



## **SAFER-R Revised Model of Individual Crisis Intervention**

Crisis Intervention mechanisms of action and applications can be made easier by the utilizations of simple models. Originally developed for use with law enforcement, the SAFER-R model is nothing more than a step-by-step model for working with individuals in crisis. (Everly, 1995). It may be considered a form of psychological first aid (PFA). Many forms of PFA exist.

### **The SAFER-R Revised Model**

(Everly, 1995)

**Stabilize** (introduction; meet basic needs; mitigate acute stressors)

**Acknowledge** the crisis (event, reactions)

**Facilitate** understanding (normalization)

**Encourage** effective coping (mechanisms of action)

**Recovery or Referral** (facilitate access to continued care)

### **SAFER-R Model of Crisis Intervention with Individuals - With Mechanisms**

(Everly, 1995)

**Stabilization** (Introduction, establish rapport, describe limitations)

**Acknowledge** - Let people tell their “story”. Based upon the description of the event and the description of personal reactions, the interventionist will formulate the acute intervention plan that is revealed in the next two sections (F) and (E).

1. Event
2. Reactions

**Facilitation of Understanding:** Provide normalization and reassurance as appropriate

**Encourage Effective Coping (Mechanisms of Action)**

1. Meeting Basic Needs
2. Liaison/ Advocacy
3. Cathartic Ventilation
4. Social Support
5. Information
6. Stress Management
7. Problem-Solving
8. Conflict Resolution
9. Cognitive Reframing
10. Spiritual
11. Financial
12. Reassurance
13. Hope

**Referral?** Referral to the next level of care is indicated when asked for or when there is sufficient evidence that the survivor is unable to successfully attend to essential activities of daily living.



### **AN EXAMPLE**

- Introduce yourself
- Meet basic needs, stabilize, liaison
- Listen to the “story” (events, reactions)
- Reflect emotion
- Paraphrase content
- Normalize
- Attribute reactions to situation, not personal weakness
- Identify personal stress management tools to empower
- Identify external support/ coping resources
- Use problem-solving or cognitive reframing, if applicable
- Assess person’s ability to safely function