

Toolkit 1 - Learning Unit 8 Post Intervention



BEFORE ANYTHING PLEASE REMIND

The **posture of the intervener** during a crisis is a **major factor** in the smooth running of the situation.

Indeed, as an **operational figure** in the field and as a **safety person for the victims**, he/she must be able to **work in collaboration, in safety for him/her and for others**.

This also implies **being attentive to one's own needs, emotional and mental state** in order to also take care of oneself and avoid possible vicarious traumas during crisis contacts.

Remember you **have to be trained** to crisis emergency interventions and in **good and safe mental and brain Health**

N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.

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Activity 2c Emotions' Scale



Check

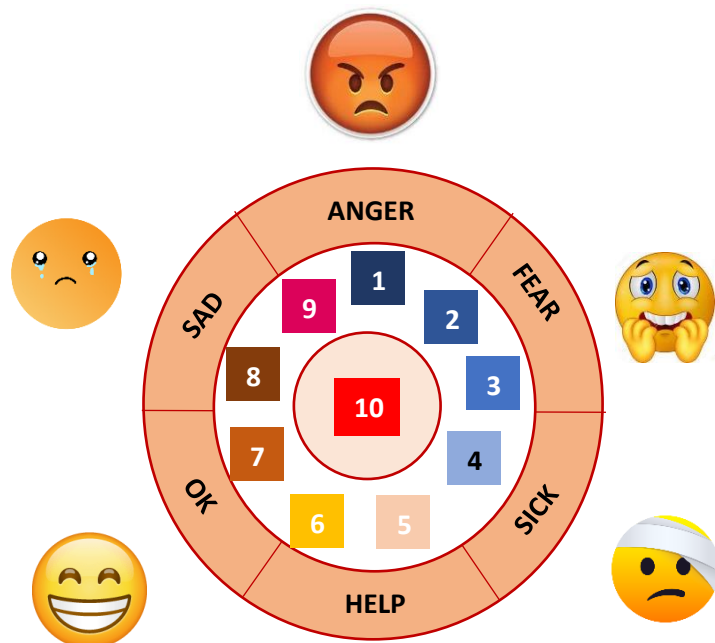
2. Do you feel hard or complex to understand and identify what the person feel when you're in contact with ?

If you answered "Yes", please try this activity :



When you're on the field, you can use the following tool to try to know better what the person feels :

On this wheel you will find different primary emotions (anger, sadness, fear, illness, feeling good, needing help) and in the centre you can ask the person to indicate the intensity of their feelings.



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



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