



## **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 3c Self-care attention checklist



Check

**3. Do you feel emotionally disturbed or overwhelmed at the contact of that patient ?**

If you answered "Yes", please check this list :



Do I feel affected by this situation?

NO

YES

Am I sur after thinking twice ?

YES

NO



Does this situation remind me of a current or past situation with which I find it difficult to distance myself?

NO

YES

Am I sur after thinking twice ?

YES

NO

Could my feelings bias my posture as an intervener in this situation?

Make sure your posture is not compromised

NO

YES

You can continue but with precaution



Is there any colleague around ?

NO

YES

You have to stop right now and postpone taking over



Alert your colleague to hand over to him/her AND do a EMDR self-care protocol

