In *Crisis Counseling and Therapy*, Jackson Rainer and Frieda Brown conceptualize a new model of crisis intervention in which they skillfully integrate four theoretical approaches – family systems, narrative, cognitive-behavioral, and experiential/existential – to form the novel “Systemic Crisis Intervention Model.” The purpose of this model is to move clients through the processes of restoring their equilibriums or functioning that were shaken from crises, while incorporating a systems approach to work with the social and environmental supports available to the client. Using a time-limited approach, this therapeutic model is designed to last approximately ten to twelve sessions. However, the authors stress that there should be flexibility regarding session length and frequency based on how much disequilibrium is evident for each client. The framework of the model includes three phases through which clients progress in a stepwise manner: remembering, reorganizing, and restoring.

In the first third of the book, Rainer and Brown provide a strong justification for their Systemic Crisis Intervention Model. Important differentiations between the terms “crisis,” “trauma,” and “stress” are made to help the reader truly understand the situations when this model would be most appropriate. The authors also provide a solid background in intervention, assessment, and treatment models already established for those in crises. They include summaries of research on these models, some of which have been controversial. In their argument for a systems approach to crisis counseling, Rainer and Brown offer an outstanding and comprehensive profile of individuals in crises.

At the crux of the book is the framework of the Systemic Crisis Intervention Model. The authors take considerable time describing the three phases of the model – Remembering the Crisis, Reorganizing the System after Crisis, and Restoration and Exiting the System – as well as the five to six intervening steps within each phase. Clinical examples are provided throughout the framework, which is very helpful for the reader. Also, concern for more vulnerable client populations, including those at high-risk for suicide, is well-detailed and appreciated. There is an entire section devoted to the impact of crisis on children and adolescents, which is thoughtful and well-reasoned. Finally, although this can be used with individuals in multiple types of crises, the authors use step-by-step examples on how to apply the Systemic Crisis Intervention Model on crises of natural disasters, sexual assault, and life-threatening illness.

In conclusion, Rainer and Brown provide a strong justification for an important new model of crisis intervention. Using a well-reasoned systems approach and integrating four evidence-based practices, the Systemic Crisis Intervention Model is a significant contribution to the burgeoning field of crisis intervention theory and practice.