



## 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 5a The risks of Empathy



Check

5. Are you aware of the risks of too much or lake of empathy ?



If you answered “No”, please go to MOOC 2 Unit 1 chapter 3 to work in consciousness.

You need to know what is **Lack of Empathy** and **Vicariant Syndrome**

