

BELLA

intervention concept
for acute
crisis situations
/ states

This manual was produced by P. Lahninger, I. Lemben and the participants in a seminar.

From: Sonneck, G. (2000): Krisenintervention und Suizidverhütung. Mit einem Geleitwort von E. Ringel †. Wien: Facultas Universitätsverlag. [For use as part of the INCREASE Erasmus+ project, the manual was translated, with the permission of the author and the publisher (December, 2016), into English by R. Schuen. The translation into other languages is carried out by the project partner organisations.]

Building relationship

Encircling the situation

Lessening the symptoms

Linking with people who support

Approaching problem-solving

Building relationship

- **Create an inviting start**
- **Attentively and empathetically listen to the client**
- **Convey to the client that you take her/him seriously and your awareness of her/his difficulties**

- *Hello! I am ...*
- *Would you like to take a seat?*
- *Break*
- *What can I do for you?*
- *I can understand that this is a problem for you!*
- *Would you like to tell me more?*
- *I see, it is hard for you to talk about it!*

Encircle the situation

- **the reasons for coming**
- **the cause of the crisis and directly affected people**
- **the current life situation of the client (also with the here and now)**
- **with possible changes due to the situation**

- *What made you come just now?*
- *Exactly, for how long have you been feeling so bad?*
- *Does this event affect other areas of life?*
- *What do you think will change in your life as a result of this event?*

Lessening severe symptoms

- **respond to the client's emotional situation**
 - **panic**
 - **depression**
 - **assess suicide risk**
 - **try to**
 - **relieve the client**
 - **let her/him organise her-/himself**
 - **get relaxation via exercises**
 - **help with medication, if necessary**
 - **Lessing the symptoms is especially important when there is risk of suicide!**
- *You mentioned that you are not feeling well - how does that manifest itself?*
 - *How do you think it will go on?*
 - *If you feel like crying, do it!*
 - *What are now the most important things for you?*
 - *Would you like to try and express this feeling in the form of a sound?*

Linking with people who support

- **try to have the client use support systems**
 - **if necessary, involve support systems such as self-help groups and institutions**
- *Is there someone you can talk to about it?*
 - *There is a support group that deals with this particular problem!*

Approaching problem-solving Help the client

- **define the real problem**
 - **to see inconsistencies**
 - **to capture the emotional and real significance of the problem**
 - **to opt for a change**
- *What reason is there that you feel so bad because of it?*
 - *On the one hand, you are saying that ...; on the other hand, you are saying that ...*
 - *If that's the problem situation, what are the consequences?*
 - *Do you think you can put into practice what we have just worked out?*
 - *... How?*

1st session

>> BELLA <<

is the immediate help that should start immediately
 = immediate objectives

I cannot
 passive-dependent

2nd to 10th session

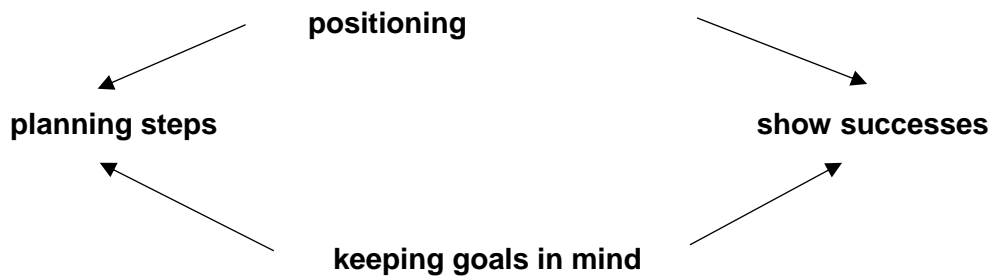
overarching goals:

Allow the client

- to develop self-confidence and self-esteem
- to regain the ability to make decisions
- to find and to test alternative constructive behaviours

I'm ok.
 active-autonomous

by means of



preparing the ending

