

Toolkit 1 Pre intervention

Learning Unit 12 Identify the best capacities developed in previous complex situations

1 – Learning by doing

1. *Did you learn any lessons from previous early psychological interventions*



No

If you answered “No”, please read the following exercise



Exercise

Activity 1

Note 1: Much of who we are comes from our ability to learn from experience. What did I learn from previous emergency response experiences? But complex and traumatic scenarios could also block the elaboration process of learning by doing.

Learning by doing means to going through the following phases:

- The phase of concrete experiences
- The phase of reflective observation
- The phase of abstract conceptualisation
- The phase of active experimentation

Note 2: We could also say that each of us tends to think in the same way and finds it difficult to assume other ways:

1. The pessimist thinks in black
2. The optimistic in pink
3. The emotional in red
4. The rational in white

Activity 1

Exercise: lateral thinking

In 1985, Edward De Bono, father of "lateral thinking", proposed a method in order to get used to thinking in six different ways. Each different direction has been equated to putting on a hat. There are six symbolically coloured hats.

	The white hat (the white sheet, the immaculate snow) is the analytical and impartial reasoning, which reports the facts as they are, which makes data analysis, collection of information, precedents, analogies and elements collected without judging them.
	The red hat (the fire of passion, seeing red) is the free expression of emotionality: expressing one's intuitions in a jet, as suggestions or liberating outbursts, as if one were to become a child again; emotions, positive and negative feelings such as dislike, anger and fear.
	The black hat (the night, the mourning) is the devil's advocate who detects the negative aspects, the reasons why the thing cannot work.
	The yellow hat (the sun, gold) is the angel's advocate, it detects the positive aspects, advantages, and opportunities.
	The green hat (the plant that blooms) indicates creative outlets, new ideas, analysis, improvement proposals, and unusual visions.
	The blue hat (the sky, the high) establishes priorities, methods, and functional sequences. Planning, organising and establishing the rules.

Sources:

De Bono, E. (2017). Six Thinking Hats: The multi-million bestselling guide to running better meetings and making faster decisions. Penguin UK.

Zhang, X. C., Lee, H., Rodriguez, C., Rudner, J., & Papanagnou, D. (2018). A novel approach to debriefing medical simulations: The six thinking hats. *Cureus*, 10 (4)



Activity 1

Practice lateral thinking to learn by doing

The method of the six hats, visualises, in a simple and intuitive way, the six attitudes of thought, and facilitates the transition from one to the other.

By thinking of a complex emergency intervention in which you were involved as rescuers, you can use this “debriefing” technique to improve your reflections and capitalise on your experience.

Ask yourself

Find a spot in a quiet room/space. Take a pen and paper for some notes if they help you and answer the following answers:

1. Put your **white hat** on. Describe the overall situation, from the beginning to the end. Try to remember as many facts as you can.

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2. Put your **red hat** on. Think of the overall situation, from the beginning to the end, which emotions do you feel?

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3. Put your **black hat** on. Think of the overall situation, from the beginning to the end, which critical aspects/weakness do you notice?

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4. Put your **yellow hat** on. Think of the overall situation, from the beginning to the end, which positive aspects/strengths do you notice?

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5. Put your **green hat** on. Think of the overall situation, from the beginning to the end, what do you feel needs to be improved in your role as rescuer or as clinician?

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6. Put your **blue hat** on. Think of the overall situation, what did you learn from this experience? What will you improve in your role as rescuer or as facilitator (if you cover this role) or in the organisation of your role as clinician?

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