

Student Study Guide

**To be completed in partial fulfillment
of requirements for the course:**

Grief and Loss Counseling

Based upon the text:

Crisis Counseling
(A revised Grief Relief)

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Study Guide Developed by:

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Introduction

II. Questions on Introduction

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. Fill in the gaps in this sentence:

In the USA today.....of marriages end in divorce.....adolescents annually commit suicide.of children are abused physically and sexually.....are battered.....runaway.

2. What reasons are given for these appalling statistics?
3. Explain the Ostrich approach.
4. Explain the Cancer approach.
5. Explain the Healing Community.
6. Who are the authors of The Family Crucible?

CRISIS DEFINED

II. Questions :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the definition of 'crisis'?
2. What does a crisis make us do?
3. What is the full extent of the problem facing the USA?
4. How accurate is the comorbidity survey conducted by Ronald Kessler and associates?
5. How many of these people had been helped in any way?
6. What are H. Norman Wright's 4 phases of crisis?

CRISIS COUNSELING IN EVERYDAY LIVES

II. Questions:

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. How can we measure the impact of a crisis?
2. What is the first result of a crisis in a person's life?
3. How long does it take for someone to adjust to a crisis in their life?
4. How does a person reach a place of peace after a crisis?
5. What difference does being a Christian make to working through a crisis?

THE BIBLE AND CRISIS

II. Questions:

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. Is sin a form of crisis?
2. Using Adam and Eve as an example explain why it is a bad idea to hide and withdraw in a crisis.
3. Why did Peter sink into the waves?
4. Why does the author say most crises of life are self induced?
5. What things should we tell our clients when they are suffering a crisis?
6. What part does the Word of God take in a crisis?

CHAPTER ONE

MARRIAGE

II. Questions on Chapter One:

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What are the four possible attitudes a person can show in a relationship?
2. What is God's plan for marriage?
3. What year of marriage carries the highest risk of divorce?
4. What is "the seven year itch"?

CHAPTER TWO

CHILDBIRTH AND PARENTING

II. Questions on Chapter Two:

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What kind of situations can scar a child?
2. What are some of the crises that can occur in a family when a child is born?
3. Why does there need to be a restructuring of the home and family?
4. Why is it important to agree on the way you discipline your children?
5. How can we hurt our children in their psychological development?
6. What are the two most important things a child needs?

CHAPTER THREE

TEENAGERS

II. Questions on Chapter Three :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. Describe depression common for teenagers.
2. What are some of the symptoms to look for?
3. What are the causes of depression?
4. What are the symptoms in a family that can cause depression?
5. Why does Aaron Beck say, “Our thinking causes our emotions”?
6. What are the effects of depression?
7. How do we help the depressed teenager?
8. What should we remember if we have a career crisis?

CHAPTER FOUR

ADULT CRISES

II. Questions on Chapter Four :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. When do men have their mid-life transition?
2. What is the empty nest syndrome?
3. What is it possible to learn from older folk?

CHAPTER FIVE

SUBSTANCE ABUSE IN ADOLESCENTS

II. Questions on Chapter Five :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What are some of the causes of substance abuse?
2. Describe the family hero. What does this mean?

CHAPTER SIX

EATING DISORDERS

II. Questions on Chapter Six :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the underlying cause of eating disorders?
2. Describe Bulimia?
3. Describe Anorexia?
4. Describe the characteristics of a family with someone either bulimic or anorexic?
5. How do you help with this kind of crisis?
6. What is the success rate for this kind of crisis?

CHAPTER SEVEN

TEENAGE PREGNANCY

II. Questions on Chapter Seven :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What should be our response to a teenager becoming pregnant?
2. What are the consequences of teenage pregnancy?
3. How important is a strong emotional attachment to parents in preventing teen pregnancy?
4. How can the problem of teenage pregnancy be solved?

CHAPTER EIGHT

SUICIDE

II. Questions on Chapter Eight :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the percentage increase in suicide from 1950-1990?
2. Discuss five only of the myths about suicide.
3. What is the meaning of a precipitating event in suicide?
4. What are some of the signs that suicide is being contemplated?
5. How should suicidal teens be counselled?
6. What can parents do, what plans can they put in place to help?
7. What does the word SLAP mean in reference to suicide?

CHAPTER NINE

HOW FAMILIES WORK

II. Questions on Chapter Nine :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. Why did God create the idea of family?

CHAPTER TEN

FINANCIAL CRISIS

II. Questions on Chapter Ten :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. Should the wife or the husband manage the money in a family?
2. What should we do when the money doesn't go far enough?
3. Should you give money to the Lord's work even though you do not have enough for your needs?
4. Should teenagers be given an allowance?

CHAPTER ELEVEN

SEVERE LOSS

II. Questions on Chapter Eleven :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the difference between death and divorce?

CHAPTER TWELVE

SOLUTIONS AND TREATMENT

II. Questions on Chapter Twelve :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. How do you solve a crisis?
2. Explain the ABCD model of crisis counselling?

CHAPTER THIRTEEN

THE COUNSELLING PROCESS

II. Questions on Chapter Thirteen :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the difference between the micro system and the macro system?
2. What are the helpful techniques toward counselling resolution?
3. What is the three pronged phase of counselling those in crisis?
4. How can ministers be equipped to cope with crisis?
5. What things should not be said in the midst of family crisis?

CHAPTER FOURTEEN

GRIEF AND LOSS

II. Questions on Chapter Fourteen :

Please refer to the instructions for answering the questions. Answer the questions in your own words and be sure to add scripture references where possible.

1. What is the description of grief?
2. Describe the symptoms of grief.
3. What are some of the reactions a person may feel?
4. What are the three types of inter personal loss we can face?
5. What are the stages of grief?
6. What hope have we in the face of grief?