

Toolkit 2 - Learning Unit 3

Pre-intervention

Activity 3

Coordinate your team and coordinate yourself in the intersectoral network



Exercise

Crisis intervention method selection

3. Are you aware of which crisis interventions and methods you can use in early psychological intervention?



NO

Activity 3

Which crisis intervention methods can we choose? In which critical situations do we assign which method?

- Prepare a list of methods used in crisis interventions and a list of possible crisis situations- in model form. The task is to assign a method to the situation and explain the reason for the choice.

Example:

List of methods:



Stabilization of emotions

Metaposition
Mentalisation by narration
Tapping
Ventilation and normalization of emotions and physical reactions
Working with coping strategies
Preparing for and planning for the future
Psychoeducation
Controlled breathing

List of situations:

Crisis situation:

An experience that involves actual or threatened death or serious injury, or a threat to the physical integrity of one's self or another person, and produces intense helplessness, fear, or dismay, such as

car accident, flood, fire, sudden death of a loved one, war...