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MOOC 1 – Unit 2

Different phases in Early Psychological Interventions: a dimensional crossings paradigm

Good Practices

Developed by Institut Alfred Adler de Paris (FR)



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GOOD PRACTICES INTRODUCTION



The time has come to put into practice the theoretical and practical principles previously studied and learned, through the analysis of some concrete clinical cases that are proposed to you based on the interviews you have already read, involving people representing different types of victims and professionals in the field. We remind you that you have at your disposal the 3rd section of this training entirely dedicated to clinical cases.



We therefore invite you to think how you understand the regard and attitude of the professional: which protocol, organization or suggestion has been chosen and why, then putting yourself in the professional position, what would have you done differently or alternatively, and why ?

Keep up the good work !



1. GOOD PRACTICES

How to adapt this Pyramid to different types of victims?

E.g.: DYNAMIC MASLOW'S HIERARCHY OF NEEDS :

Very popular, although not approved in his order by the scientific community, the hierarchy of Maslow's pyramid is not to be taken literally. Rather, it is a matter of individualizing it by listening to and understanding the needs that each individual values differently depending on the situation - especially those of crisis - and in a sometime unpredictable way. It has to be an empathic practice. The need to belong is often more important than the physical need, as the Adlerian paradigm posits, even further in emergency intervention. That is a practical translation of "Crossing crisis phases" psychological concept.

[Cf. Eric Mansager, Marina Bluvshstein, 2017, Adler and Maslow in Collaboration: Applied Therapeutic Creativity]

Needs for self-actualisation: personal growth, fulfilment etc

Aesthetic needs: beauty, balance, form etc

Cognitive needs: knowledge, meaning, self-awareness etc

Esteem needs: achievement, status, responsibility, reputation etc

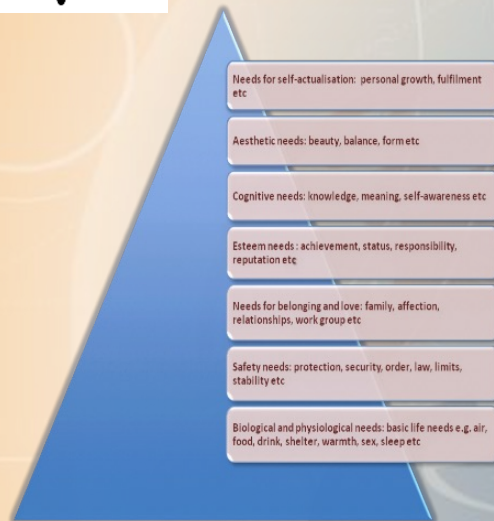
Needs for belonging and love: family, affection, relationships, work group etc

Safety needs: protection, security, order, law, limits, stability etc

Biological and physiological needs: basic life needs e.g. air, food, drink, shelter, warmth, sex, sleep etc



2. GOOD PRACTICES



Go back to [interview C] when the psychiatrist talks about the good practice, he suggests:

“A good practice is a controlled practice, with external people but formed to provide an helicopter view on what is done on field. Ex: team meeting to discuss a patient, sharing between doctors in a medical meeting.”

- a) Please give more details for this suggestion
- b) Please give another suggestion using the ‘DRILL EXERCICE’ which follows



3. GOOD PRACTICES

Go back to [interview A] when the psychologist - who is also a victim- talks about the support that she needs and suggests as a good practice :

“In what happened to me, I would have liked to have other affected people to discuss with, after the fact and during the phase when I was still suffering the consequences. Maybe groups ?

And more training for staff facing these situations, themselves caught up in the pandemic.”

a) Please give more details for this suggestion

b) Please give another suggestion using the ‘DRILL EXERCICE’ which follows

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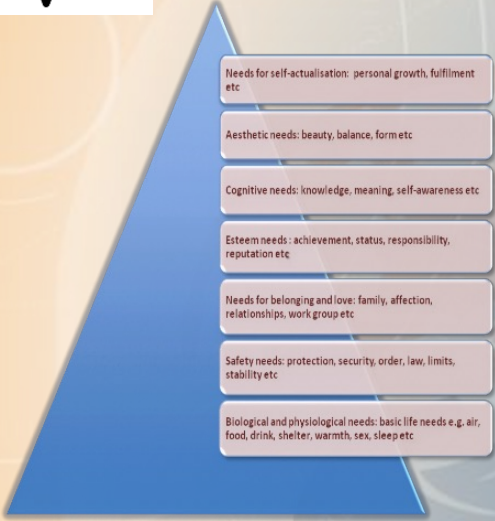
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4. GOOD PRACTICES



Needs for self-actualisation: personal growth, fulfilment etc

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Esteem needs: achievement, status, responsibility, reputation etc

