

Toolkit 2

Post intervention

Learning Unit 10

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

3 - Inner resources of team members

3. Do you strengthen the resources of team members? No

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

Activities 3

Exercise - The resource map



Exercise

Note: Emergency means facing extraordinary situations as if they were ordinary. As team facilitators it could be useful to train your members to be well connected to their inner resilience. The resource map could be an important technique for that.

**Activity 3:
The resource map
By Elan Shapiro (2009)**

The logic behind creating the resource map is a structured schema that records resources that have been identified and installed and can then be collected for reuse in future situations.

Resources empower team members.

Protocol

To build the resource map you can ask someone to:

- 1) Think about the most critical situation experienced in the role of rescuer

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- 2) What are the characteristics or qualities needed in order to face difficulties more effectively?

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- 3) When did you dispose of, at least in part, that characteristic? In what situation?

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- 4) Look for the image linked to this memory.

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- 5) How do you feel today recalling that memory?

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**Psychological
Early
Intervention**

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