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**EM TEMPOS DE CRI(S)E  
IN TIMES OF “CRI(S)E”  
EN TIEMPOS DE CRI(S)IS**

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## EDITORIAL

### IN TIMES OF "CRI(S)E"

When we think of crisis, several words immediately come to mind: change, anxiety, opportunity, growth, life, instability, insecurity, discovery, alternative, patience, creativity, conflict, challenge, effort, rupture, hope, resilience and transformation.

Although crisis is often associated with something bad, such as rupture, uncertainty or suffering, it can also be an opportunity for growth and not something that is necessarily dangerous or risky.

Human beings are permanently in crisis because they are constantly changing individually throughout their life cycle, in their families, in society and in the world, which is why the word most used today is "crisis". The COVID-19 pandemic itself, the war in Europe, rising inflation, climate change, all of this leads to constant change in the lives of individuals, families, societies and the world.

When the topic is "crisis", we analyze the changes that the crisis causes in people's lives or "what" or "who" caused the crisis. Does this help to understand and solve the problem? Find solutions? Or does it increase the sense of threat?

The word CRISIS (translated into Portuguese is "CRISE"), in itself, allows for transformation/change, which is why, in times of "CRISE", the S is removed and CRI(S)E = "CRIE" (translated into English as CREATE). Minuchin (1979) says that a crisis is an opportunity for change and if this doesn't happen we run the risk of developing a pathology/problem. To be effective, change must not be a 1st order quantitative change (a change to the absence of change), it must be a 2nd order qualitative change, in the terminology of the Escola de Paulo Alto (Watzlawick; Weakland & Fisch, 1975).

What is the true meaning of crisis and why do crises happen? Imagine a family, a world without crisis. Isn't the crisis itself a mechanism that induces "life", thus forcing changes?

Thinking about the family, the variants of the family life cycle, such as single parenthood, are in themselves confirmation of a social change. Children's adolescence contains at least two crises: the crisis of adolescence, of affirmation or difficulty in affirming themselves among their peers, and the crisis they face in the family, especially when they break with the standard, the socially established norm. The lack of acceptance, support and feeling of belonging to the group, family and society is damaging.

The post-pandemic crisis, the ongoing war, especially in Europe, and climate change are also proving to be very damaging.

In these cases, despite being less good, these crises help people and society to evolve. We can say that there is a "force" which, combined with scientific evidence, causes multiple, complex and systemic transformations to take place. Without these transformations, there would be no progress, no evolution/transformation in individuals, families, companies, societies and the world.

Would humanity spontaneously seek to progress without a threat? A crisis forces change and accelerates progress.

Crisis in personal life, in the family, in society, is a signal to promote change. Without this process, individuals and organizations would remain stagnant.

An accidental crisis, such as a financial crisis or a health crisis (illness), is Life's warning that it's time to change. In short, a crisis is neither bad nor good. The individual, the family, the company, society, have the option of promoting change for the better or for the worse. The role of professionals in health, education, management/finance/economics/informatics, services and policies will be to help/empower the individual, the family, companies, the community/society, to consider/find solutions to view the crisis as an opportunity to change the course of their life/cycle, for better resolution of problems or greater satisfaction/sustainability of experiences/processes.

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