

**PSYCH.E.IN. MULTIPLIER EVENT**  
**PRESENTAZIONE DEGLI INTELLECTUAL OUTPUT**  
**MILANO IL 10 DICEMBRE 2022**  
**ITALY**  
**SEDE: CENTRO CLINICO EMDR -VIA CARETTA, 1**

## Minutes

### Participants

Please write here the name of all the participants and the name of the institution they belong to.

1	Borneo Rossella	ASL TO3
2	Borreca Ersilia	Libera professione
3	D'Abramo Alessandra	c.r.s.p.
4	Daccò Martina	Scuola Psicoterapia Integrata
5	Alessandra Durante	Scuola Psicoterapia Integrata
6	Fiore Martina	Libera Professione
7	Rao Greta	ASL TO3
8	Stefano Verza	Scuola Psicoterapia Integrata

### Minutes

Please describe:

- The number and typology of participants

Associazione per l' EMDR in Italia organised the Multiplier event aiming to disseminate the contents of the I.O. through the Associated Partners. At the moment of the Multiplier Event 20 associated partners were recruited by Associazione per l' EMDR in Italia:

- 6 out of 20 from European and not European member states.
- 2 out of 20 from Milan
- 12 out of 20 are Italian partners located in all the national territory.

For that reason Associazione per l' EMDR in Italia organised on Hybrid event: in presence and online (webminare). The webminare was transmitted on the platform Zoom at the link:

Sei invitato a un webinar in Zoom.

Quando: 10 dic 2022 08:30 AM Roma

Argomento: Psych.E.In. Psychological Early Intervention: clinical training



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Fai clic sul link seguente per entrare nel webinar:

<https://us06web.zoom.us/j/87267615128?pwd=RDIFZU5kZzlrN3NrYnEyRXlMUElZUT09>

Passcode: 627804

- 8 external participants joined the event in person, from 5 different organisations
- 78 online participants joined the event online, from all the associated partners organisations: 78 were connected at the beginning of the Multiplier Event, 75 were connected at the end of the event.
- 5 Psych.E.In. researches participated to the event: Gaia Malsovarich, Stefania Sacchezin and Serena Zucchi with the role of speakers, Martina Gervasoni and Elvira Lai with the role of organisers.
- The profile of end users involved

Psychologists (7 out of 8 in presence) and a psychotherapist (1 out of 8). Participated.

Online participants were

- psychologists (expecially from the traing school as Apragi, Psychoterapy Training School, Centro Padovano di Teraoia della famiglia),
- psychotherapists (expecially from Consorzio Universitario Humanitas, FONDAZIONE G.B. GUZZETTI, Italian Association of Military Psychology, ASLTO3, Centro Clinico EMDR Palermo)
- trainers (expecially from Unità di ricerca in Psicologia dell'emergenza, Università Cattolica, University of "Magna Græcia" of Catanzaro but also from the traing schools)
- The contents

Psych.E.In. I.O. were presented by Serena Zucchi through slides, videos, and t Psych.E.In. website:

Three sessions were dedicated to Psych.E.In. I.O.:

- Session 1: Psych.E.In. MOOC, basic training pathway. First Intellectual Output Specifically: MOOC 1:
  - Learning Unit 1 - History and Approaches - UJK (PL)
  - Learning Unit 2 - Different phases in Early Psychological Interventions - IAAP (FR)
  - Learning Unit 3 - Stress Responses: Biopsychosocial Perspective - UoP (SK)
  - Learning Unit 4 - Critical Incident Stress Management - AKP (CZ)
  - Learning Unit 5 - Specific Targets in Early Psychological Intervention - IGAA (EL)
  - Learning Unit 6 - Description of some Early Psychological Interventions IGAA (EL) & EMDR (IT)
  - Learning Unit 7 - Management in Emergency - EMDR (IT)

MOOC 2:

- Learning Unit 1 - Profile of Emergency Psychologist - AKP (CZ)
- Learning Unit 2 - Empathy: Psychologists' Keystone in Early Intervention - IAAP (FR)
- Learning Unit 3 - Individual Training in Early Intervention Psychology - UJK (PL)



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- Learning Unit 4 - Group Training - IGAA (EL)
  - Learning Unit 5 - Supervision of complex interventions – UoP (SK)
  - Learning Unit 6 - Teaching Emergency Management - EMDR (IT)
- Session 2: Psych.E.In. Toolkit: briefing and debriefing tools. Second Intellectual Output.  
Toolkit 1:

- Learning Unit 1: body mindfulness: Soothe emotion and stabilize the mind through the body IAAP (FR)
- Learning Unit 2: critical thinking: learn to understand and better defend yourself AKP (CR)
- Learning Unit 3: risk awareness and responsibility: Taking ownership of protective measures to address Soft skill UoP (SK)
- Learning Unit 4: sense of belonging and social resourcefulness UoK (PL)
- Learning Unit 5: cooperation - appropriate collective measures to better cooperate IGAA (EL)
- Learning Unit 6: learning from experience: rely on collective intervention capacities IGAA (EL)
- Learning Unit 7: learning to learn: capitalize your learning, understand and profit from experience UoP (SK)
- Learning Unit 8: empathy: use your creative resources to create authentic contacts IAAP (FR)
- Learning Unit 9: awareness about others: stay alert to information and Develop vigilance UoK (PL)
- Learning Unit 10: awareness about yourself: reconnecting to yourself, keep in mind your resilience EMDR (IT)
- Learning Unit 11: identify dysfunctional thoughts and promote more ecological thinking AKP (CZ)
- Learning Unit 12: identify the best own capacities developed in former complex situations EMDR (IT)

