

## Toolkit 2

### Post intervention

#### Learning Unit 9

### Peer support - having a supportive context is crucial to enhance resilience

#### 1. Ethical dilemmas

4. Do you support your team to manage ethical dilemmas?  No

If you answered “No”, please practice the following exercise with your team members



Exercise

#### Activity 4

**Note:** Critical incidents expose members to ethical dilemmas. Sanitary personal could make ethical decisions such as decisions to provide care in front of rare resources (Daniel, K. (2017). Thinking, fast and slow). If your members had to sustain such a situation, please offer them the following exercise: Verify the dilemma (Johan Hartung).



## **Verify the dilemmas**

by John Hartung in Lubet M. (2009)

The dilemma puts the rescuer in the difficult position of feeling unprepared in every choice of intervention that faces.

In the following exercise, you can make your member imagine the dilemma and you will place the two options of choice as if they were on two plates of a scale. The scale, however, are the two hands stretched forward with the palm upwards, in which your team member must imagine representing the two options.

You can ask the person to close one hand at a time and feel the feeling and emotion that such a gesture entails.

Ask your team member:

- What do you notice?

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- What feelings, emotions, thoughts arise?

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- What differences emerge?

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