

Toolkit 1 Post intervention

Learning Unit 10 - Self evaluation: reconnect to yourself, keep in mind your resilience

1 - Self evaluation

1. How do you feel after the early psychological intervention?  **Not so good**

If you answered “No”, please read the following recommendations



Activity 1

Recommendations

Note: Being involved as psychologist, psychotherapist or psychoanalyst in an emergency setting means being overwhelmed and being activated by highly stressful and/or traumatic situations. It is particularly important to protect yourself from exceeding levels of stimulation and emotional arousal in order to avoid vicarious trauma and burn out.

Activity 1

Recommendations

Please, remember these simple recommendations:

1. Debrief yourself: as soon as possible, in the very first hours after your intervention, provide yourself with a debriefing activity with your coordinator/facilitator/team.
2. The recommended time for debriefing is the period of between 2 to 72 hours.
3. Check your arousal: if it does not decrease after your debriefing, ask your facilitator/supervisor for further support.
4. Recognise the triggers that are making your supportive task/early psychological intervention so overwhelming and go to the next questions.

