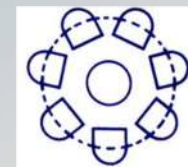


MOOC 1 – Unit 6

Description of some Early Psychological Interventions

Developed by
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Introduction

Learning Unit 6 “Description of some Early Psychological Interventions” aims to present two examples of early psychological interventions: **Group Psychological First Aid interventions** (part A), **EMDR in emergency** (part B) and **RAPID model** (part C). Each part describes the preparation phase, the clinical intervention to targets and the supportive intervention to rescuers.

- **Part A:** Group-PFA interventions are recommended in order to reduce the risk of psychological harm after a disaster. It is recommended to include prevention activities in PFA interventions, such as:
 - Prevention re-traumatization reducing the number of times victims must tell their story.
 - Prevention of secondary trauma, limiting exposure of non-essential personnel to the disaster area.
 - Prevention of stigmatization labeling common reactions to trauma and avoiding pathologizing distress.

Introduction

- **Part B:** Eye Movement Desensitization and Reprocessing (EMDR) therapy is a World Health Organization (2013-2019) recommended intervention to support the lives of people affected by trauma and mental illness related to stressful experiences and relationships, in order to promote and enhance mental health.
- **Part C:** RAPID Model by Johan Hopkins University is a platform of recommendation grounded in evidence-informed and empirically-based components designed to address the needs of individuals in acute distress, while at the same time enhancing organizational and community resilience.