
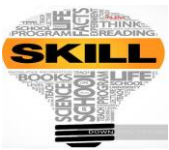






Psych.E.In. MOOC 1

Aimed at psychologists, psychotherapists and psychoanalysts

Symbols synopsis

In each Learning Unit you will find some icons that will make it easier for you to understand the nature of the material you are consulting. Read the description of the icons in the table.

Icon	Description
	Knowledge: definition of theoretical assumptions
	Skills: attitudes through which to give expression to knowledge
	Skills: ability to decline in emergency contexts
	Tip/materials of deepening
	Good practice
	Bibliography

Index of in-depth learning unit materials

Learning Unit 3 Stress and trauma

In this Learning Unit you will find the following tips (in-depth materials) and good practices.

Tip/Good practice	Title	Chapter
Good Practice 1	Interventions for most common complex acute stress reactions	Chapter 2
Good Practice 2	Intervention for PTSD	Chapter 3
Good Practice 3	SIX Cs model for Immediate Cognitive Psychological First Aid	Chapter 4
Good Practice 4	PTSD treatment guidelines	Chapter 4
Tip 0.1	How to be better prepared for stress	Chapter 1
Tip 0.2	Usefulness of knowledge about acute stress reactions	Chapter 2
Tip 0.3	Controlled healthy breathing and grounding, and other stabilization	Chapter 2
Tip 0.4	Stimulus discrimination, Psychoeducation-Metaphorsng, Nightmares exposure and rescripting, and other stabilization techniques	Chapter 3