

Cognitive-Behavioral Strategies in Crisis Intervention
Frank M. Dattilio and Arthur Freeman (Eds.)
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We currently have the mixed blessing of living in “interesting times”, i.e., we are in the midst of large scale multiple global changes, crisis and opportunities. I would have to agree with the authors of *Cognitive-Behavioral Strategies for Crisis Intervention*, that many of us are ill prepared for a wide spectrum of crises that are increasingly part of the work even private practitioners will likely have to encounter. In this third edition, experts in the field of crisis intervention have revised and expanded cutting edge clinical and empirical guidelines for CBT in the trenches of crisis. Six new chapters include CBT as applied to issues of current concern for practitioners of every type: The controversial new diagnosis of Acute Stress Disorder, CBT for first responders/law enforcement personnel, guidelines for school-related violence/massacres and aggressive youth in general, and of course a timely chapter on CBT and terrorism.

Updated but essential chapters include a basic introduction to crisis intervention, basic concepts of stress responses and syndromes, and several chapters specifically examining the extreme end of symptom intervention for each of the crisis prone clinical syndrome (e.g., cluster B personality disorders, depression/suicide). Also included are the range of trauma related scenarios all clinicians face at some point (e.g., rape trauma, child sexual abuse, domestic violence, medically related crisis and divorce). The fourth and final section of the book provides a useful review of the special legal, ethical and emotionally taxing liabilities that working in the field of crisis intervention poses.

The book is broad enough and deep enough to cover two audiences well. For those who are specifically involved as crisis intervention workers on an, individual, organizational or community level, the text’s expertise will undoubtedly be a resource for some time to come. For the average private practitioner the text is not only an expert review of the fundamentals for general stress/trauma theory and intervention, but an invaluable resource to have on the shelf when looking for a reference and guidance on a specific type of crisis. Common and uncommon crises for which the text can be a resource include: Impulsive and dangerous behaviors, acute trauma, medical crisis, marital abuse, childhood abuse, suicide, or on a family or even community level, such as marital separation, school bullying/violence and natural or man-made disasters. Even if one chooses not to be involved as a crisis intervention worker, this text should be required reading. Every clinician will have to face the inevitable common crises in the lives of average adults and children, not to mention being prepared for the increasingly *interesting times* into which we seem to be moving.

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