

Toolkit 1 Post intervention

Learning Unit 12

Identify the best capacities developed in the last complex situation

4 – Competences

4. *Did you develop further competences after the last complex situation in an emergency?* No

If you answered “No”, please practice the following exercise

Activity 4



Self Assessment

Note:

Competencies are combinations of knowledge and skills that are required to perform a task effectively. They mean the proven ability to use knowledge, skills and personal, social and/or methodological abilities, in work or study situations and in professional and personal development. The term ‘competence’ refers to the knowledge and skills that an individual person possesses.

‘Competency’ on the other hand, refers to an individual’s behaviour when they put their competence into practice. Individuals are judged as competent if they demonstrate the knowledge and skills required in their particular profession, role, or task.

In order to be measurable, competencies are described in terms of an individual’s knowledge and skills, which in turn form the basis of a competency-based curriculum.

To know more about early psychological intervention basic competences for psychologists, psychotherapists, and psychoanalysts: see Psych.E.In. MOOC for psychologists, psychotherapists, and psychoanalysts: <https://psychein.pixel-online.org>

Source:

Recommendation of the European Parliament and of the Council of 23rd April 2008 on the establishment of the European Qualifications Framework for Lifelong Learning.





Activity 4

Competences Self-Assessment

Imagine a room in your mind: now, imagine being comfortably seated in the room in your mind. Just like having a big screen in front of you, you will see the complex situation in an emergency you managed.

1. On a scale of 0-10 how sufficient do you evaluate the competences you had in the last complex situation you managed as rescuers?

0 1 2 3 4 5 6 7 8 9 10

2. What competences did you use that were more helpful? Check clinical and management skills (e.g. psychological first aid competences, grounding, stabilisation, psychosocial competences, focused trauma psychotherapy competences)?

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3. What competences will you improve in order to be more prepared in a further complex situation?

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4. What is the positive message about the competences you matured when reflecting on this scenario?

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**Psychological
Early
Intervention**

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