



**Toolkit 2**  
**Learning Unit 10**

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

## Post intervention

Developed by



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## L.U. 10 – Synopsis

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



### 1. Stabilsation

- Question: Do you provide stabilisation to your team members?
- Activity 1: Exercise - Inner Safe Place



### 2. Difficulties in stabilisation

- Question: 2. Is your team member having difficulty stabilising?
- Activity 2: Exercises - Managing fear and The technique of fastening



### 3. Inner resources of team members

- Question: Do you strengthen the resources of the team member ?
- Activity 3: Exercise - The resource map



### 4. Self control

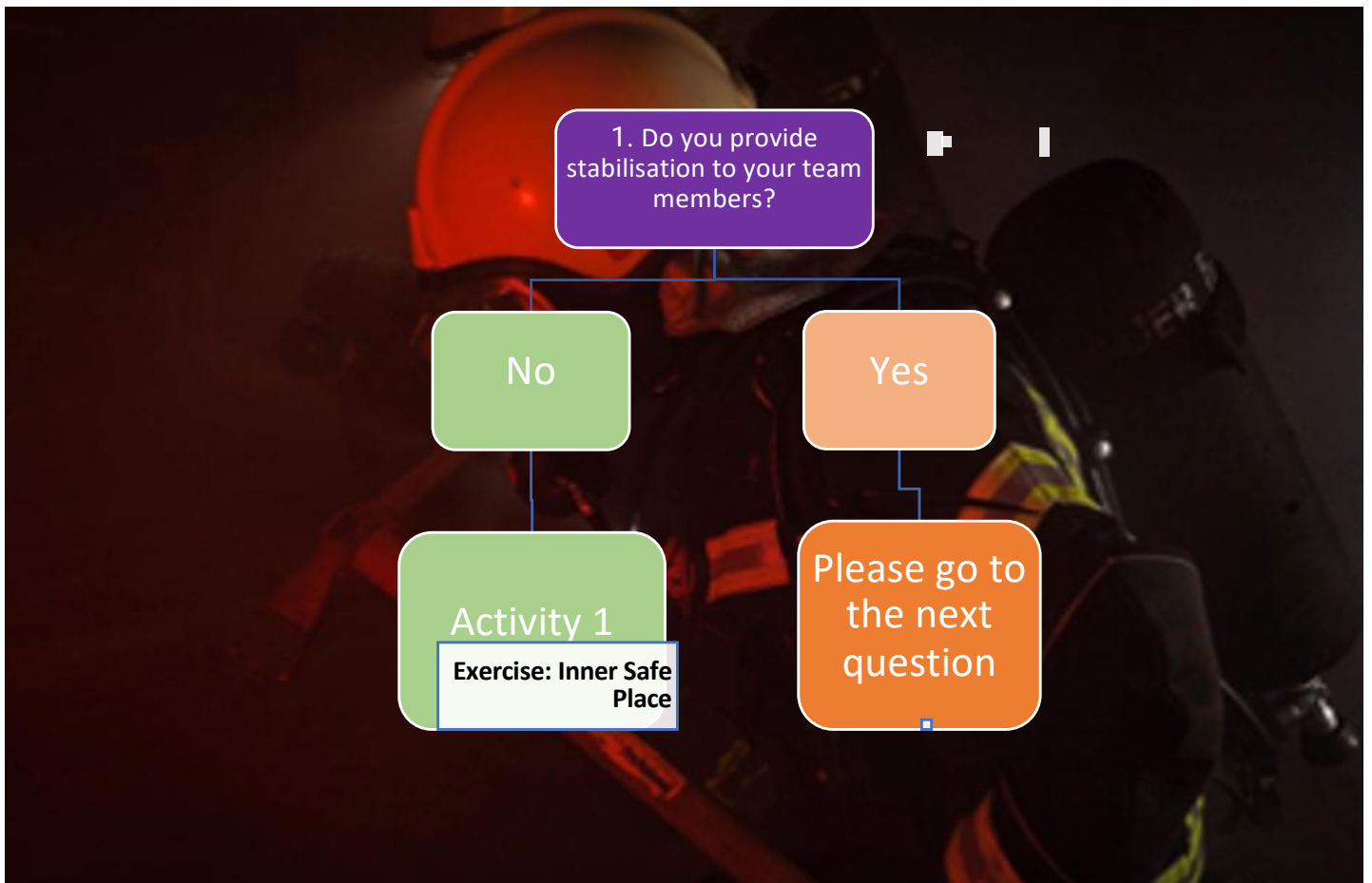
- Question: Do you teach self-control techniques to your team?
- Activity: Exercises - The spiral technique and The change in the rhythm of breathing



