

Toolkit 1 - Learning Unit 7

Pre-intervention

Activity 2a

Learning to learn: capitalize on your learning, understanding and profiting from experience



Exercise

Recapitulation of one's own limits

2. Are you aware of your limits in working with certain groups of people to whom you provide crisis intervention?



YES

Activity 2a

List the groups of clients with whom you feel your own limits and try to name (if you can) the subjective reasons for your limits (10 min.). Then discuss in a small group (up to 6 people) your findings, share your mutual concerns and inform each other about who knows how to work with which group of clients so that in the end you have all potential groups of clients in crisis in your group (20 min.).

Ideally, you should do this exercise in a small group although you can also so it on your own.