

Toolkit 1 - Learning Unit 8 Pre Intervention



BEFORE ANYTHING PLEASE REMIND

The **posture of the intervener** during a crisis **is a major factor** in the smooth running of the situation.

Indeed, as an **operational figure** in the field and as a **safety person for the victims**, he/she must be able to **work in collaboration, in safety for him/her and for others**.

This also implies **being attentive to one's own needs, emotional and mental state** in order to also take care of oneself and avoid possible vicarious traumas during crisis contacts.

Remember you **have to be trained** to crisis emergency interventions and in **good and safe mental and brain Health**

N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.

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Activity 2a Improve your cognitive empathy



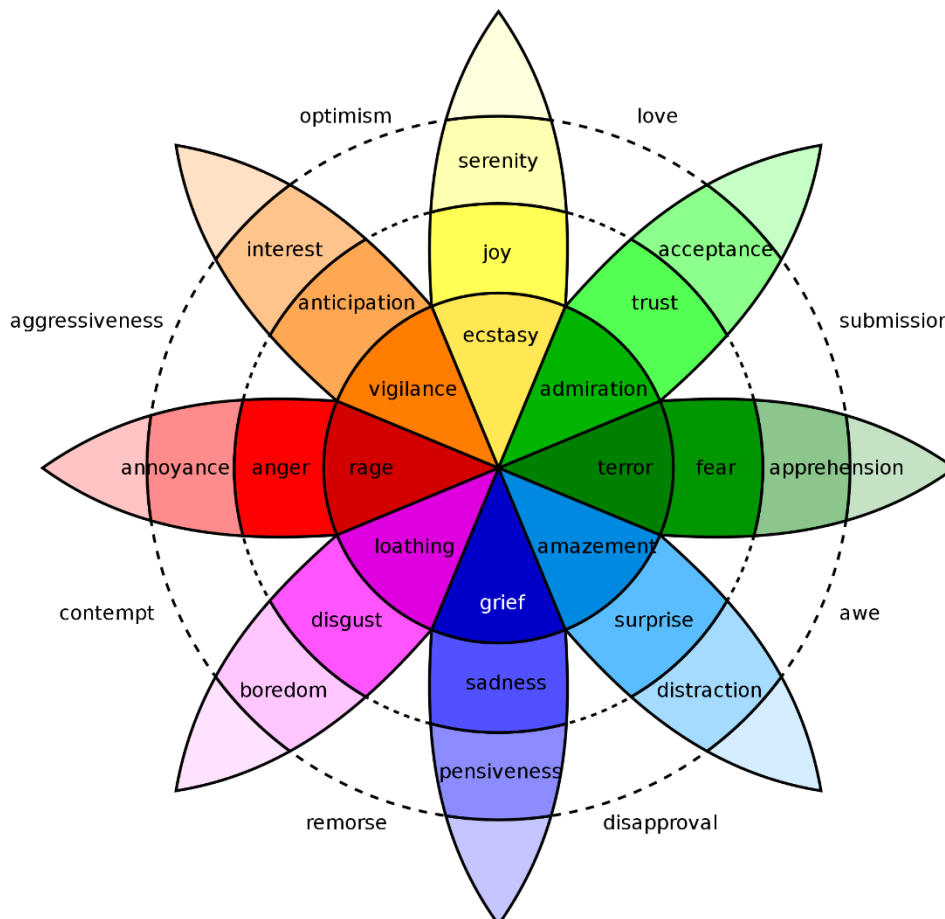
Check

2. Do you feel hard or complex to understand and identify what the person feel when you're in contact with ?

If you answered "Yes", please try this activity :



1rst step : Make sure you know the different emotions, sensations and feelings under the wheel of R. Plutchik below :



In the centre you will find the 4 main emotions :

- joy,
- sadness,
- anger,
- fear

Then 4 secondary emotions :

- confidence,
- anticipation,
- disgust,
- surprise

The basic emotions can be expressed in varying degrees of intensity and can combine with each other to form different emotions.

Thus Plutchik came to define the following primary dyads (combinations of two adjacent primary emotions), secondary dyads (combinations of primary emotions within one emotion of each other) and tertiary dyads (combinations of primary emotions within two emotions of each other).



2nd step : *In the following situations, practice what emotions the protagonists might be feeling:*

a) What emotion(s) might this person be feeling?

b) What clue(s) in their behaviour (corporal, thoughts, actions) might point to this?

c) How strongly does this person seem to feel this way? (rating from 0 to 10; 0 = no intensity; 10 = extreme intensity)

 (/10)

 (/10)

 (/10)

 (/10)



d) If this situation happened to me, how would I react?

e) What emotion(s) would I feel? How intense would I be? (score from 0 to 10; 0 = no intensity; 10 = extreme intensity)

 (/10)

 (/10)

 (/10)

 (/10)

Examples of situation :



Situation A



Situation B



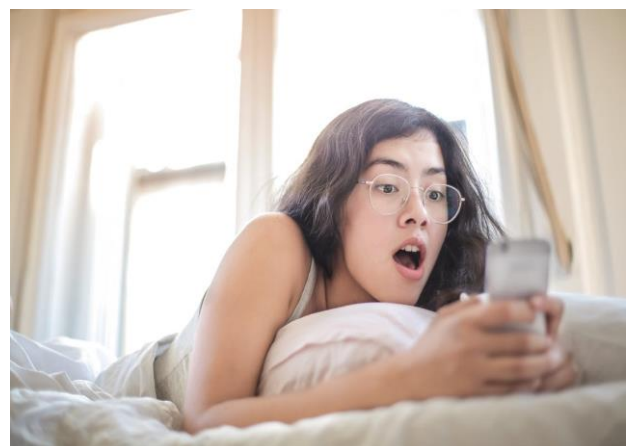
Situation C



Situation D



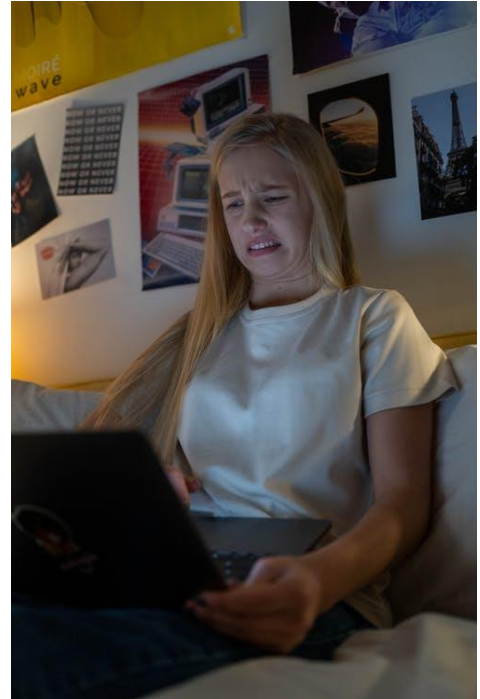
Situation E



Situation F



Situation G



Situation H



Situation I

You can complete with every pictures or described situations you can imagine.





**Psychological
Early
Intervention**

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