

Toolkit 2

Post intervention

Learning Unit 10

Self-support. Asking for help, do not act alone

1 - Stabilisation

1. Do you provide stabilisation to your team members? No

If you answered “No”, please practice the following exercise



Exercise

Activity 1

Exercise - Inner Safe Place

Note: As a team leader it is important to provide information about the risk of being part of an emergency team (see the pre intervention session of Unit 10, Toolkit 2) and the opportunity to ask for support in case of overwhelming interventions.

In this Unit you will find some exercises to support your team members in case of difficulties and emotional activations. Rescuers can be third level victims because of their involvement in a critical situation.

It is also important to remember to work in a team, because also informal defusing/debriefing with team members could help normalise reactions, lower the level of arousal and give relief.

Activity 1

Inner Safe Place

by Luise Reddemann (2001)

When Safe Place technique is too difficult to propose to a victim (or to your team member as a third level victim) you can propose an easier technique, the Inner Safe Place by Luise Reddemann (2001).

Protocol

"Let thoughts, ideas or images of a place where she weighs feeling completely safe from all danger and well cared for in her mind. You create a boundary line of your choice, designed so that only you can decide who can enter this place. Open the door only to those who can feel a positive person, who gives her support and help. She can decide to stay alone in this safe place, or she can decide to let an internal companion, who is for her a guide, a loving and kind person".

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"Use all your senses to check that you are really well. If there is something that disturbs you, move it or modify it. Observe the sounds, the images, the smells, the temperature".

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"When you have verified that you are really well in your inner place, choose a gesture, or a body position that mentally recalls this inner safe place". You can make this gesture or assume this position as many times as you need to quickly reach this inner safe place.

Finally, to complete the exercise, become aware of the boundaries of the body and perceive the contact with the ground and progressively with the environment around you. How do you feel after this exercise?

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Source:

Luber, M. (Ed.). (2009). Eye movement desensitization and reprocessing (EMDR) scripted protocols: Special populations. Springer Publishing Company.

Reddemann, L. (2020). Who You Were Before Trauma: The Healing Power of Imagination for Trauma Survivors. The Experiment.

Reddemann, L. (2001). Reddemann, L. (2001). Imagination als heilsame Kraft. Stuttgart: Klett-Cotta–editori (12 edition).

