



Toolkit 1 Pre intervention

Learning Unit 12

Identify the best capacities developed in previous complex situations

1. Self evaluation

1. *Do you take care of yourself?*  No

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

Activity 5



Self Assessment

Note: Complex situations can activate negative thoughts (e.g. I’m powerless, I can’t manage...) and negative emotions (e.g. fear, anger, regret, frustration...) in rescuers. Taking care of yourself as a rescuer helps you to feel better, to have more realistic thoughts about situations and to prevent burn out and vicarious trauma.





Activity 5

Self evaluation: Clinician Awareness Questionnaire

Answer the following questions taken from the “Clinician Awareness Questionnaire” by Mark Dworkin (2005).

1. Background information. How many times does the situation happen to you?

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2. Is it the first time you have felt activated by such a situation? Describe what this situation is triggering?

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3. How do you know you are activated right now?

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4. What is challenging about this complex situation?

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5. When you think of this situation, what is the image that mainly represents it?

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6. When you think of this situation, what thoughts do you have?

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7. When you think of this situation, what emotions do you have?

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8. How disturbing is this situation? Evaluate it on a scale of 0 minimum - 10 maximum.

0 1 2 3 4 5 6 7 8 9 10

Note: If the situation is highly disturbing (over 8), please consider organising a session of supervision/intervision.

If the evaluation is between 5 to 7, please monitor it over the next 24-36 hours.

If the evaluation is 4 or less, please monitor it over the next 3-5 days.

Source:

Dworkin, M. (2013). EMDR and the relational imperative: The therapeutic relationship in EMDR treatment. Routledge.

