

CRISIS RECOVERY MODEL

CRISIS in oriental thinking, is the composite of DANGER and OPPORTUNITY.
 CRISIS is a normal, natural and NECESSARY aspect of human life.
 CRISIS is present in every CHANGE and TRANSITION in life.

CREDITS: Adapted from a workshop titled "Facilitation Processes in Disaster Intervention" facilitated by Maria Begona Rodas Carrillo, Lenny Diamond and Deb Starzynski.
GRAPHIC: Peter Durand, Alphachimp Studio, Inc.

1 NORMAL STATE

BASIC NEED: Stability and growth

ACTIVITY: **Aspire**

Life with its ups and downs, minor glitches and lessons learned.

2 TRAUMATIC EVENT

Whether an individual or a community, the pattern of life is radically disrupted. This inspires various immediate reactions: denial, sadness, anger, despair, fear, guilt, blame, violence, depression, somatic symptoms, relational stress, spiritual distortions, etc.

■ DYSFUNCTIONAL STRATEGIES: **Pseudosolutions**

ACTIVITIES: **Agitate, Alienate, Automate, Abdicate**

Cycles of self-destructive behavior can result from a failure to recognize crisis as a normal, natural and necessary aspect of human life. Can spiral resulting in a secondary crisis.

3 REACTIVE STAGE

BASIC NEED: Survival

ACTIVITY: **Accommodate**

Physical, mental, social and spiritual survival. Grief, fear and numbness rule decision-making.

4 RECEPTIVE STAGE

BASIC NEED: Security

ACTIVITY: **Assimilate**

Acceptance of the new reality through awareness and reflection, pave the way for adaptation to conditions. An improved attitude reveals a "light at the end of the tunnel." Analysis and observation provide the basic elements for crafting a strategy for recovery.

5 PROACTIVE STAGE

BASIC NEED: Autonomy

ACTIVITY: **Activate**

The use of functional strategies lead to personal and group psycho-social recuperation and reconstruction. Ownership of growth and improvement through active participation, flexibility and accountability yield greater and greater achievements.

6 INTERACTIVE STAGE

BASIC NEED: Transcendence

ACTIVITY: **Associate**

Strengthen social bonds and intimacy through affiliation and alliances. A social system based on sharing and cooperation. A healthy balance between personal advocacy and group solidarity.

■ POST-TRAUMATIC SYNDROME: The Silent Enemy

ACTIVITIES: (see below) □

Though an illusion of "normalcy" may return, unresolved emotions from the traumatic event undermine steps towards true transcendence. Self-destructive behavior such as depression, isolation and violence are common.

