

Additional Materials

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"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not-knowing, not-curing, not-healing and face with us the reality of our powerlessness, that is the friend who cares."

- Henri Nouwen



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Crisis as a Toxin Everly & Mitchell	Calm	<i>antidote for</i>	Anxiety
	Structure	<i>antidote for</i>	Chaos
	Thinking	<i>antidote for</i>	Dysfunctional emotions
	Catharsis	<i>antidote for</i>	Psychological tension
	Information	<i>antidote for</i>	Loss of control
	Acceptance	<i>antidote for</i>	Alienation
	Action	<i>antidote for</i>	Helplessness