### 5. Preventing vicarious trauma in your team members

- Question: Do you know the procedure for emergency response?
- Activity 5: Exercise - Emergency Response Procedure (ERP)

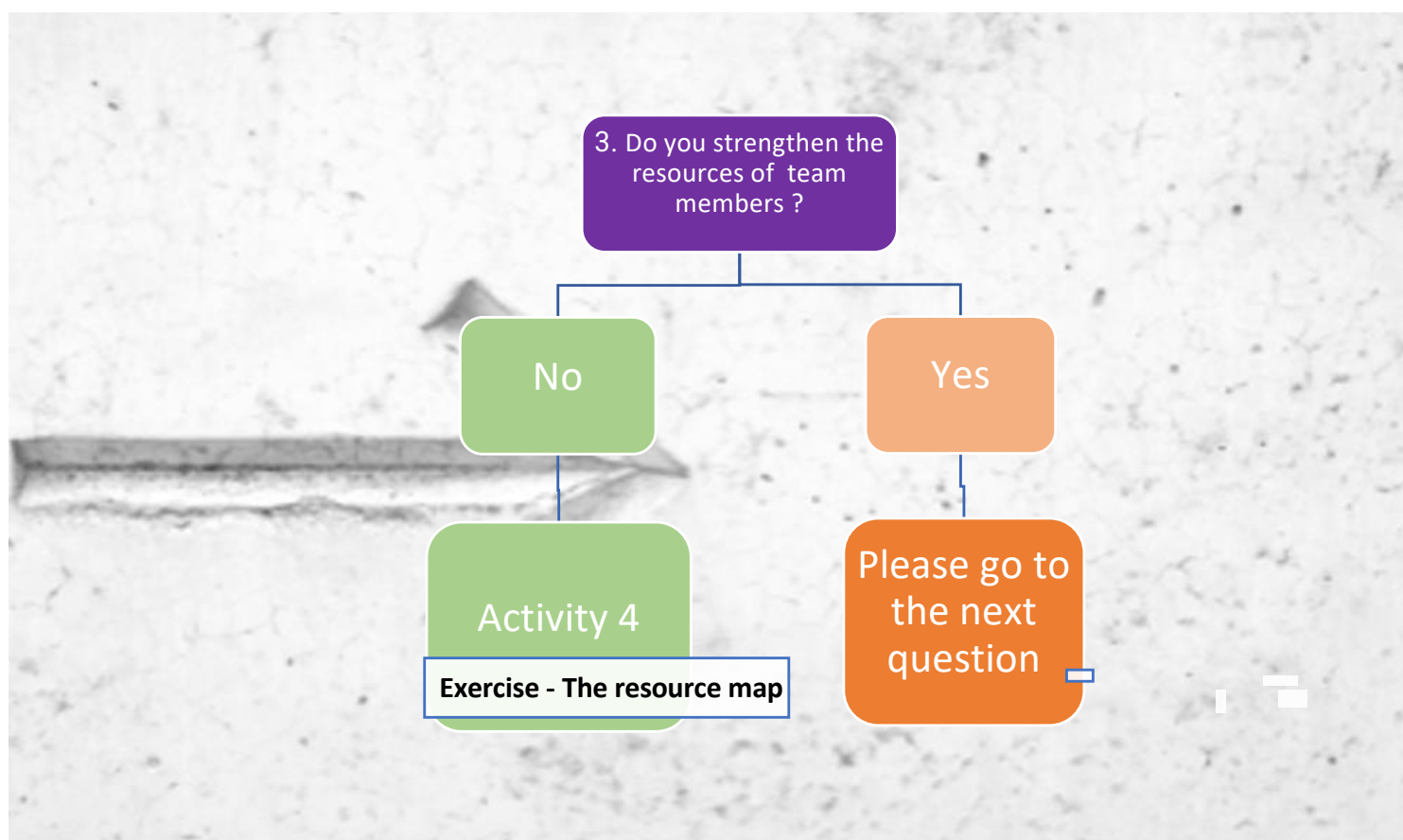
# 1 - Stabilisation



## 2 - Difficulties in