

## Toolkit 1 Post intervention

### Learning Unit 12 Identify the best capacities developed in the last complex situation 1 – Learning by doing

1. Did you learn any lessons from previous early psychological interventions?



**No**

**If you answered “No”, please read the following exercise**



**Exercise**

#### Activity 1

**Note 1:** Much of who we are comes from our ability to learn from experience.

What have I learned from previous emergency response experiences?

However, complex and traumatic scenarios could block the elaboration process of learning by doing. Learning by doing means going through the following phases:

The phase of concrete experiences

The phase of reflective observation

The phase of abstract conceptualisation

The phase of active experimentation

**Note 2:** We could also say that each of us tends to think in the same way and finds it difficult to assume other ways:

1. The pessimist thinks in black
2. The optimistic in pink
3. The emotional in red
4. The rational in white

Sources:

De Bono, E. (2017). Six Thinking Hats: The multi-million bestselling guide to running better meetings and making faster decisions. Penguin UK.

Zhang, X. C., Lee, H., Rodriguez, C., Rudner, J., & Papanagnou, D. (2018). A novel approach to debriefing medical simulations: The six thinking hats. Cureus, 10 (4).





## Activity 1

### Exercise

In order to learn from experience, it is important to decrease the arousal that a complex situation can produce in rescuers. Once the negative effects have been reduced, it is easier to formulate clearer reflections and realistic considerations. So, before proceeding with the subsequent exercises, follow an excerpt from the Protocol for Clinicians Self-Care, written by Neal Daniels.

1. Call to mind the situation, in particular, the most difficult moment of the early psychological intervention.

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2. Take note of any positive cognition that comes to mind.

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3. Breathe slowly and deeply and observe the increase in positive thought. Watch what happens.

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Neal Daniels recommends working on debriefing the situations as soon as possible after the intervention: immediately after, after a few hours, and within the day, in order to prevent burn out.

Source: Daniels, N. (1984). Post-traumatic stress disorder and competence to stand trial. *The Journal of Psychiatry & Law*, 12(1), 5-11.





**Psychological  
Early  
Intervention**

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