

Toolkit 1 - Learning Unit 4

Post-intervention

Activity 4B

Personal resources used in coping with intervention situations. "Intervention equipment" - features, skills, knowledge that is your contribution to your team.



Training

Please remind the crisis intervention and read the list below in order to determine the intensity of your “strong points” (features, skills and knowledge) that contributed to the work of your team (or your group or support environment).

5 to a very large degree

4 quite a lot

3 moderate degree

2 in small degree

1 almost nothing

- 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
- ability to cooperate with others



**Psychological
Early
Intervention**

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(you can add other features that are your input to your team or supportive environment)



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