

Crisis Dynamics

Unitarian Universalist Trauma Response Ministry

An event occurs:

- The impact on individuals and groups is experienced
- feeling out of control
- undergoing loss (physical or emotional)
- the experience of being overwhelmed is felt
- Homeostasis is interrupted.
- An angle of disorganization/disorientation occur.



It is a point of ambivalence where the outcome can be to fall back to feeling overwhelmed, out of control, helpless, hopeless or emerging to gaining a sense of power and possibility leading to...

Resolution:

Where homeostasis can occur and even though life is not the same there now emerges a new normal which includes integration of new information and new experience and new knowledge about self and the world.

The outcome is that now plans can be set into motion to restructure and rebuild.