

## Toolkit 1 - Learning Unit 7

### Pre-intervention

#### Activity 4

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



Exercise

#### Preparing for the solution

#### 4. Do you remember having intervened in a similar crisis situation or experienced it first-hand as a participant?



YES, or NO

#### Activity 4

Form groups of 6 so that there are at least 1-2 participants in each group who have answered the question affirmatively (preferably one who has encountered the situation in the role of a helper and the other in the role of a person in crisis).

a) Take 10 minutes to write down your insights that were helpful in the situation of early psychological intervention (those who answered YES) or write down the main issues that you are not sure you effectively handled in the situation of early psychological intervention (those who answered NO);

b) Spend 20 minutes brainstorming based on the points that have been written down.

**If it is not possible to work in a group, please make a list of helpful reactions and ineffective reactions in a crisis situation (based on your own practice). Please write down a minimum of 5 for both types of reactions. Briefly write how the written reactions were helpful and why the written reactions were not effective.**