

Toolkit 1

Pre intervention

Learning Unit 12

Identify the best capacities developed in previous complex situations

3 – Skills

3. *Did you develop further skills from previous complex situations in an emergency?*



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

Activity 3



Self Assessment

Note:

Skills are the ability to apply knowledge and use know-how to complete tasks and solve problems. Skills are described as cognitive (involving the use of logical, intuitive and creative thinking) or practical (involving the use of methods, materials, tools, and instruments). To know more about early psychological intervention basic skills for psychologists, psychotherapists, and psychoanalysts: 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 3

Skills self evaluation

Imagine a room in your mind: now imagine being comfortably seated in a room of your 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 would you evaluate the skills you had in the complex situation you managed as rescuers?

0 1 2 3 4 5 6 7 8 9 10

2. What are the skills you used that were more helpful? Check clinical and management skills (e.g. active listening, empathy, positive communication, team building, leadership...)

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3. What skills 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 skills you matured, reflecting on this scenario?

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