

Toolkit 1 Post intervention

Learning Unit 10

Self evaluation: reconnect to yourself, keep in mind your resilience

5. What was your coping style during the intervention?

5. Do you recognise your coping style during the intervention? No

If you answered “No”, please answer the following self-assessment

Activity 6



Self assessment

Resiliency is the “capability of the individual to withstand and recover from adversities and crisis by oneself or with the help of others” (Lahad M., 2013) to enhance a danger, people react in different ways, even if everyone is potentially capable of coping in all the following six styles, described by Lahad in the **BASIC Ph Model**:

- Belief and Values
- Affect (emotional)
- Social
- Imagination
- Cognitive
- Physiological

What was your copying style during the early psychological intervention?

Check it by answering the following questions.



Activity 6

Self-assessment list: What is your copying style?

Please think about a situation of the last early psychological intervention. Think specifically about the most stressful situation you have had.

Describe it in a few words:

.....
.....
.....
.....

How did you cope with it?

Describe it in a few words:

.....
.....
.....
.....

Evaluate on a rating scale 0 to 10 (minimum zero maximum 10):

1. Did you rely on beliefs and values to guide you through times of stress or crisis? They could be religious beliefs, political stands, beliefs or feeling of mission/meaning, the need of self-fulfilment, or strong expression.

Evaluate relying on beliefs and values on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

2. Did you use an emotional and affective coping mode/method, including crying, laughter or talking with someone about your experience or drawing, reading or writing?

Evaluate emotional and affective coping mode on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

3. Did you use a social mode/method of coping, including receiving support by a group, having tasks, playing a role, being part of an organisation?

Evaluate social mode on the rating scale of 0 to 10





0 1 2 3 4 5 6 7 8 9 10

4. Did you use imagination, as masking the brutal facts by daydreaming, thinking of pleasant thoughts, diverting your attention using guided imagery or trying to imagine additional solutions to the problem that go beyond the fact, improvisation?

Evaluate imagination mode/method on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

5. Did you use cognitive strategies, including information gathering, problem solving, online self-navigation, internal conversation or list of activities and preferences?

Evaluate cognitive strategies on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

6. Did you use physical strategies, including physical expressions together with body movement, relaxation, desensitisation, physical exercise and activity?

Evaluate cognitive strategies on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

Reference:

Lahad M, Shacham M., Ayalon O. (2013), The "basic Ph" Model of Coping and Resiliency: Theory, Research and Cross-Cultural Application, Kinsley Publisher (UK and USA).

<https://www.brightontherapypartnership.org.uk/resilience-trauma-basic-ph/>

