



Project Number: 2020-1-PL-KA202-082075

MOOC 2 – UNIT 3

Individual Training in Early Intervention Psychology, as an Emergency Psychologist (EP)

Conclusion

Developed by Jan Kochanowski University (PL)



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Conclusion

SUMMARY

Managing stress and resources is the cornerstone of working as an emergency psychologist.

Stress management is based on:

- a) Knowledge of the sources of stress for an emergency psychologist, recognition of protective and threatening factors, knowledge of ways to deal with stress,
- b) Skills to assess the nature and sources of stress, avoid pitfalls and solve dilemmas related to EP stress (traumatization, burnout, compassion fatigue),
- c) Strengthening resources and conservation factors, especially in terms of resilience.

Thanks to this, the work does not destroy the psychologist. Our life takes on meaning and value.

Helping those who help others is difficult. It requires respect, acceptance, empathy and authenticity.

The most important of them is empathetic care for the client and the emergency psychologist.