuilding the client's psychological balance.

The success of a crisis intervention depends largely on several key factors, namely the speed of the counselor's response, the use of strategies tailored to the individual's needs, and the counselor's skills in building supportive therapeutic relationships. In addition, the importance of social support and the involvement of support systems, such as family or community, becomes a significant element in an individual's recovery process.

However, the study also identified a number of challenges, including limited time, resources, and adequate training for counselors to handle crisis situations. Therefore, it is necessary to develop a more targeted training program to improve the competence of counselors in handling complex crisis cases.

Suggestion

1. Counselor Competency Development: Intensive training is needed for counselors,
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especially in evidence-based approaches such as CBT and EMDR, so that they can provide more effective interventions.

2. **Increased Resources:** Educational institutions and mental health services need to ensure the availability of adequate resources, including access to training materials and professional supervision, to support counselors in dealing with crisis situations.
3. **Multidisciplinary Approach:** Engage multiple parties, including families, communities, and medical personnel, to create a more comprehensive support system for individuals experiencing crisis.
4. **Further Research:** More in-depth research is needed to explore new approaches and develop more effective models of crisis intervention in various contexts, such as education and the general public.
5. **Increased Public Awareness:** Public campaigns on the importance of mental health and psychological support need to be expanded to reduce the stigma towards seeking help in crisis situations.

With the implementation of these strategies, crisis interventions in counseling psychology can be increasingly effective in supporting individuals to restore their emotional and mental stability.

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