

Toolkit 1 - Learning Unit 7

Pre-intervention

Activity 2b

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?



NO

Activity 2b

Try to recapitulate and write down a list of which characteristics are important for an effective first respondent in early psychological intervention. Examples of these are self-awareness, being non-judgmental, having a calm demeanor, being empathic, having a high tolerance for stress, specific training etc. (10 min.).

Try to answer why these characteristics are important (e.g., self-awareness - it is necessary to be aware of one's own triggers and take care about it in your own counseling, therapy, or supervision). Also try to write down what your strengths and weaknesses are. You can discuss it with a colleague or do it on your own.