



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

Pre intervention

Developed by University of Presov, Slovakia







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



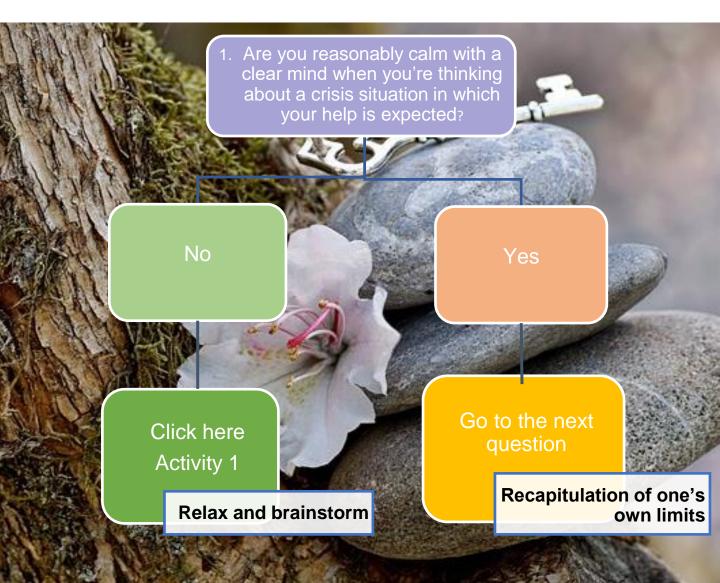
- 4. Preparing for the solution
- Question: Do you remember having intervened in a similar crisis situation or experienced it first-hand as a participant?
- Activity 4: Similar situation



- 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

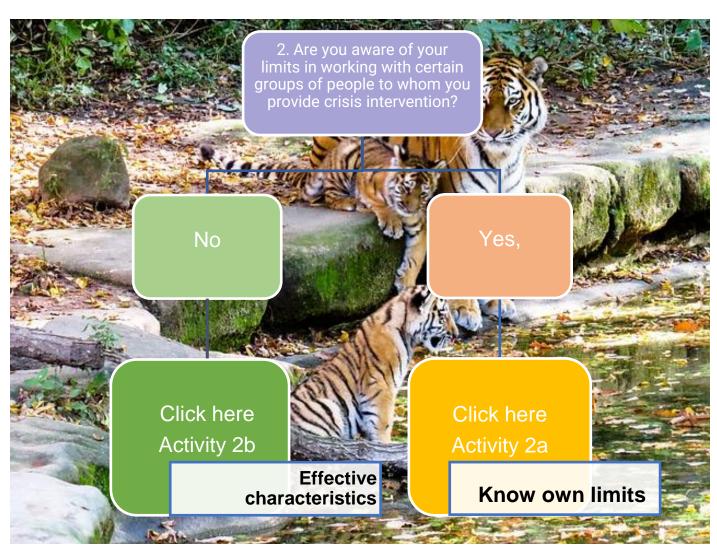


1. Being calm before intervention





2. Recapitulation of one's own limits



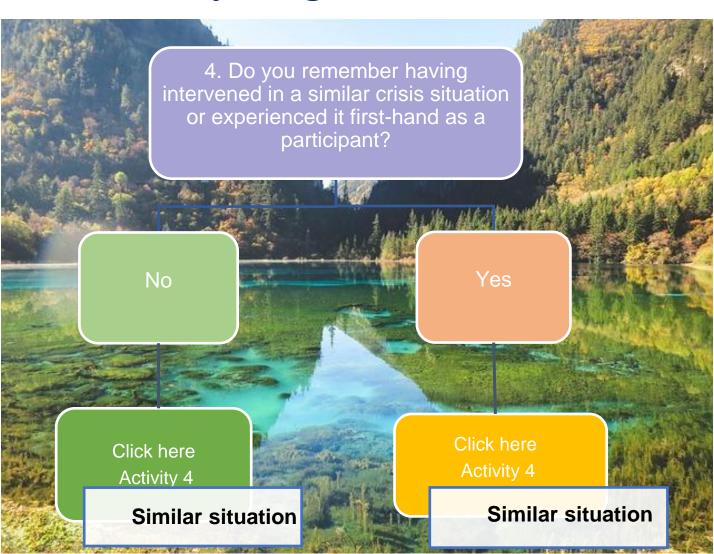


3. Preparing for emotional load





4. Preparing for the solution





5. Evaluation of interventions

