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MOOC 2 – UNIT 3

Individual Training in Early Intervention for Emergency Psychologists (EP)

Developed by
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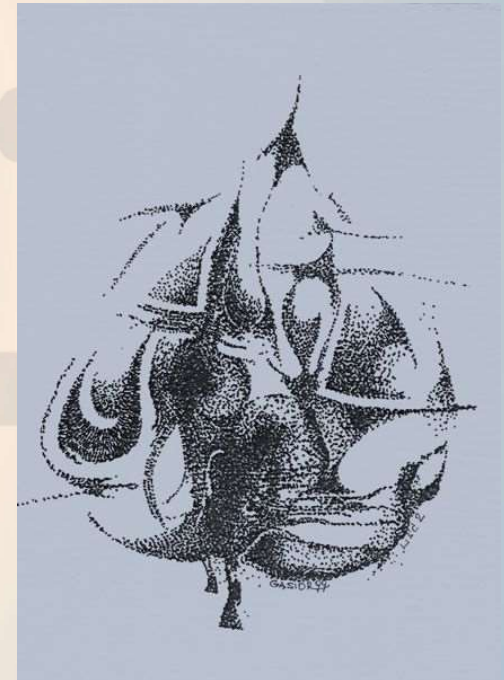
UNIT 3 : INDIVIDUAL TRAINING IN EARLY INTERVENTION PSYCHOLOGY, AS AN EMERGENCY PSYCHOLOGIST (EP)

TOPIC DESCRIPTION

In this unit you will go through individual training related to teaching Emergency Psychologists (EP) to deal with stress. After reading the Mooc2 Unit 3 you will be able to achieve:

Knowledge:

- knowledge of the sources of stress,
- knowledge of the factors that threaten and protect the work of EP,
- managing individual emergency stressors,



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UNIT 3 : INDIVIDUAL TRAINING IN EARLY INTERVENTION PSYCHOLOGY, AS AN EMERGENCY PSYCHOLOGIST (EP)

TOPIC DESCRIPTION

Skills:

- assessment of the nature and sources of EP stress,
- coping with various types of stress,
- avoiding pitfalls and solving dilemmas in the work of the EP
- the ability to recognize and deal with threats in the work of EP (traumatization, burnout, compassion fatigue),
- strengthening resources and protective factors

General competences:

- managing stress and resources in the EP's work

