Understanding Crisis Therapies
An Integrative Approach
to Crisis Intervention
and Post Traumatic Stress

Hilda Loughran


‘In today’s world of conflict and uncertainty the skills of dealing with sudden emergencies, whether personal or societal, are hugely important. Understanding Crisis Therapies offers social workers and other professionals a wide range of methods suitable for helping people facing serious threats to peace and harmony in their lives. Hilda Loughran explains the theory and practice of brief therapy, and provides strategies that are appropriate across cultures and in different living environments.’

- John F. Jones, Research Professor and Dean Emeritus, University of Denver Graduate School of Social Work, USA

Events in people’s lives can have a profound impact; anything from moving house or losing a job to the death of a loved one or a natural disaster can push an individual into a state of crisis. Crisis intervention is a brief therapy and immediate response which aims to support the person through the crisis period.

This book covers the different influences on crisis therapies and traces the development of crisis theory across its different phases. Each chapter explores a different approach, including psychoanalytic; cognitive, which includes motivational interviewing; systemic; radical; and social construction, which covers solution focused therapy and enhancing resilience. Chapters on the developmental, behavioural, and post-traumatic approaches are also included, and the final chapter illustrates an integrated framework drawing on our knowledge of crisis so far. Case studies are featured throughout to demonstrate the theories and therapies in practice.

This clear guide will assist students and practitioners to understand the different types of intervention and how they relate to the theoretical context. It will be a vital text for all those working with people in crisis, including social workers, counsellors, crisis workers and students in these fields.


Hilda Loughran is Lecturer in Social Work at University College Dublin, Ireland, and has taught crisis intervention for over 15 years. Her areas of interest include social work education, counselling and research, and drugs and alcohol misuse, including the use of crisis intervention. She has published widely in these areas, and has been engaged in policy and practice research for many years.