

Crisis

MOOC 1 – Unit 6:

Part C:

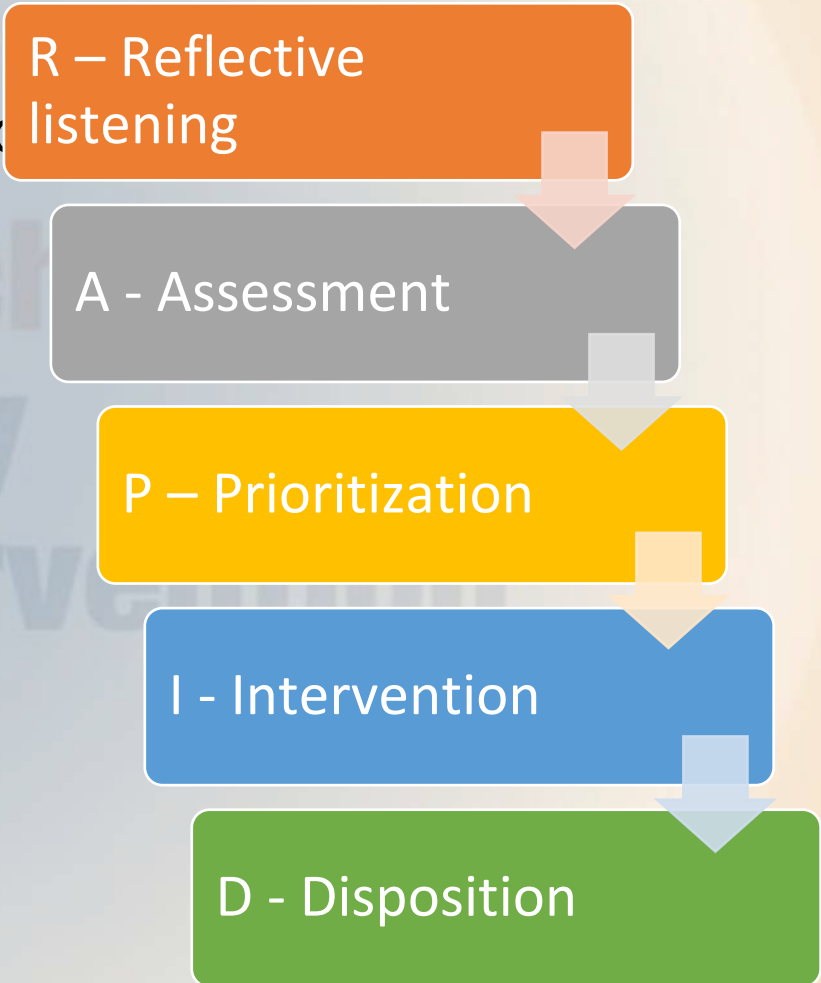
RAPID Model

Developed by
Association of Clinical Psychologists (CZ)



1.1 RAPID MODEL

- John Hopkins University's RAPID Model is a protocol of recommendations based on empirical evidence-based components designed to meet the needs of individuals in distress in the acute phase of the emergency, while improving organizational and community resilience. It is an intervention of first psychological support that can be provided by several emergency rescue figures. It is not exclusive to psychologists.
- RAPID stands for Reflective, Assessment, Priority, Intervention and Disposition and aims to offer an empathic and supportive presence designed to mitigate acute distress in emergency.





