

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

### **Activity 4B**

**Personal resources used in coping with intervention situations. "Intervention equipment" - features, skills, knowledge that is your contribution to your team.**



**Training**

Please read the list below and determine the intensity of your “strong points” (features, skills and knowledge) that may contribute to the work of your team (or your group or support environment).

**5** to a very large degree

**4** quite a lot

**3** moderate degree

**2** in small degree

**1** almost nothing

- 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



**Psychological  
Early  
Intervention**

Project Number: 2020-1-PL-KA202-082075- Strategic Partnerships for vocational education and training

- ability to cooperate with others
- ..... (you can add other features that are your input to your team or supportive environment)



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.