

Toolkit 1 - Learning Unit 4 Post-intervention

Activity 4A

Personal resources used in coping with intervention situations. "Intervention equipment" - features, skills, knowledge.



Training

Please bring back to your mind the crisis intervention and then ask two of your **co-workers** to point your features, skills and knowledge (give them the list and ask for their feedback: “How much did I show during the intervention...?”).

- knowledge in the field of psychopathology, crisis psychology, development psychology
 - authenticity
 - sensitivity
 - flexibility
 - openness conducive to expression and release of emotions
 - ability to establish relationships
 - communication skills (including active listening)
 - the ability to identify and express emotions
 - the ability to generate ideas and solutions
 - attitudes conducive to strengthening motivation, mobilizing activities and directing processes
- alternately
- ability to cooperate with others
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- (they can add other features they noticed in your behaviour)