

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 4c Improve your awareness



Check

4. Do you feel that the person you're in contact with has references to something you don't believe in or understand?

If you answered "No", please check if you're aware of that possible differences between your interlocutor and you :



The richness of human beings is that they have been able to develop different ways of life and cultures, depending on their origins and where they live. This is why language can be a means of communication that is synonymous with link as well as difference. When we exchange with another person, we are already encountering another universe. This phenomenon is heightened when the interlocutors come from and are steeped in different cultures. However, our social and empathic skills and our tendency to seek a sense of belonging help to overcome this. A professional working in an emergency situation will therefore be particularly careful to be open and informed in order to develop cultural empathy.

Themes :

- Religion
- Male/female relationship in interactions and context
- Other spiritual beliefs
- Rituals for making contact
- Introduction and saying hello
- How to address needs, vulnerability or request for help
- Expression of emotions
- Talking about death and bereavement
- Hierarchy to be respected
- Relationship to conflict and its management
- Relationship to touch
- Behaviour in private/public





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Check

4. Do you feel that the person you're in contact with has references to something you don't believe in or understand?

Examples of questions :

- How does your interlocutor see the fact of being in a position to ask for help?
- How does it view for him/her being in a position of vulnerability?
- Does the culture allow and/or feel comfortable with the expression of feelings and needs ?
- Is the male/female relationship acceptable in the culture in a crisis context? In a context of help? What precautions should be taken?
- Can religion or one of its representatives be a support in the context?
- Does the person you are talking to have or express beliefs about malevolent or benevolent spirits? Are there any rituals associated with this that could be supportive in this situation?