Toolkit 2:

- Learning Unit 1: mapping. Map the emergency agencies operating in the maxi-emergency, included existing psychosocial services should be fully mapped and incorporated into the psychosocial care plan. UoP (SK)
- Learning Unit 2: presenting. Present your rule and competences IAAP (FR)
- Learning Unit 3: coordinate. Coordinate your team and coordinate yourself in the **intersectoral network** UoP (SK)



- Learning Unit 4: coding. Being respectful of human priorities/needs AKP (CZ)
- Learning Unit 5: ethic and human values inspiring. The response should promote a sense of safety, self and community efficacy/empowerment, connectedness, calm and hope. IAAP (FR)
- Learning Unit 6: communicating. Use plain and timing communication UoK (PL)
- Learning Unit 7: leadership in networking. Transversal, empowering/coaching leadership in the network relationship IGAA (EL)
- Learning Unit 8: leadership in group working. Transversal, empowering/coaching leadership inside the team. IGAA (EL)
- Learning Unit 9: peer support. Having a supportive context is crucial to enhancing the resilience EMDR (IT)
- Learning Unit 10: self support. Asking help, do not act alone. EMDR (IT)
- Learning Unit 11: review of your strong points in handling complex situations UoK (PL)
- Learning Unit 12: review of problem solving skills and of the decision making process AKP (CZ)

- Session 3: Psych.E.In. Case studies. Third Intellectual Output were presented in the draft versions:

Case study 1 Collection:

- Case study 1 - Grief Counseling Therapy Techniques & Interventions UoK (PL)
- Case study 2 - Severe COVID-19 and PTSD symptoms: Individual CBT approach with stressing cognitive restructuring and acceptance UoP (SK)
- Case study 3 - Critical Incident Interventions EMDR (IT)
- Case study 4 - CBT restructuring, visualization and reliving in women with PTSD symptoms AKP (CZ)
- Case study 5 - Developing a “micro-cosmo”: the experience of children and adolescent refugees in a community setting. IGAA (EL)
- Case study 6 - Resilient path in a pandemic crisis: first online resilient path in a pandemic crisis as Adlerian Toolkit of Psychological Crisis Intervention and Prevention, according to the Adlerian method of Individual Psychology IAAP (FR)

Case study 2 Collection:

- Case study 1 Teaching “Case study”: How to prepare case studies and work with them UoP (SK)
- Case study 2 Association for EMDR in Italy Online Courses and Workshops during the period of the 2020 Lockdown EMDR (IT)
- Case study 3 The SIX Cs model for Immediate Cognitive Psychological First Aid: From Helplessness to Active Efficient Coping\* Effectiveness of a Six Cs Training Program for Adolescents\* AKP (CZ)
- Case study 4 Training Activities at Open Psychotherapy Centre (OPC-EL) during 2020 Covid-19 Pandemic Lock-down period IGAA (EL)
- Case study 5 Training in psycho-pedagogical Intervention and Prevention against Bullying & Cyber-Bullying according to the Adlerian method of Individual Psychology IAAP (FR)
- Case study 6 Grief and Communication Family Support Intervention for Parentally Bereaved Families UoK (PL)

Stefania Sacchezin presents the topic “Caring for the rescuer: prevention and treatment of vicarious trauma”.

- Emergency results in excess demands that can lead to physical and emotional wear and tear. Among the main causes of stress for medical personnel: The severity of the events. The nature of the rescue work. The characteristics of the environment. Some stressors that affect caregivers, exposure to survivors' grief, terror, shame, guilt, and confusion; the 'vicarious experience of deaths and injuries that have affected children and adults; the pressure to provide answers/solutions. to insoluble problems; the 'prolonged physically and psychologically demanding activity with few or no breaks; separation from loved ones; the 'inability to protect loved ones or communicate with them; the risk to one's physical safety.

Giada Maslovarich on the topic “Accompaniment of traumatic bereavement”. Slides were presented:

- Mourning is the feeling of intense grief that one experiences at the loss of a loved one. Death, especially of a close person, has always been regarded as the event that causes not only a physical and real loss but an emotional and psychological loss in the survivor's. Reaction to grief is very personal and can be influenced by several factors: the circumstances that led to the death; the predictability or otherwise with which it occurred; the personal characteristics of the bereaved, (the age, the role held within



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the family, the degree of kinship, the quality of the relationship, personal psychological characteristics); the resources present within the context.

- The conclusion achieved

After each content session there were opened discussion sessions to answer and discuss with the participants in presence and online through chat.

Dissemination events and further training were required.

A master in Early Psychological Intervention was required by participants to Associazione per l'EMDR in Italia.



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