

Toolkit 1 Pre intervention

Learning Unit 10

Self evaluation: reconnect to yourself, keep in mind your resilience

5.What is your coping style?

5. Do you know your coping style?



No

If you answered “No”, please answer the following self-assessment

Activity 7



Self assessment

Resiliency is the “capability of the individual to withstand and recover from adversities and crisis by oneself or with the help of others” (Lahad M., 2013) To enhance a danger, people react in different ways, even if everyone is potentially capable of coping in all the following six styles, described by Lahad in the **BASIC Ph Model**:

Belief and Values

Affect (emotional)

Social

Imagination

Cognitive

Physiological



Activity 7

Self-assessment list: What is your copying style?

Check it by answering the following questions. Please think about a situation of an early psychological intervention that got you in trouble and made you feel distressed. If you have never been involved as a rescuer in an early psychological intervention, think about a stressful situation in your professional activity.

Describe it in a few words:

.....
.....
.....
.....

How did you cope with it? Describe it in a few words:

.....
.....
.....
.....

Evaluate on a rating scale of 0 to 10 (minimum zero maximum 10):

1. Did you rely on beliefs and values to guide you through times of stress or crisis? They could be religious beliefs, political stands, beliefs or feelings of mission/meaning, the need of self-fulfilment, or strong expression.

Evaluate relying on beliefs and values on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

2. Did you use an emotional and affective coping strategy including crying, laughter or talking with someone about your experience or drawing, reading or writing?

Evaluate the emotional and affective coping strategy on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

3. Did you use a social strategy of coping, including receiving support by a group, having tasks, playing a role, being part of an organisation?

Evaluate the social strategy on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10





4. Did you use imagination, such as masking the brutal facts by daydreaming, thinking pleasant thoughts, diverting your attention using guided imagery or trying to imagine additional solutions to the problem that go beyond the fact, improvisation?

Evaluate the imagination strategy on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

5. Did you use cognitive strategies, including information gathering, problem solving, online self-navigation, internal conversation or list of activities and preferences?

Evaluate cognitive strategies on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

6. Did you use physical strategies, including physical expressions together with body movement, relaxation, desensitisation, physical exercise and activity?

Evaluate cognitive strategies on the rating scale of 0 to 10

0 1 2 3 4 5 6 7 8 9 10

Reference:

Lahad M, Shacham M., Ayalon O. (2013), The "basic Ph" Model of Coping and Resiliency: Theory, Research and Cross-Cultural Application, Kinsley Publisher (UK and USA).

<https://www.brightontherapypartnership.org.uk/resilience-trauma-basic-ph/>

