

Toolkit 1 Pre intervention

Learning Unit 12

Identify the best capacities developed in previous complex situations

2 – Knowledge

2. Did you develop further knowledge from previous complex situations in an emergency? No

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

Activity 2



Self Assessment

Note:

Knowledge is the outcome of the assimilation of information through learning. Knowledge is the body of facts, principles, theories and practices that is related to a field of work or study. Knowledge can be theoretical or factual. To know more about early psychological intervention basic knowledge: see Psych.E.In. MOOC for psychologists, psychotherapists, and psychoanalysts: <https://psychein.pixel-online.org>

Source:

Recommendation of the European Parliament and of the Council of 23rd April 2008 on the establishment of the European Qualifications Framework for Lifelong Learning.





Activity 2

Knowledge self evaluation

Imagine a room in your mind: now, imagine being comfortably seated in a room of you mind. Just like having a big screen in front of you, you will see the complex situation in an emergency you managed.

1. On a scale of 0-10, how sufficient do you evaluate the knowledge you had, in the complex situation you managed as rescuers?

0 1 2 3 4 5 6 7 8 9 10

2. What knowledge did you use that was more helpful? Check clinical and management knowledge (e.g. protocols, procedures, psychoeducational information...).

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3. What knowledge will you improve in order to be more prepared in a further complex situation?

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4. What is the positive message regarding the knowledge you matured reflecting on this scenario?

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