

## **Toolkit 1 - Learning Unit 4 Pre-intervention**

### **Activity 4A**

#### **Personal resources used in coping with intervention situations. "Intervention equipment" - features, skills, knowledge.**



Training

Because you answer NO to the question “Do you know what are your strengths as a "helper"?” please read the list below and then ask two of your **co-workers** to point your features, skills and knowledge (give them the list and ask “How much do I have...?”).

- knowledge in the field of psychopathology, crisis psychology, development psychology
  - authenticity
  - sensitivity
  - flexibility
  - openness conducive to expression and release of emotions
  - ability to establish relationships
  - communication skills (including active listening)
  - the ability to identify and express emotions
  - the ability to generate ideas and solutions
  - attitudes conducive to strengthening motivation, mobilizing activities and directing processes
- alternately
- ability to cooperate with others
  - ..... (they can add other features)