

Toolkit 2

Post intervention

Learning Unit 10

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

4. Self-control

4. Do you teach self-control techniques to your team? No

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



Activity 4

Note:

Self-control is a competence to improve in your team members especially after a critical incident in which also a third level victim could feel helpless and with a lost sense of control.



Activity 4.1

The spiral technique By Marilyn Luber (2001)

After a traumatic event you can support your team members by proposing that they do the spiral technique.

Protocol

You can ask them to:

- 1) Try to bring to mind a disturbing memory or feeling related to the emergency psychology intervention.

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- 2) On a scale of 0 to 10 what seems disturbing to them.

0 1 2 3 4 5 6 7 8 9 10

- 3) In which part of the body it feels it

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- 4) Now focus on the sensation you feel in your body. Imagining that this feeling was a flow of energy that moved following a spiral, in what direction would it go? Clockwise? Anticlockwise?

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- 5) Whatever the answer, you can say, "Good." Now, let us mentally change the direction to the movement of the spiral by making it flow in the opposite direction. Observe what happens.

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The technique should be associated with deep and slow breathing and possibly bilateral stimulation. The technique works when the person can imagine the flow proceeding in the opposite direction and the negative feeling going down. To this end, one can double-check the subjective unit of disturbance on the scale of 0 to 10.

0 1 2 3 4 5 6 7 8 9 10

Activity 4.2
The change in the rhythm of breathing
 By Marilyn Lubet (2001)

Protocol

- 1) It brings to mind a good, happy or positive memory. What emerges?

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- 2) Observe where breathing begins and put your hand on that part of the body. Take some time to take three to four breaths and notice the feeling.

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Project Number: 2020-1-PL-KA202-082075- Strategic Partnerships for vocational education and training

- 3) Now call to your mind a memory with a modest feeling of disturbance and notice how the breath changes. Put your hand where your breath has now moved. Now put your hand back where the breath associated with the positive memory began before and deliberately change the way you breathe, repeating the previous one when you had thought positively. This manoeuvre should lead to the disappearance of discomfort.
- 4) This mode method can also be repeated individually, several times a day, as needed.

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



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

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