

Toolkit 1 - Learning Unit 4 Pre intervention

Activity 1A Sense of belonging to a team/group



Training

Make a list of potential groups you can belong as emergency psychologists:

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

Recognise your limitations – answer questions:

What makes it difficult for you to really belong to the group?

What prevents you from getting involved?

Can you overcome these limitations before being engaged in crisis intervention?

How can you do that?



**Psychological
Early
Intervention**

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