

Toolkit 1 Post intervention

Learning Unit 12

Identify the best capacities developed in the last complex situation

1. Self evaluation

1. *Do you take care of yourself?*



No

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

Activity 5



Self Assessment

Note: Complex situations can activate negative thoughts (e.g. I’m powerless, I can’t manage...) and negative emotions (e.g. fear, anger, regret, frustrations...) in rescuers. Taking care of yourself, as rescuers, can help you to feel better, to have a more realistic thoughts about situations and to prevent burn out and vicarious trauma.



Activity 5

Self evaluation: Clinician Awareness Questionnaire

Answer the following questions taken from the “Clinician Awareness Questionnaire” by Mark Dworkin (2005).

1. Background information. How many times does the situation happen to you?

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

2. Is it the first time you have felt activated by such a situation? Describe what this situation is triggering?

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

3. How do you know you are activated right now?

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

4. What is challenging about/ in this complex situation?

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





5. When you think of this situation, what is the image that mainly represents it?

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

6. When you think of this situation, what thoughts do you have?

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

7. When you think of this situation, what emotions do you have?

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

8. How disturbing is this situation? Evaluate it on a scale of 0 minimum - 10 maximum.

0 1 2 3 4 5 6 7 8 9 10

Note: If the situation is highly disturbing (over 8), please consider organising a session of supervision/intervision.

If the evaluation is between 5 to 7, please monitor it over the next 24-36 hours.

If the evaluation is 4 or less, please monitor it over the next 3-5 days.

Source:

Dworkin, M. (2013). EMDR and the relational imperative: The therapeutic relationship in EMDR treatment. Routledge.