Needs for belonging and love: family, affection, relationships, work group etc

Safety needs: protection, security, order, law, limits, stability etc

Biological and physiological needs: basic life needs e.g. air, food, drink, shelter, warmth, sex, sleep etc

Go back to [interview B] when the psychologist –who is also a victim- talks about the support needed by her brothers and sisters and suggests a good practice responding to her/their needs:

“I wish I had the support of my brothers and sisters when our parents were hospitalized. I carried all the guilt and they accused me of the possibility of their death. I needed comfort and support from my family, even if my friends were present, I could not see them and I felt very lonely.”

a) Please give more details for this suggestion

b) Please give another suggestion using the ‘DRILL EXERCICE’ which follows

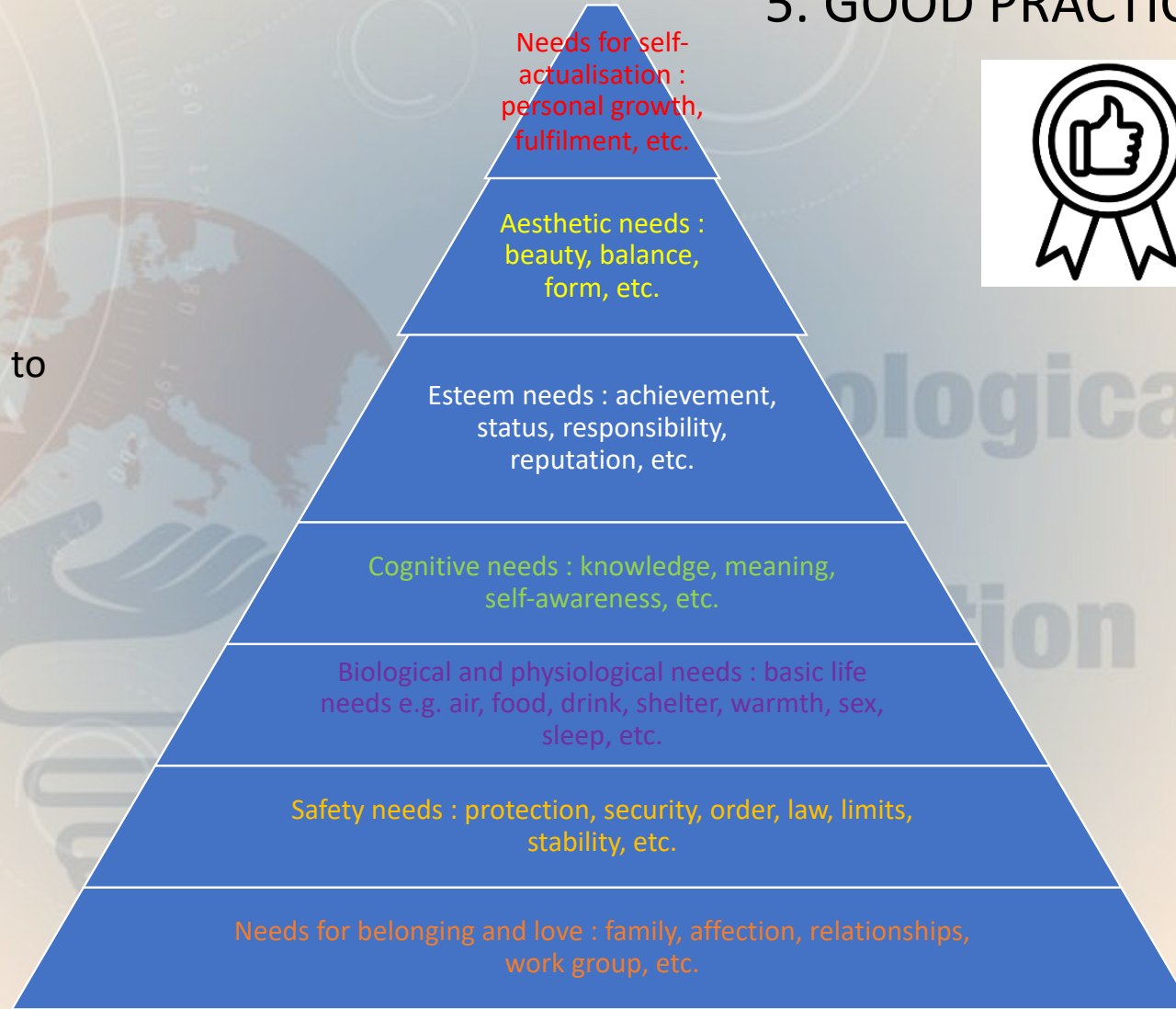
PYRAMID DRILL EXERCISE



Try to adapt the pyramid to different crisis situations according to your own empathetic hypothesis

e.g.:

- a) Terrorist attack
- b) Covid-19 pandemic
- c) Car accident
- d) School suicide
- e) Earthquake event



5. GOOD PRACTICES

