



Toolkit 1 Learning Unit 7

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

Pre intervention

Developed by
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L.U. 7 – Learning to learn: capitalize on your learning, understanding and profiting from experience



1. Being calm before intervention

- Are you reasonably calm with a clear mind when you're thinking about a crisis situation in which your help is expected?
- Activity 1: Relax and brainstorm



2. Recapitulation of one's own limits

- Question: Are you aware of your limits in working with certain groups of people to whom you provide crisis intervention?
- Activity 2a: Know own limits
- Activity 2b: Effective characteristics



3. Preparing for emotional load

- Questions: Do you know how to reduce the emotional burden of clients in crisis?
- Activity 3: Calming down the client



4. Preparing for the solution

- Question: Do you remember having intervened in a similar crisis situation or experienced it first-hand as a participant?
- Activity 4: Similar situation



5. Evaluation of interventions

- Question: Can you estimate what impact your interventions should have and how clients in crisis should feel and behave after your interventions?
- Activity 5: Impact of your interventions

1. Being calm before intervention

1. Are you reasonably calm with a clear mind when you're thinking about a crisis situation in which your help is expected?

No

Click here
Activity 1

Relax and brainstorm

Yes

Go to the next
question

**Recapitulation of one's
own limits**

2. 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

Click here
Activity 2b

**Effective
characteristics**

Yes,

Click here
Activity 2a

Know own limits

3. Preparing for emotional load

3. Do you know how to reduce the emotional burden of clients in crisis?

No

Yes

Click here
Activity 3

Calming down the client

Click here
Activity 3

Calming down the client

4. Preparing for the solution

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

No

Click here
Activity 4

Similar situation

Yes

Click here
Activity 4

Similar situation

5. Evaluation of interventions