stabilisation

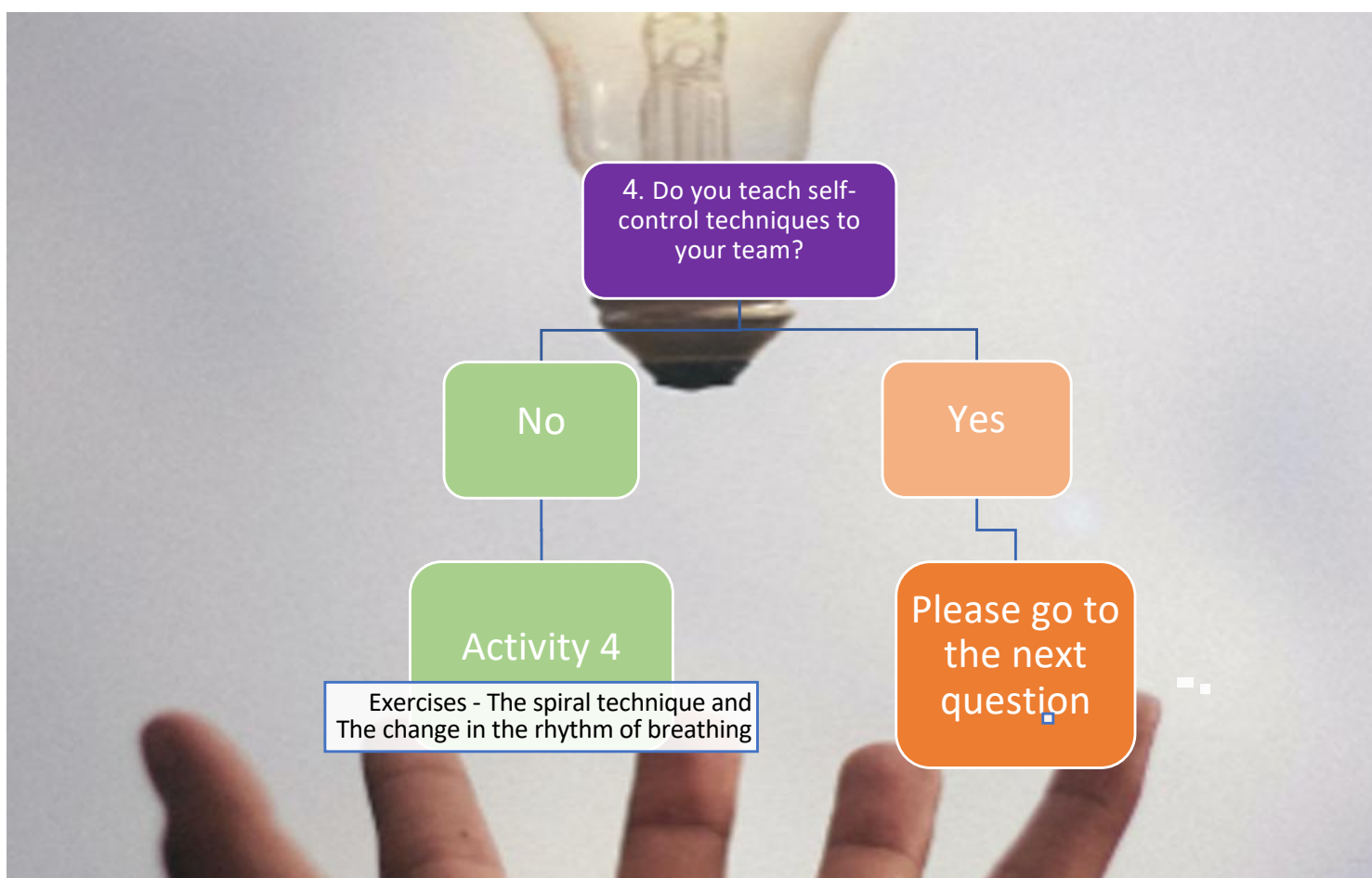


## 3 – Inner resources of the team member





## 4 - Self control



## 5 - Preventing vicarious trauma in your team members



## Check the overall content of L.U. 10

Self support. Asking for help, do not act alone





