

Toolkit 2

Post intervention

Learning Unit 10

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

2 - Difficulties in stabilisation

2. *Is your team member having difficulties stabilising?* Yes

If you answered “Yes”: please practice the following exercises

Activities 3



Exercise

Activity 2

Exercises - Managing fear and the technique of fastening

Note: Every victim can be reached by different approaches (please see Toolkit 1, Unit 12 pre intervention, activity 6 about resiliency by Lahad M., 2013). Your members can be favoured by different stabilisation techniques as well. Here you can find two further activities to stabilise.

Activity 2.1

Managing fear

By Roy Kiessling (2009)

Following a traumatic experience, it can be difficult to find a safe place.

Protocol

In this case it may be useful to invite the rescuer to imagine a container (a drawer, a box, a jar ...) in which to keep the traumatic material in order to continue with stress management techniques (or in case of psychotherapeutic intervention, adaptive information processing).

Imagining a container where one can store fear and connected images helps to develop a feeling of security.

Improve this imaging exercise with slow and deep breathing.

Activity 2.2

The technique of fastening

By Roy Kiessling (2009)

Some people can talk about the overwhelming and traumatic experience, but they cannot think about the fact they have to process it. Overcoming trauma is simultaneously challenging, desirable, but also distressing and fearsome.

In such cases you can help a victim reduce the anguish associated with the processing of a traumatic memory by inviting them to think of a skill or strength that can help them manage the specific moment.

Protocol

Inviting the victim to think of a skill or strength that can help them manage the specific moment.

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**Psychological
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Immediately afterwards you can invite the person to think about all the times in life that they have happened to use this skill.

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What feelings or feelings emerge at this moment feeling that they can count on this ability?

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You can fix this skill and positive feeling with a keyword.

Improve this exercise with slow and deep breathing.

Source:

Kiessling, R. (2015). Implementing EMDR early mental health interventions for man-made and natural disasters: Models, scripted protocols and summary sheets. *Journal of EMDR Practice and Research*, 9(1), 73.
Luber, M. (Ed.). (2009). *Eye movement desensitization and reprocessing (EMDR) scripted protocols: Special populations*. Springer Publishing Company.



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