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CRISIS

How to Help Yourself and Others in Distress or Danger

By Lee Ann Hoff

Oxford | Paperback | 344 Pages
October 2014 | 9780199364169 | \$19.95

*“Lee Ann Hoff has again contributed significantly to the science and art of crisis response and counseling in **Crisis** ... this book is right on target and exceedingly helpful for those who deal with individuals experiencing a crisis.”*

—Dr. Robert C. Nielsen, Professor, Counselor Education, North Dakota State University

*“In the challenging health practice world, Hoff’s thought-provoking guide helps us communicate, work and grow as individuals. **Crisis** is a beacon of exemplary practice and ethics—a life’s work that reaches out to interdisciplinary teams.”*

—Evelyn Malfroy-Camine, Nurse Practitioner for Medical Home Without Walls

Recent history has seen tragedies like the Boston Marathon bombings and the Sandy Hook elementary school shootings occurring with alarming frequency, each shaking the world to its core. While these massive attacks happen, individuals also face turmoil on a daily basis: things like death of a loved one, job loss, and financial stress place people in emotional and physical danger. It all begs the question: how can we, individually and as a society, successfully deal with such crises?

In **CRISIS: How to Help Yourself and Others in Distress or Danger (Oxford, October 2014)**, nurse-anthropologist and crisis specialist Lee Ann Hoff translates dense psychiatric prose into an accessible language that can be used in everyday life as well as professional practice to recognize the signs of crisis and prevent people from going further into a downward spiral. Hoff also emphasizes that crisis is not just danger – rather, it is an opportunity for emotional growth to better weather future crises.

The book includes discussion guides at the end of each chapter to help readers put theory into practice. Some of the topics Hoff explores include:

- How a crisis develops from early warning signs to acute distress
- Emotional, behavioral and other signs of an impending crisis and/or risk to life
- How stress, crisis and illness (physical and mental) are interrelated
- The skills needed to deal with stressful life events
- Questions to ask friends, loved ones and patients during difficult times
- The features of a good crisis plan
- The role of psychiatric drugs in crisis prevention
- Tools to assess suicide and homicidal risk

BIOGRAPHY: Lee Ann Hoff, PhD, is a nurse-anthropologist and crisis specialist, the founding director of the Life Crisis Institute - an international not-for-profit organization in Boston www.crisisprograms.org - a former professor at the University of Massachusetts Lowell, a visiting professor at the Institute of Applied Psychology, Lisbon, and the author of several books on crisis and violence..

*To schedule an interview with the author or to request a review copy,
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