1.1 RAPID MODEL

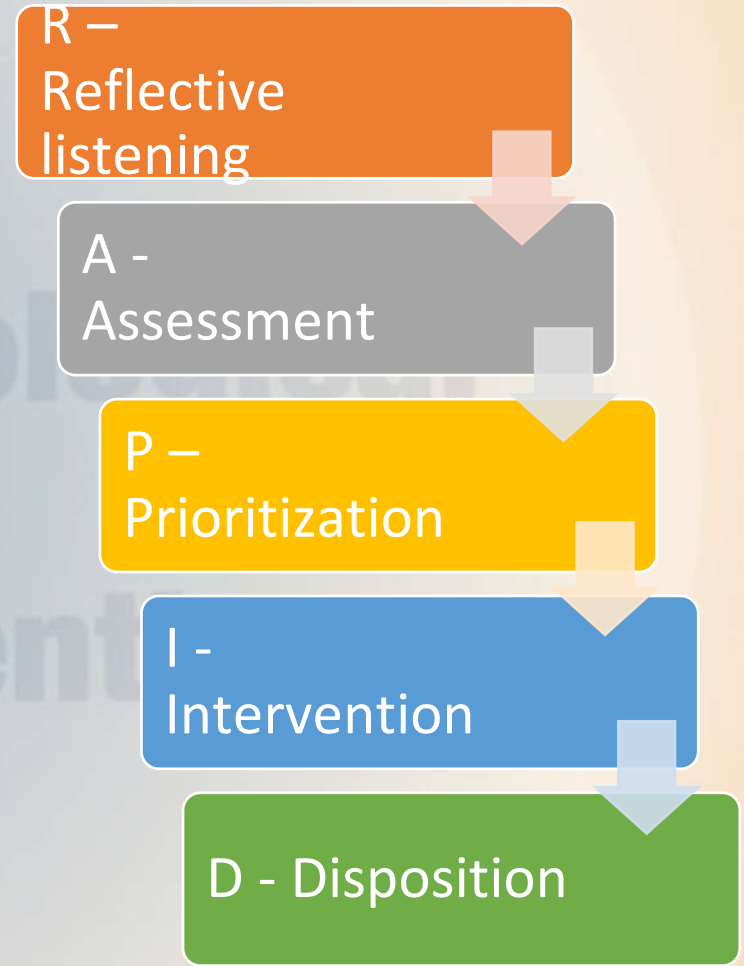
A compassionate and supportive presence designed to mitigate acute distress.

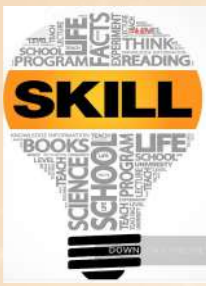
Psychological First Aid

- A concept similar to medical first aid; it is a psychosocial support activity
- Cope with stressful and traumatic event
- A learned skill
- Used in the first hours, days and weeks following the event (emergency, disaster, traumatic event)
- Approach: understanding that people experience a wide range of stress reaction (physical, behavioural, emotional, psychological) that interfere with their ability to cope with the situation. PFA helps the recovery.

RAPID model

- Unique approach
- Grounded in evidence-based and evidence-informed components
- The AIM: address the needs of an individual & enhance community resilience
- Provided by anyone trained in RAPID PFA, not only a professional





1.1 RAPID MODEL

REFLECTIVE LISTENING

- Active process, gain rapport through listening
- Make a contact
- Introduce yourself and your intentions
- Show empathy, not sympathy
- „Can I help you?“
- Open/closed questions

ASSESSMENT

- Distinguish distress from dysfunction
- Assess physical, behavioural and emotional reaction → look for psychopathology

PRIORITIZATION

- Psychological triage
- Attend people who need the greatest attention
- Help people to decide what are the most important issues

INTERVENTION

- Stabilization & stress mitigation

DISPOSITION

- Check the person's capability to cope with the situation
- Facilitate access to further help if needed



1.1 RAPID MODEL

Ventilation

- Let the person to tell you the story, ask for details, ask for emotions
- Be there as a guide and companion, not as a judge or teacher

Paraphrasing

- Summarize what the person just told you, use your own words, show understanding

Reframing

- Provide a different point of view, try to look at the situation from a different and better perspective

Normalization

- Help the person to feel common, let them understand that their way of reaction is normal

Reassurance

- Encourage the person and decrease his or her fears or anxiety,

Psychoeducation – correct the misunderstandings

- Provide factual information to help the person to orientate in the situation and to understand his or her own reactions

Foster a task orientation

Conclusion

SUMMARY

RAPID model is an evidence based approach on how you can mitigate stress reaction in a person after a traumatic event

- **Steps:**

- Reflective listening
- Assessment
- Prioritization
- Intervention
- Disposition

- **Key Points:**

- Provision of practical care and support, which does not intrude
- Assessment of basic needs and concerns
- Comfort people & help them to feel calm
- Help focused on connection to information, services and social supports



- **PFA is NOT:**

- Professional counselling
- Psychotherapy
- Psychological debriefing
- Pressuring people to talk about their issues
- An analysis of the emergency situation

RAPID MODEL PSYCHOLOGICAL FIRST AID

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