



Psyc.E.In. MOOC 2

Unit 6

Chapter 3

Case study/Good practice

Instructions for the learners

Working in groups, read the case study and answer the questions to complete the activity. It is not necessary to describe the whole process in detail.

In the following case study, you will be provided with a scenario to use in your classroom for an exercise that will last 20-30 minutes:

- 5 minutes to read the instructions and the information about the scenario individually.
- 10 minutes for subgroup discussion.
- 10 minutes to answer the questions.

Background Scenario Description

Between October 30th and October 31st 2016, a strong earthquake hit the Sibillini area, between the Italian regions of Marche and Umbria. The magnitude of many of the seismic shocks is over 3 and in two cases it reaches 4.2 (at 4:27 and at 8:05); the epicenter is close to the town of Norcia. Analyzing satellite images, experts from the INGV (the Italian Institute Geophysics and

Volcanology) expect a lowering of the ground of more than 25 centimeters in the epicenter area. According to the Civil Protection, there are more than 25.000 displaced residents in the Marche region, about 15.000 in Umbria (3.000 in Norcia), 2.000 in Lazio and 1.000 in Abruzzo region; but, according to sources of the Prime Minister, the people displaced could be 100.000. There are no reported fatalities, only 20 minor injuries; one man, however, dies during the night while sleeping in his car, presumably of cardiac arrest.

This is the strongest earthquake in Italy in the last 35 years, immediately after the Irpinia quake in 1980.

Methods, resources and obstacles:

Psychological intervention after an emergency like this is essential. Acting in this phase means, mainly, offering support: in the processing of grief, in the reacquisition of the adaptive skills lost following the traumatic event, and in the acquisition of those new skills / abilities required by the new life situation, in order to reduce or favor the disappearance of post-traumatic symptoms that are present in the clinical picture.

Often, psychological intervention after such calamities lasts several months because of the high number of people involved and because of the time required for the processing of the event.

Psychologists work in the base camps for several months, rotating in shifts; so, it is important to build a positive working climate with them and to take care of them too.

Objective:

You are the leader that has to take care of Norcia's base camp for a month and you have to plan a series of actions in order to support the team of psychologists that you coordinate. The actions will concern formal and informal situations during the working hours and when the work will be less intense.

Questions:

1. What actions could you take for the team in the first few days of an emergency?

.....

.....

.....

2. What kind of team building activities could help protect the staff of psychologists from vicarious trauma?

.....

.....

.....

3. What are your skills as a team building facilitator in a crisis phase?

.....

.....

.....

4. List a number of informal activities that you could organize to improve teamwork. Moments in which you could informally share the experience you are living alongside the official debriefing.

.....

.....

.....

5. List a variety of informal activities you could organize when work is less intense, in informal follow-up occasions.

.....

.....